

PLANT ESSENCES

*A Hidden Gem for
Your Family*

**PRACTICAL USES FOR
YOUR WHOLE FAMILY**

WELLNESS
WITH JASMINE.COM

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Let's Be Honest

We live in a society that is stressed, stretched thin, and addicted to scrolling, eating, or binge-watching. We try to stay positive, motivated, and strong as much as possible, but often we're faced with opposition that requires us to swim harder, work longer, and stretch even thinner. At what point do we pause? Or break?

It was at one of those moments that I realized I needed extra help. But it felt like a chicken-and-egg problem, because I believed that getting well required a lot of money. That belief held me back, until I discovered a company that produces truly high-quality products and also offers a program that gives back to people in need (people like me) through a generous rewards system.

From the very first day I reached for my Young Living essential oils, I knew I finally had tools to help me keep going. They felt like a lifeline, allowing me to take a breath, stop sinking, and find my bearings again.



So let's get started

Embracing natural ways to support our strength, focus, alertness, and overall wellness. But first, we need tools. Tools that are both powerful and gentle, dynamic yet thoughtful, and able to meet us where we are. And friends, walk with me. I'll show you why essential oils, and particularly Young Living essential oils—have become my go-to support, helping me feel steadier, more grounded, and better equipped for everyday life.

What Can Essential Oil

Do For You?

Essential oils are more than just pleasant aromas, they are nature's concentrated plant essences, carefully extracted to capture the healing, restorative, and uplifting properties of flowers, leaves, roots, and resins. For thousands of years, cultures around the world have relied on these oils to support physical, mental, emotional, and even spiritual wellbeing.

Physically, essential oils can help support the body's natural functions. Historical and modern research shows that plant-based essences can promote cellular regeneration, immune support, and overall vitality. From soothing muscles after activity to supporting respiratory health, these oils are a simple yet powerful way to nurture your body.

Mentally, certain oils, like those rich in sesquiterpenes, stimulate the brain to enhance focus, clarity, and alertness. Inhaling these aromas increases oxygen flow to the brain and supports cognitive function, helping you stay sharp, energized, and attentive throughout the day.

Emotionally, our sense of smell is uniquely connected to the brain's limbic system, the center for memory and emotion. That's why a single whiff of lavender, bergamot, or frankincense can calm anxiety, uplift mood, or even unlock memories. Essential oils provide a gentle, natural way to manage stress and support emotional balance.

Spiritually, essential oils have been cherished for centuries as tools in many cultures and religions. Oils like frankincense, myrrh, sandalwood, and cassia are known for creating a sense of calm, sacredness, and connection, helping us slow down and reconnect with ourselves and the present moment.



Incorporating essential oils into your daily routines, from home care and cooking to baths, diffusing, or supplements, offers a simple, holistic way to enhance your life. A drop here, a sniff there, or a nutrient-packed shot of NingXia Red can make a meaningful difference in your wellbeing, focus, and vitality.

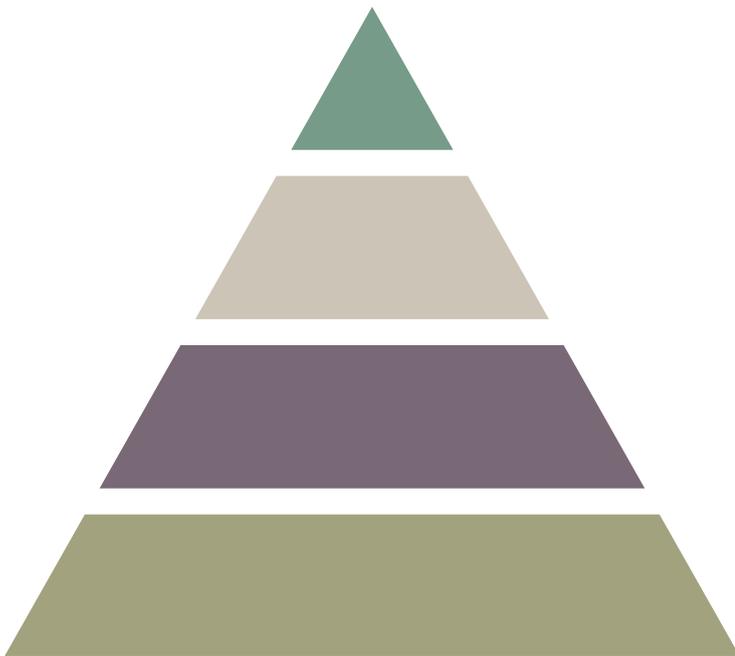
Essential oils aren't just products, they are a lifestyle choice: a way to invite balance, joy, and harmony into your everyday life. By embracing the natural power of plants, we can support our bodies, minds, and spirits in a way that is simple, effective, and truly transformative.

Beyond the Label

What Really Sets Essential Oils Apart

Labeling for essential oils is largely unregulated, and terms like “Therapeutic Grade” can be misleading since there’s no official grading system. Companies use it to indicate quality and potency for practical therapeutic use. Other labels include medicinal, food, or aromatherapy grade.

Young Living offers Therapeutic Grade Essential Oils grown on their own and partner farms worldwide, with strict quality control from seed to distillation. Their Seed-to-Seal guarantee ensures purity and potency—important because essential oils are oil-soluble and can enter the bloodstream and brain quickly, making quality crucial for you and your family.



Premium Therapeutic

A “Seed to Seal” commitment ensures purity, potency, and ethical sourcing through strict standards, testing, and science from plant to bottle.

