The Essentials

the lingo
The following are words that you may see associated with using essential oils.

**neat**- to use straight up, with no dilution

**carrier oil**- oils used to dilute the YL oils

**therapeutic**- 100% pure; unlike other oil companies, Young Living’s oils are 100% pure and many are able to be ingested for further benefits (check the label of each bottle before ingesting)

**seed to seal**- Young Living’s unique process of growing, distilling, testing, and sealing their essential oils that deliver unsurpassed quality

**roller**- a fitting that attaches to a bottle to allow for easy application (one comes in the Premium Starter Kit)

carrier oil craze
There are several different carrier oils to choose from. Different oils serve different purposes, below are just a few.

**olive oil**- One of the most common carrier oils. Great for adding to a roller bottle to dilute.

**grapeseed oil**- Similar to olive oil, but less greasy.

**coconut oil**- Perfect for mixing creams or salves. Whip it with a mixer to ensure a smooth consistency. Will soften while being applied.

The best carrier oils will be **virgin**, **organic**, **unrefined**, and **cold pressed**. Young Living Essential Oils are pure, and will work best without added chemicals in the carrier oils.

mixing it up!
When mixing and storing essential oils, here are few tips to remember:

**glass, glass, glass!** Essential oils and mixtures are best stored in glass containers.

**cool and dark!** Oils are best stored in a cool and dark place. Extreme heat can damage the therapeutic properties of the oils.

**not too much!** Be careful not to mix too much oil. While Young Living Essential Oils do not expire, carrier oils do. Mix only what can be used in a reasonable amount of time. Young Living has capsules available for ingesting oils with ease.

get started!!
Now that you have learned some of the essentials, here are some tips to get started!

**slow it down!** Using too much too fast can cause painful detoxing. Start slow, using only a few drops of a single oil at a time. Wait 30 minutes before applying another oil. Also, when diffusing, start with 3-4 drops at a time.

**don’t forget to dilute!** On children, most oils need to be diluted. In general, dilute 1-2 drops of oil in 1 tsp. carrier oil. Certain oils may need more or less dilution.

This resource is intended for reference and should not replace the advice of a licensed health professional.