

Think INSIDE the Box

21 Days with Your Young Living Premium Starter Kit

- **DAY 1:** OPEN the box. Take out the beautiful Product Guide. Grab a cup of tea & look through it! Start making a wish list of the products you want to place on your first Essential Rewards order.
- **DAY 2:** Open the case: From our Fields to your Home. Put the NingXia Red packets in the fridge. Place the sample sachets in your purse or briefcase. Look through all of the literature & learn about our amazing company!
- **DAY 3:** Open the diffuser box, read the instructions, and diffuse 1-3 drops of Lavender EO for a relaxing, uplifting, spa-like atmosphere! Try it at night, too, for a wonderful night's rest.
- **DAY 4:** Discover Copaiba! This powerful essential oil from South America has been used to aid digestion and support the body's natural response to injury or irritation. Try it & learn about its various uses in your reference materials.
- **DAY 5:** Experience Peppermint! Put a drop in your water, hot chocolate, tea or coffee. You'll be blown away by its refreshing aroma and flavor.
- **DAY 6:** Grab your Stress Away. We call this a "vacation in a bottle". Keep this with you at all times. Do not let it out of your sight!
- **DAY 7:** What does Frankincense smell like?! If it was given to Jesus, why do we use it now? Put a drop in your hands, inhale, or apply it to your skin! Enjoy it! Take some time to discover its benefits.
- **DAY 8:** Want to know why Young Living oilers drink Lemon EO in their water all of the time? Try it! Put 1 drop in a glass of water (only glass!) and drink to enjoy improved mental clarity and energy.
- **DAY 9:** Pull out your reference materials and LEARN!
- **DAY 10:** Make some soothing bath salts! Mix up a cup of Epsom salt with a few drops of Lavender, put into a pretty jar, enjoy or give as a gift!
- **DAY 11:** Has it been a long day? Mix a drop or two of Frankincense with some virgin coconut or olive oil and massage away your tension. This essential oil is a valuable gift!
- **DAY 12:** Take one of your Ningxia Packets out of the fridge and drink it! Go to <http://ningxiared.com> and discover the benefits.
- **DAY 13:** Feeling achy? Put a drop or two of PanAway on it and see how it feels. Dilute, if needed.
- **DAY 14:** Regret eating too much at dinner tonight? Try putting one drop of DiGize under your tongue. This invigorating blend is a lifesaver.
- **DAY 15:** Instead of your usual air fresheners, try diffusing Purification today! It doesn't just cover up odors; it eliminates them!
- **DAY 16:** Breathing is a natural part of life. RC can be such a blessing to support respiration. Try it! Ahhhh, see the difference?

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- DAY 17:** Feeling a bit run down after a long day? Put a drop of Thieves, a pinch of real salt, and a bit of honey in some warm water. Sit back, enjoy, get some rest, and feel renewed in the morning!
- DAY 18:** Take time to LEARN! Go to <http://seedtoseal.com> & see what sets Young Living apart. Watch the YL University videos in your Virtual Office! Discover the many incredible tools under the Member Resources tab.
- DAY 19:** Try something new and fresh in your diffuser. Make up your own blend! Filling your home with pure, Young Living aromatics will be such a blessing for years to come.
- DAY 20:** Loving your oils? Open the sample bottles and reference cards. Share with friends or family who could benefit from trying a few drops of your oils. Share greater wellness with Young Living!
- DAY 21:** Have your Young Living sponsor or leader help you set up your first Essential Rewards order. Order the 3 oils you've used the most or something from your wish list. Enjoy this new world of wellness, purpose and abundance!

DON'T STOP THERE!

Twenty-one days is just the beginning! We know you'll love the Young Living lifestyle as much as we do. One of the tools we have found helpful is an essential oils reference book. You can find some excellent options at <http://discoverlsp.com> or <http://amazon.com>. They also have accessories such as storage bags and great reads.

We've simply shared a few of the many ways to use essential oils. In a reference book, you will discover many more! This is your wellness journey. Own it and enjoy it!

YOUNG LIVING WISH LIST

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| 1. _____ | Item # _____ | 9. _____ | Item # _____ |
| 2. _____ | Item # _____ | 10. _____ | Item # _____ |
| 3. _____ | Item # _____ | 11. _____ | Item # _____ |
| 4. _____ | Item # _____ | 12. _____ | Item # _____ |
| 5. _____ | Item # _____ | 13. _____ | Item # _____ |
| 6. _____ | Item # _____ | 14. _____ | Item # _____ |
| 7. _____ | Item # _____ | 15. _____ | Item # _____ |
| 8. _____ | Item # _____ | 16. _____ | Item # _____ |

Suggestions: Ningxia Red, Thieves Household Cleaner, The ART Skin Care System, The Golden Touch 1 EO Collection, Thieves Toothpaste, NingXia Nitro, Deep Relief Roll-On, Essentialzyme, Joy EO Blend, and many more!

*Note: if you received your Premium Starter Kit with one or some of the Flex Oils, feel free to plug those into this guide where you see fit! The Flex Oils are Orange, Aroma Ease, Tea Tree, Citrus Fresh and Lemongrass. These are wonderful oils and worth the time to learn about and try!