Organic (or Pure)

May meet organic standards, but lack key therapeutic compounds and be diluted or chemically contaminated.

Synthetic

Looks and smells like an essential oil, but laboratory-made with no therapeutic value

Fragrance

Trademarked fragrance with hidden ingredients, cheap and not a true essential oil

*As the gatekeeper of your home, choose only the best for your loved ones.
Bring home high-quality, premium, therapeutic-grade essential oils that you can trust.
That’s why I choose Young Living Essential Oils.*

How to Use Essential Oil

- **Topical Use**

- Always dilute essential oils with a carrier oil (e.g., jojoba, almond, coconut, or V6) before applying to the skin.
- Perform a patch test on a small area to check for sensitivity.
- Avoid eyes, ears, and sensitive areas.
- Be cautious with children, pregnant or nursing individuals, and those with medical conditions.

- **Aromatic Use**

- Use a diffuser to disperse essential oils into the air.
- Add a few drops of oil to hot water for steam inhalation.
- Ensure proper ventilation and never leave diffusers unattended.

- **Dietary Use** (for oils labeled safe for consumption, e.g., Vitality/Plus+ oils)

- Use sparingly in recipes or beverages.
- Consider diluting in oil-soluble liquids such as honey, olive oil, or milk alternatives.
- Follow recommended dosage guidelines carefully.

- **Bath Use**

- Mix oils with bath salts or a dispersing base to prevent them from floating undiluted on the water.
- Avoid using strongly warming oils (e.g., Cinnamon, Oregano, Thieves) in very hot baths to prevent skin irritation.

- **Home Use**

- Add essential oils to your cleaning, cooking, baths, or mindfulness routines to boost focus, ease stress, and support your wellbeing every day.

- **Storage & Handling**

- Keep bottles tightly closed and store away from heat and direct sunlight.
- Wash hands thoroughly after handling oils, especially before touching eyes or contact lenses.

- **Special Considerations**

- Some oils may cause photosensitivity (e.g., citrus oils). Avoid sun exposure for at least 12 hours after application.
- Certain oils may require caution for children, pregnant or nursing women, or individuals with health conditions. Research each oil's safety before use.



Jasmine's Notes

"Hi! Breathing in essential oils is one of the best ways to get their benefits.

I rub a few drops between my palms, make a little scent 'tent' over my nose, and take slow, deep breaths.

Cold-air diffusers, like the Atomizing Diffuser from the Premium Starter Kit, disperse oils without heat, keeping their benefits intact. Use Young Living diffusers with Young Living oils, they're safe and durable.

No diffuser? Mix a few drops with 1 cup of purified water and a pinch of salt in a spray bottle. Shake before spraying to disperse the oil evenly.

For the skin, most Young Living oils are safe to use directly. I like using a carrier oil like V6 to stretch the oil and save a little. Always patch test, apply one oil or blend at a time, wait 3-5 minutes between new oils, and don't use more than two blends at once.

A favourite spot to apply oils is the bottom of the feet, Vitaflex points are super effective.

Did you know essential oils reach your brain in just 22 seconds, your bloodstream in 2-3 minutes, and affect every cell in about 20 minutes? They're metabolized in roughly 2.5 hours, so a little really goes a long way!

Using essential oils helps our cells communicate better. And when our cells start vibrating in harmony, we can really rejuvenate from the inside out, it's like giving your body a little tune-up from within!"



How Essential Oil-Infused Supplements Works

When essential oils are added to supplements, their small, lipid-soluble compounds, like sesquiterpenes and monoterpenes can cross the blood-brain barrier, a protective filter that normally keeps most substances out of the brain. Once inside, these compounds interact with neurons and neurotransmitters, supporting cognitive function, mental clarity, and emotional balance.

At the same time, the essential oils work together with the vitamins, minerals, and other nutrients in the supplement, enhancing absorption and overall effectiveness. This combination provides a targeted, holistic approach to wellness, nourishing both brain and body.

In short, essential oil-infused supplements are a simple, natural way to support your overall health, focus, and wellbeing every day.



Supporting Your

Whole Body Wellness

Essential oils aren't just for one part of the body or a certain age. These tiny molecules support us physically, mentally, emotionally, and spiritually



Physically

When a plant is injured, it produces natural essences to heal itself. These are the very essential oils we carefully extract for use in plant medicine. By harnessing these plant-based essences, we can support our own health, historical and medical studies show they help promote cell regeneration and overall physical wellbeing.

Mentally

Essential oils rich in sesquiterpenes, a class of naturally occurring plant compounds, can have a significant effect on brain function. When inhaled, these molecules are small enough to cross the blood-brain barrier, allowing them to reach the brain stem directly. The brain stem plays a key role in regulating basic functions such as alertness, breathing, and circulation. Sesquiterpenes can increase oxygen supply to the brain, supporting neuronal activity and improving mental clarity, focus, and memory.

Research also suggests that certain sesquiterpenes, like those found in cedarwood, sandalwood, and frankincense, may reduce oxidative stress in the brain, helping neurons function optimally. This combination of increased oxygenation and neuroprotective effects helps explain why inhaling these oils can lead to immediate feelings of alertness and enhanced cognitive performance.

