



Come Oil with Me... Weekly Oil Use Suggestions

A Weekly Challenge To a Life of Oily Bliss

HEAVENSCENTOILS4U.COM



PRINT THIS FORM TO HELP GUIDE YOU ON YOUR CHALLENGE

I would suggest keeping these pages and any additional notes you make in it in a binder or folder. It will be a handy tool to refer back to in the future and will also help you keep track of where you left off. If you're not able to finish that week it will allow you to pick up where you left off.

Weekly Oil Use Suggestions

These suggestions are to give you quick, simple ways to use our oils. These suggestions are just a few of the many ways to use to do so. Be sure to check your desk reference or books on essential oils for additional information on ways to use the oils. You may want to also look for recipes on PINTEREST, and consider doing a search for "oil testimonials" to see how others are using them.

Tracking Sheet

On the last page you'll find a Tracking Sheet. Use the various headings to conduct your own on-line research on the featured oil of the week.

For instance when wanting to learn about the historical uses of oils just type into Google or your search engine... "historical use of [name of oil] essential oil". So your search for frankincense would look this this... "historical use of frankincense essential oil".

If you want to locate research studies on essential oils... again frankincense would look like this... "research on frankincense essential oil".

Just keep repeating this process for each heading... to include "**benefits of**" and DON'T FORGET to research the "**key chemical constituents**".

If you want to delve even deeper into the blends then research each of the single oils that make up that blend and see if you can see why those particular oils were chosen for that blend.

Let the COME OIL WITH ME Challenge begin and happy oiling!

Dorothy Hall

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Heaven Scent Oiler Team Leader



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WEEK 1- Frankincense

- Diffuse Young Living Frankincense oil to refine your sense of purpose
- Create a safe and comforting environment when you diffuse or inhale this empowering oil—a perfect opportunity to collect your thoughts.
- When you seek purpose or engage in prayer or meditation, use this oil to enhance your experience.
- Add Frankincense to your daytime lotion or night cream for a custom moisturizer that highlights your natural beauty and helps maintain radiant skin.
- Incorporate Frankincense into your yoga ritual by diffusing this oil during your routine and following up with a post-practice massage.
- Try this essential oil steam facial treatment! Mix a couple of drops Frankincense essential oil in a bowl with hot water, then place face over bowl with towel over head.
- Add a 1-2 drops of Frankincense Vitality to your morning shot of NingXia Red, fruit juice, honey or applesauce.
- Its ability to smooth the look of healthy skin makes this oil a key part of our Boswellia Wrinkle Cream™. Frankincense essential oil is a popular addition to many skin care items. Frankincense is also an important ingredient in Awaken™, Brain Power™, Forgiveness™, and Highest Potential™.

WEEK 2- Lavender

- Diffuse up to 1 hour 3 times daily
- Treat yourself to this well-loved aroma by adding a few drops of oil to lotions, shampoos, and skin care products.
- Create a spa-like retreat by combining 1 cup Epsom salt and 4 drops oil and adding to a hot bath.
- Make a basic homemade body scrub with coconut oil, sugar, and Lavender essential oil.
- Unwind with a Lavender-infused neck or back massage.
- Use Lavender as part of your evening routine. Rub oil on the bottom of your feet before bed or spritz your pillow with distilled water and Lavender mixed in a spray bottle.
- Create a DIY room freshener with Lavender or diffuse it to banish stale odors.
- Make your own Lavender Lemonade with Lavender Vitality essential oil.
- You can find Young Living Lavender oil in blends such as Stress Away™, Harmony™, RutaVaLa™, Tranquil™, and Forgiveness™.



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WEEK 3- Stress Away™

- Diffuse Young Living Stress Away oil blend to help relax you after a long, stressful day.
- Apply with V-6 oil or carrier oil and unwind with a neck or back massage.
- Rub on the bottoms of feet before bed or at the beginning of a busy day when you need to get a lot accomplished.
- Diffuse in your car on the way home from work.
- Begin diffusing about 15 minutes before the kids or your spouse gets home from school or work.
- Add 5-6 drops to Epsom salts, mix well, and then add to bath water for a relaxing bath. Be sure to add Epsom salts to bath water first BEFORE getting in and swish around in tub to dissolve.

WEEK 4- Thieves™

- Dilute 1 drop with 4 drops of V-6™ or olive oil. Test on small area of skin on underside of arm. Apply to desired area on body as needed.
- Diffuse up to 10 minutes 3 times daily.
- Add 1-2 drops of Thieves Vitality oil to cup of warm (not hot) tea, honey or applesauce.
- Before bedtime apply Thieves™ to the bottoms of your feet
- Refresh musty carpets by adding 5 drops of Thieves to a cup of baking soda; combine well and let sit overnight until the oil is absorbed. Sprinkle over carpets and vacuum thoroughly.
- Diffuse 6–8 drops of Thieves to help create an environment of peace and security. Customize your Thieves experience by adding a few drops of Orange, Tangerine, or Nutmeg essential oil.
- Put in a few drops of Thieves essential oil blend in your dishwasher or dishwasher to thoroughly clean dishes and eliminate odor.



Come Oil with Me... Weekly Tracking Sheet

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| WEEK / OIL | Historical Uses | Benefits of | Key Chemical Constituents | Oils In Blend | Fragrant Influence | Scientific Research |
|-----------------|-----------------|-------------|--|--|--------------------|---------------------|
| 1. FRANKINCENSE | | | Alpha-Pinene (30-65%) Limonene (8-20%) Sabinene (1-8%) Myrcene (1-14%) Beta-Caryophyllene (1-5%) Alpha-Thujene (1-15%) Incensole | | | |
| 2. LAVENDER | | | Linalyl Acetate (21-47%) Linalol (23-46%) Cis-Beta-Ocimene (1-8%) Terpinen-4-ol (1-8%) | | | |
| 3. STRESS AWAY | | | | Copaiba Lime Cedarwood Vanilla Ocotea Lavender | | |
| 4. THIEVES | | | | Clove Lemon Cinnamon Bark Eucalyptus Radiata Rosemary | | |