Supporting Your *Whole Body Wellness*

Emotionally

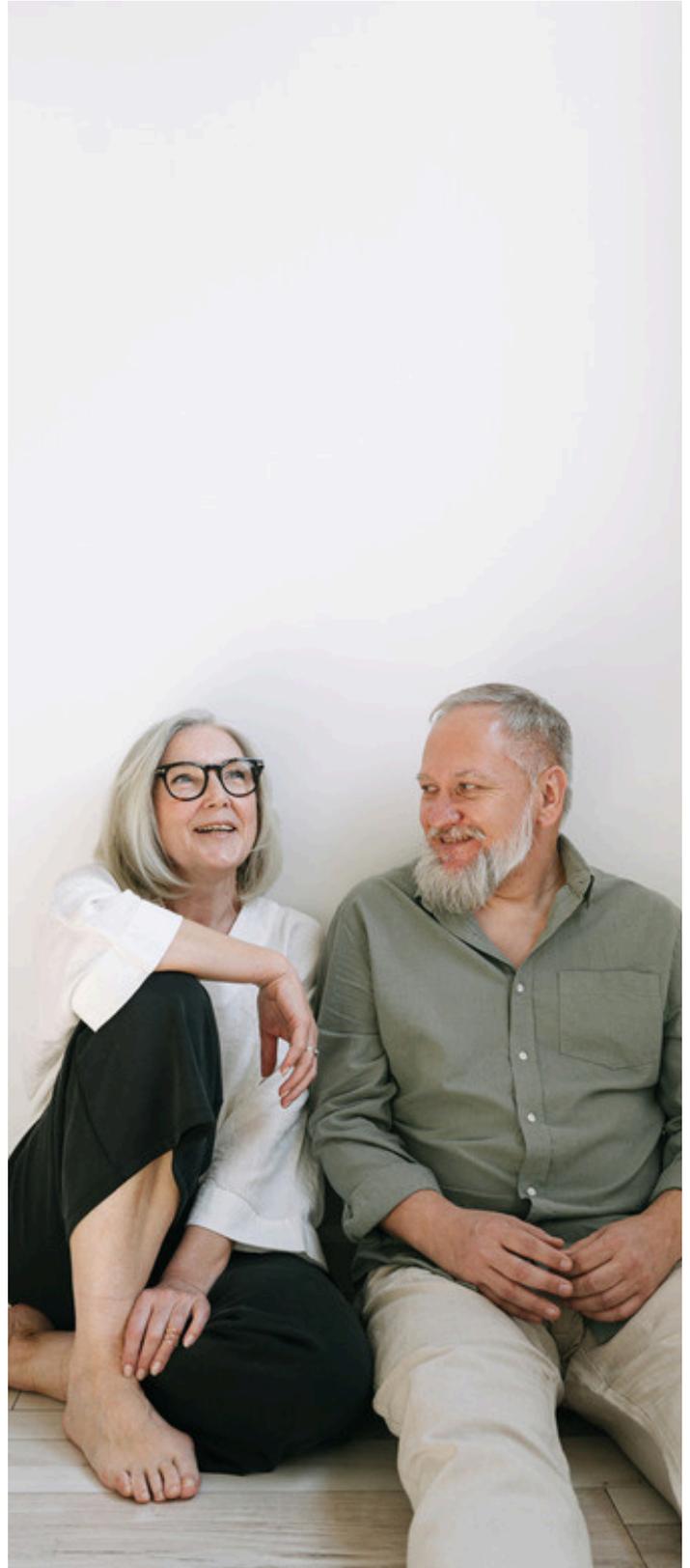
Our sense of smell is unique because olfactory signals bypass the brain's reasoning centers and go straight to the limbic system, which includes the amygdala (the emotional center) and hippocampus (the memory center). This direct connection explains why scents can trigger vivid memories or strong emotions almost instantly.

When we inhale essential oils, the aromatic molecules bind to receptors in the nasal cavity, sending signals directly to the limbic system. This can modulate stress hormones like cortisol, promote the release of “feel-good” neurotransmitters such as serotonin and dopamine, and help regulate emotional responses. Research also shows that certain essential oils, like lavender and bergamot, can reduce anxiety, improve mood, and even enhance emotional resilience.

In short, inhaling essential oils is not just pleasant—it's a way to directly influence brain chemistry and support emotional wellbeing.

Spiritually

Essential oils have been used for centuries across cultures to support spiritual practices and inner balance. Oils like Frankincense, Myrrh, Sandalwood, Cassia, and Onycha have been valued for their ability to deepen meditation, enhance mindfulness, and promote a sense of sacredness. Beyond biblical history, many traditions used these oils in rituals, prayer, or energy work to cleanse spaces, elevate consciousness, and connect with the inner self. Their aromas can help quiet the mind, open awareness, and create a sense of spiritual harmony.



May I Support Your *Whole Body Wellness*



Hi, I'm Jasmine Phong, and I've been using Young Living essential oils in my home, life, and practice for 13 years. If I had to choose again, I'd still choose Young Living, these oils aren't just a trend, they're powerful, plant-based tools that truly make a difference.

A single drop of oil, an oil-infused supplement, or a shot of NingXia Red can transform your day, boosting energy, supporting wellbeing, and helping you feel balanced. It's not just products; it's a lifestyle for body, mind, and spirit.

I founded Pure Senzes, a supportive community of men and women passionate about Young Living. Together, we stay accountable, share guidance, and help each other thrive. I warmly invite you to join us.

I also offer bodywork tune-ups in person, online courses, and personal consultations to help you integrate oils and wellness practices. Learn more and book services at WellnessWithJasmine.com

Getting started with Young Living is simple:

1. Create a free account using my ID: 1486272.
2. Purchase your favorite products and receive 24% off retail prices for a year.
3. I can help you set up a monthly program that fits your needs, and you'll earn 10-25% back in rewards points - 1 point = \$1 to spend on products that support your wellness journey.

Visit YoungLiving.com, pick your favourite products, follow the steps to enrol with a free account, and don't forget to use my ID. I'll be in touch to welcome you and guide you as you begin your journey toward health, balance, and vitality!



Frankincense



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Frankincense (*Boswellia carteri*) was once considered more valuable than gold and has been cherished by many cultures for centuries. Historically regarded as a “cure-all,” modern research has explored its potential antitumor, immune-stimulating, antidepressant, and muscle-relaxing effects. Frankincense may also influence the limbic system, hypothalamus, pineal, and pituitary glands. Its sweet, warm, balsamic aroma provides calming properties, promoting spirituality and inner strength.

Physically.

Chest Discomfort:
1-2 drops on the chest
before applying RC

*Highlight your radiant
skin:* add 1-2 drops to
your night cream

Sparkling nails:
add 2 drops to 1 tsp of
coconut oil then
massage into nails and
nail beds for dazzling
effects

Emotionally.

Instant Pick-Me-Up:
3 drops Frankincense +
2 drops Orange in the
diffuser

*Healthy attachment
with father:*
rub Frankincense
around the right ear,
then Lavender

*Feeling of
worthlessness:* 1-2
drops right below the
cheekbone.
Affirmation: I am
valuable

Mentally.

Staying Positive: diffuse
to help to stay focused

*Boost a soothing and
strong immune
environment:* 4 drops
Thieves + 3 drops
Frankincense in the
diffuser

Uplift: Drop one drop on
your thumb and suck
your thumb to the roof
of your mouth

Enhance your bath: add
10 drops to a tablespoon
of YL Bath Gel Base and
enjoy a relaxing bath to
rejuvenate

Lemon



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Lemon (*Citrus limon*) is cold-pressed from the fresh fruit peel. Known for its fresh, uplifting citrus scent, Lemon essential oil has been studied for its potential antiseptic properties and support of immune function. A study from Mie University found that citrus fragrances can boost immunity, promote relaxation, and reduce symptoms of depression (Komori et al., 1995).

Safety Note: Citrus oils can cause photosensitivity. Avoid applying to skin that will be exposed to direct sunlight or UV light for 12 hours.

Physically.

Regulate body temperature: Apply 2-3 drops on the spine then layer with Lavender, Frankincense, Copaiba and Lavender. One oil at a time

Promote detoxification: 2 drops in a glass of water

Sooth tummy: 1-2 drops applied on belly

Happy Wake Me Up: Drop 1 drop on organic cotton, place in front of your children while waking up

Emotionally.

Feeling Upset: Diffuse 4 drops Lemon + 3 drops Joy

Jealousy: Apply on the 3rd rib close to shoulder joints. From right to left, left to right. Affirmation: I am free to move forward

Frustrated: 2-3 drops apply across torso (around 5th rib), from right to left, then left to right. Affirmation: I move beyond my limitations

Feeling Stuck: 1 drop on your palm, activate clockwise circle 3 times, then apply in the middle of forehead. Affirmation: I experience

Environmentally.

Air freshener: 6 drops Lemon + 6 drops Purification in a spray bottle with purified water to use in the bathroom or any area of your home

Gum or Grease removal: 1-2 drops of Lemon oil in a cotton pad, rub off

Freshen dishcloths: before washing, soak overnight in a bowl of water with 5 drops Lemon oil

PanAway



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PanAway is a soothing blend of Wintergreen, Clove, Peppermint, and Helichrysum. Each ingredient is approved by Health Canada as a Natural Health Product to support joint and muscle discomfort, including sprains, strains, and rheumatoid arthritis. Designed to support an active lifestyle at any age, PanAway provides a gentle warming effect on the skin after activity.

Physically.

Joint & Muscle Pain:
3-4 drops on location, layer with Copaiba then Peppermint

Rheumatoid Arthritis Pain: Apply on area with a gentle massage, then apply a warm towel to create a hot compress

Rejuvenating Massage:
Bring it to your massage session, 1-2 drops on sore muscles to relieve knots

Emotionally.

Emotional uplift: apply on temples, and gently rub back of neck

Stimulating aroma:
apply 1-2 drops topically on the wrists and behind the ears

Feeling of being unsupported: 2-3 drops in the palm, activate clockwise circle 3x, apply on lower back near tailbone, across from right to left, then left to right. Affirmation: I take personal responsibility

Mentally.

Energy alignment: apply on spine with PanAway, layer with Relief It

Relaxing Bath:
3-4 drops PanAway in YL Bath Gel Base for a warm, invigorating bath to ease tensed mental blocks

Mental Clarity:
1 drop in the palm, cup over nose and slowly breath 30 seconds, then repeat with 1 drop Clarity



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Thieves

Thieves is a classic blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary. Its rich, spicy aroma fills any space. Inspired by the legend of 15th-century French thieves who used a special aromatic combination while robbing the sick, Thieves is one of Young Living's most popular blends. Explore the full range of Thieves cleaning products!

Physically.

Cough & Cold:

Combine 3 drops each of Thieves, Lemon and Sage on the floor of your shower. Make sure the drain is closed, and deeply inhale the steam.

Scratchy Throat:

Heavily dilute 1 drop of Thieves with 10 drops of V6, apply on throat and bottom of feet

Emotionally.

Emotional Strengthening:

4 drops Thieves, 3 drops Frankincense in the diffuser

Socializing at ease:

Apply 2 drops of Thieves on bottom of feet every night before bed

Letting go of patterns of self-betrayal:

Dilute Thieves and apply where your jawline begins

Support from sexual abuse & trauma:

2 drops on palm, activate clockwise circular moment, then cup over nose

Mentally.

Awakening your

Creativity: 3 drops Thieves, 3 drops Northern Lights Black Spruce in the diffuser

Workday Alertness:

Before work, apply 3 drops Thieves on the bottom of feet, diffuse 3 drops each Lemon & Peppermint

Boosting feelings of courage and self worth: 2 drops Valor on bottom of feet, layer with Thieves



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Purification

Purification is a blend of citronella, lemongrass, rosemary, Tea Tree, lavandin, and myrtle. It's perfect for diffusing to brighten, freshen, and purify the air, helping neutralize mildew, cigarette smoke, and other unpleasant odors. Its sweet, refreshing scent instantly deodorizes and revitalizes any space.

Physically.

Tightness of throat:
Apply 1-2 drops on throat, repeat as needed

After bites: 1 drop directly on skin to help neutralize venom from insect bites

Air freshener: diffuse to neutralize foul or stale odours

Earwax: combine 1 drop each of purification & peppermint, with V6 on a cotton swab to reduce earwax (Do NOT pour directly in ears)

Emotionally.

When feeling stuck:
Diffuse Purification for 3 hours

Angry: 2-3 drops on the liver, and release the feeling of anger

Surrounded by negativity: 4 drops in the diffuser or 4 drops on your palm, activate it with clockwise circular motion, then make an invisible bubble over head, front & back

Welcoming strangers to your home: Set up a diffuser by your door, diffuse 4 drops Purification & 2 drops Frankincense

Practically.

Sneaker or hockey bag odours: put 2 drops on 2 cotton balls, place in the toes of smelly sneakers or hockey bag to combat odours

Fresh vents: several drops on a cotton ball and place in the air vents in the home, hotel room or any enclosed area

Humidifier: 1 drop on each end of a cotton swab and place on top of your cold water humidifier to brighten and freshen the air



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R.C

R.C. provides soothing relief from coughs and colds and pairs perfectly with V6 Enhanced Vegetable Oil Complex to create a spa-like experience during massage. It can also be used as an alternative to Aroma Siez in the Raindrop Technique.

Ingredients: Eucalyptus (Globulus, Radiata, Citriodora), Myrtle, Marjoram, Pine, Lavender, Cypress, Black Spruce, and Peppermint.

Physically.

Chest Discomfort:
2 drops each
of Frankincense, RC and
Raven, apply on chest,
layering in this order

Cough & Cold: 4 drops in
the diffuser or apply
directly on chest and
upper back

Nasal Congestion:
Prepare a warm bowl of
water (not boiling hot),
drop 2 -4 drops of R.C,
put a towel over head
and take slow deep
breaths

Emotionally.

Welcoming new ideas:
deeply inhale R.C, in
through the nose, out
the mouth. Allow fresh
ideas and clarity to
flow through

*Clearing the emotional
block of "I don't deserve
to be well":* 2-4 drops
every hour for 7 hours
on the chest, and
affirm "I am worth
living well"

*Combat the feeling of
defeat & despair:*
1-2 drops on palm,
activate clockwise
circular motion, then
cup over nose. Repeat
as needed

Mentally.

*Gearing up to take on
responsibility to your
personal well being:*
2 drops RC and 2 drops
Hyssop in the diffuser,
diffuse every day for 21
days

*Gear towards inner
flexibility to increase
adaptability:* Apply RC
on the back of head,
and neck

Lavender



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Lavender (*Lavandula angustifolia*) is one of the most versatile essential oils. Steam-distilled from flowering plants grown on Young Living farms in Simiane-la-Rotonde, France, and Mona, Utah, therapeutic-grade Lavender is highly regarded for skin health. Its calming, relaxing scent helps reduce stress, soothe nerves, and promote rest.

Historically, Lavender has been used to cleanse, calm, and support skin wellness. It is approved by Health Canada as a Natural Health Product for relieving headaches, sprains, strains, and rheumatoid arthritis pain, supporting digestive comfort, reducing stress, and easing symptoms of coughs and colds.

Physically.

Dry lips: add a drop to a pinch of coconut oil and rub on dry lips

Scalp conditioner: rub several drops into the scalp to condition and moisturize

Conditioner: rub several drops into the ends of dry or brittle hair

Sooth skin: When skin is irritated, add 1-2 drops to your YL lotion

Relaxation: inhaling deeply directly from the bottle

Emotionally.

Feeling of Abandonment: 2-3 drops in palm then activate clockwise circular 3x, apply across abdomen right below belly button, from Right to Left, then Left to Right. Also apply a drop below knees.

Affirmation: I embrace all of life's experiences

Fear of expressing one's self: Apply lavender over throat and heart

Feelings of being criticized: Apply 2-4 drops on the back (last rib), from Right to Left, then Left to Right.

Affirmation: I receive

Practically.

Linen Freshener: Place a few drops on a cotton ball and place in a linen closet to scent linens.

Known as the Swiss Army Knife of essential oils. Whenever you want to pull out one oil, Lavender is your all time "to-go"

Restful night: 4 drops in the diffuser before bed

Peppermint



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Peppermint (*Mentha piperita*) is one of the oldest and most highly regarded herbs for supporting digestion. Research has explored its effects on the liver and respiratory systems. Traditionally, it has also been used to improve concentration and mental clarity. Its fresh, energizing aroma provides a renewed sense of vigor.

Peppermint is approved by Health Canada as a Natural Health Product to help relieve cough and cold symptoms, soothe digestion and gas discomfort, ease sprains, strains, and rheumatoid arthritis pain, calm nerves, and reduce stress.

Physically.

Working out: diffuse before and during workout to boost your mood and drive

Afternoon slump: rub a drop on the temples or scalp (away from eyes) and on the back of the neck

Liver Cleanse: Apply 1-2 drops on the liver followed by a shot of Ningxia Red

Cough & Cold: Diffuse 3 drops

Cooling: Apply directly on location as needed or back of neck

Emotionally.

Feeling discouraged or depressed: diffuse 4 drops and apply Joy over heart

Fear of Dependence: apply 1 drop on the bridge of nose (closer to the beginning of eyebrow), be sure to stay away from eye.

Affirmation: I am self-sufficient

Fear of failure: Apply 1-2 drops on the clavicle notch. *Affirmation:* I accept growth

Practically.

Paint fumes: Mix a full 15ml bottle into a 5-gallon can of paint to help dispel the fumes

Plant Pests: 5 drops in a spray a 500ml spray bottle, shake then spray plants to help repel pests

Kitchen Pests: place 2 drops on a cotton ball and place along the path or point of entry. Place empty bottles in drawers

Digize



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DiGize is a blend of Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli essential oils.

Approved by Health Canada as a Natural Health Product, it helps soothe digestion and relieve gas discomfort.

For gardening, spray diluted DiGize with water on your plants to support growth and enjoy a beautiful harvest.

Physically.

Tummy aches: Apply 2-3 drops on belly, rub in clockwise circles, repeat as needed

Bloating & gas pains: Apply 2-3 drops on belly button, warm up a towel wrap in a dry towel to do a warm compress

Constipation: warm up your palms by rubbing them together, then drop 2-3 drops to rub gently on belly, repeat 3-5 times a day

Emotionally.

Feeling disillusioned: Apply a drop on lower right abdomen (appendix).
Affirmation: I see the reality

Feeling Anxious: Apply Digize right below belly button, place one hand over gently and breath in and out through the abdomen. Breathe in new ideas as you inhale and breathe out the fears as you exhale

Letting go of past trauma: apply 2-3 drops on the middle of your chest, then hold a fist and rub oils below knee, (towards outside of legs), the finally rub on center of your palms. Take 3 deep breaths

Practically.

Gardening: 20 drops of digize in a 500ml bottle of water, shake then spray on soil before beginning to plant to neutralize the soil with pH balance condition . Wait 24 hours then start your garden

Cleaning Fruits & Vegetables: Fill up your sink (or a bowl) with 2-3 drops of Digize, fill up with water then soak your veggie and fruits for 3 mins, rinse

Copaiba



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Copaiba (*Copaifera officinalis*) is distilled from gum resin wild-harvested in Brazil and contains the highest levels of beta-caryophyllene (55%) of any essential oil. In Brazilian herbal medicine, it's valued as a natural antiseptic and expectorant for respiratory support.

For those who prefer mild scents, Copaiba is ideal in a diffuser—it provides benefits without a strong aroma, making it perfect for subtle background use.

Physically.

Magnifier: Copaiba is a great oil to apply to any area on the skin after you have applied your intended oil; it will "magnify" the effect

Flex-the-muscles:

Apply one drop each Panaway, Copaiba then Peppermint in this order on muscles, gently rub it in

Reduce appearance of blemishes:

Add 5 drops to your favourite Young Living moisturizer

Butterfly in the tummy: 1 drop Digize + 1 drop Copaiba on the belly

Emotionally.

Dealing with lies:

Apply a drop on the top of the neck, gently rub it in then cup over nose to inhale. Affirmation: Wisdom, Truth

Feeling of not getting enough: Apply 2 drops on the 4th ribs (front), from inside of the nipple, Right to left, then left to right. Affirmation: I express my best

Mentally.

Calming Effects: Apply a drop on the back of neck, and then swipe across the forehead from right to left, then left to right

Promote mental clarity: Diffuse 4 drops with peppermint

Making decision: Rub 1 drop on palms, activate 3x clockwise circle then cup over nose and take deep breaths



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Northern Lights Black Spruce

Northern Light Black Spruce (*Picea mariana*) essential oil is sourced from Young Living's Northern Lights Farm in British Columbia, Canada. Its rich, woody, and invigorating aroma is perfect for diffusing during meditation. After applying or diffusing, you can expect to feel calm and steady, creating a grounded, peaceful atmosphere.

Physically.

Health skin: Add 10-20 drops to your Young Living lavender hand & body lotion

Strengthening your immune system: 2 drops on the bottom of feet, layer with Thieves

Hair Serum: the moisturizing properties of NLBS make it a great addition to your hair. Add 4-6 drops to your beard oil, hair serum or conditioner.

Emotionally.

Release emotional blocks: Apply 2 drops on both shoulders (below collarbone where joints are). Then cup over nose to breathe it in, as you exhale... be willing to release

Feeling Attacked: Apply 2 drops on the base of the skull (near spine). Affirmation: I am centered, harmony

Mentally.

Energize the mind: 4 drops in the diffuser

Feeling of balance & grounding: Apply 3 drops each on the bottom of each foot

For a crisp, deep, woody fragrance, that will transport you to the middle of the woods: add these oils to your diffuser, in your car, home or office: 5 drops NLBS, 3 drops Cardamom, 2 drops Lemon



Appetizer Recipes

Guacamole.

3 ripe avocados mashed
Chopped cilantro
Diced red onion
Chopped tomatoes
Fresh ground pepper and salt
2 drops Lemon +
2 drops Lime +

- Mix all ingredients and enjoy with nacho chips

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Lemon Herb Olive Oil.

10 oz olive oil
4 drops Lemon+
2 drops Rosemary +
2 drops Basil +
Few slices of fresh sliced lemon
Few sprigs of fresh rosemary and basil

- Pour olive oil in saucepan low heat till it starts to bubble
- Mix in herbs
- Let it simmer until herbs are fragrant
- Turn off heat, let mixture cool
- Add drops of oils
- Start with fewer drops and taste along the way
- Funnel mixture into bottle

Tortellini Soup.

1 pound mild Italian sausage
1 bag diced or sliced carrots
1/2 sweet onion
1 orange bell pepper
3-4 cloves garlic, minced
32-49 ounce box low sodium chicken broth
15 ounce can diced tomatoes
Dash of oregano
1 small zucchini
1 small yellow squash
1 drop rosemary essential oil
Toothpick of oregano essential oil
Toothpick of basil essential oil
Garlic salt to taste
Parsley (optional)

- 1 20 ounce package tortellini
- In a large pan (wok), combine sausage, carrots, onion, bell pepper, and garlic. Cook over medium heat until sausage is browned and crumbles. Drain well.
- Stir in chicken broth, diced tomatoes, and a dash of oregano. Bring to a boil, reduce heat, and let simmer covered. Add zucchini, yellow squash, and essential oils. Add garlic salt to taste. If desired, add fresh, chopped parsley for garnish.
- Prior to serving, add just enough tortellini per serving. This prevents the tortellini from absorbing too much broth and getting soggy.



Food Flavouring Recipes

Grilled Asparagus.

1 pound asparagus
3 TBS olive oil
2 drops lemon +
1 tsp sea salt

- In a glass bowl toss and coat asparagus with all ingredients. Grill the asparagus spears for 2-4 mins until lightly charred and just fork tender, turning them often so that they brown on all sides

Lavender Chicken:

1 lemon, zest and juice
2 sprigs of thyme leaves pulled off stem
2 TBS olive oil
2 drops lavender +
2 TBS honey
2 pieces of bone-in, skin-on chicken
Pinch of salt
Mix all ingredients then add chicken to marinate for 30 mins or up to 4 hours. Preheat oven to 400F, roast for 45 minutes. Turning pieces half way. Cook chicken until it has an internal temperature of 165F. Serve chicken with cooking juices poured over and around

Burger Marinade.

1/4 cup grapeseed oil
2 drops Black Pepper +
1 toothpick swirl of Thyme +
1 drop lemon +
Pinch of red pepper flakes
2 cloves of garlic, minced salt to taste
Mix together and marinate your burger for 30 mins to 1 hour before grilling

Oregano+ Marinara Sauce.

10 oz can tomato puree
1-2 cups water
2 tbsp sea salt to taste
1/2 cup olive oil
1/4 cup balsamic vinegar
1/4 cup dried parsley
1/4 cup dried onion
2 tbsp dried oregano
1 tbsp garlic powder
4-6 drops Oregano+
4-6 drops Basil+ e
4 drops Fennel+
Makes 6 servings*

Combine all ingredients (except essential oils) in a large pot on medium heat. Stir occasionally to heat through. Bring to a boil, then turn heat to low. Stir occasionally as the sauce thickens. Once it reaches desired thickness, remove from heat.

WELLNESS
WITH JASMINE.COM



Desserts Recipes

Guilt-Free Peppermint+ Brownies.

1 15-ounce can low-sodium black beans
 1/3 cup coconut oil
 1/4 cup unsweetened cocoa powder
 1/8 teaspoon salt
 2 teaspoons vanilla extract
 1/2 cup honey
 3 eggs
 2 drops Peppermint+ essential oil

- Preheat oven to 350°F.
- Rinse and drain black beans.
- Melt coconut oil on the stove until clear.
- Blend all ingredients except eggs in a food processor until smooth.
- In a separate bowl, lightly whisk eggs until well beaten.
- Fold into chocolate mixture.
- Pour mixture into a greased 8×8 pan and bake 25–30 minutes.
- Let cool 15 minutes then cut.
- Let cool another 15 minutes and serve.

No-Bake Lemon-Basil+ Energy Balls.

32 pitted dates
 1/2 cup dried strawberries
 2 tablespoons chia seeds
 1/2 cup quick oats
 1 drop Basil+ essential oil
 4 drops Lemon+ essential oil

- Process dates and strawberries in a food processor until they form a thick paste.
- Mix in chia seeds, oats, and Plus oils. The mixture should form a firm dough.
- Using a medium cookie dough scoop, roll into bite-sized balls.
- Store in an airtight container.

Lavender Cookies.

1 cup cold butter, cubed
 2 cups flour
 1/2 cup sugar
 1/2 tsp salt
 1 TBS cold water
 1 tsp vanilla
 6 drops Lavender +

- Mix all ingredients in a mixer.
- Cover and refrigerate for 2 hours
- Roll our dough on a flour covered surface
- Cut with desired shape
- Bake at 325F for 10 mins

Cinnamon Bark+ Apple Chips.

3 apples
 1/4 cup honey
 1 drop Cinnamon Bark+
 Preheat oven to 225° F.

Use Thieves® Fruit & Veggie Spray to clean the fruit.

- With a mandolin or knife, thinly slice apples from top to bottom.
- In a small bowl, combine honey and Cinnamon Bark+.
- Line two cookie sheets with parchment paper and place apple slices on top.
- Drizzle honey mixture over apple slices.
- Cook in the oven for 90 minutes.
- Remove cookies sheets from heat and place apple slices on a cooling rack.
- For best results, store apple chips in an airtight container and eat them within 24 hours.

Desserts & Smoothie Recipes

NingXia Banana Berry Smoothie.

1 lg banana
1/2 c mixed berries
1/2 c milk
1/2 c yogurt
60ml NingXia Red
1 tsp honey

Sneaky Summer Smoothie.

In a blender- add the following:

1 cup Frozen Blackberries
1 cup Frozen Mango
2 bananas
2 tbsp raw honey
2 tbsp organic unrefined coconut oil
2oz of NingxiaRed
2tbsp chia seeds
Contents of 3 Multigreen Caps
Gel from 3 aloe leaves
(or 1/4c aloe juice)
Add enough ice and water
to blend.

Lavender Lemonade.

5 cups water
1/2 cup honey
1 cup freshly squeezed
lemon juice
2 drops lemon+
2 drops lavender+
Glass pitcher

Lemon Crinkle Cookies.

2 C Flour
2 tsp Baking Powder
1/2 tsp Salt
10 TBSP Softened Butter
1 C + 2 TBSP Sugar
1 Lg Egg Yolk
1 Lg Egg
8-12 drops Lemon +
2 TBSP Milk
1/3 C Powdered Sugar

- Heat oven to 350 F. Mix all ingredients until well combined. Shape into 1 1/2 inch balls. Roll in powdered sugar. Place on cookie sheet 2 inches apart. Bake 10-11 minutes. Remove before edges get brown. Cool 5 minutes before moving to baker
- Rack to cool.

Lime Zynger.

Splash of Ningxia Red
1 tube Nitro
1 drop Lime +
1 can Ningxia Zyng
lime wedges
Put in tall glass
Put first 3 ingredients in glass with ice
Top up with Ningxia Zyng
Garnish with Lime wedges

Healthy Cells

Whole-Body Wellness

CELL

Antioxidants help protect cells from daily stress, supporting overall wellness

BLOOD

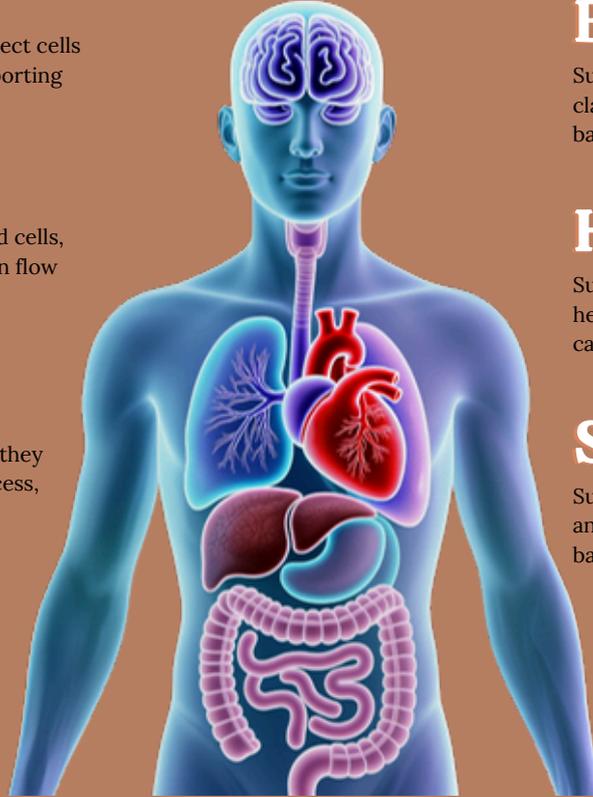
Supports healthy blood cells, circulation, and oxygen flow throughout the body.

LIVER

Supports liver cells as they naturally cleanse, process, and restore the body

KIDNEY

Supports kidney cell health for natural filtration and internal balance.



BRAIN

Supports brain cell wellness for clarity, focus, and emotional balance

HEART

Supports heart cell health and healthy circulation for overall cardiovascular wellness

STOMACH

Supports digestive cell comfort and helps maintain a calm, balanced digestion

PANCREAS

Supports pancreatic wellness, helping the body maintain balanced digestion and metabolism

Go to the Source of Wellness

Healthy Cells = Energy, Protection & Longevity

Supporting healthy cells means supporting what keeps them strong.

Mitochondria power your cells with energy, helping them perform and renew.

Telomeres protect cellular integrity, supporting long-term cell stability.

When cells are supported at this level, the body is better equipped to thrive, inside and out.



NingXia Red

Wolfberry polysaccharides - main ingredients of **NingXia Red**, help support cellular energy at the source, improving mitochondrial health and ATP production, so your cells can function with better vitality, balance, and resilience.

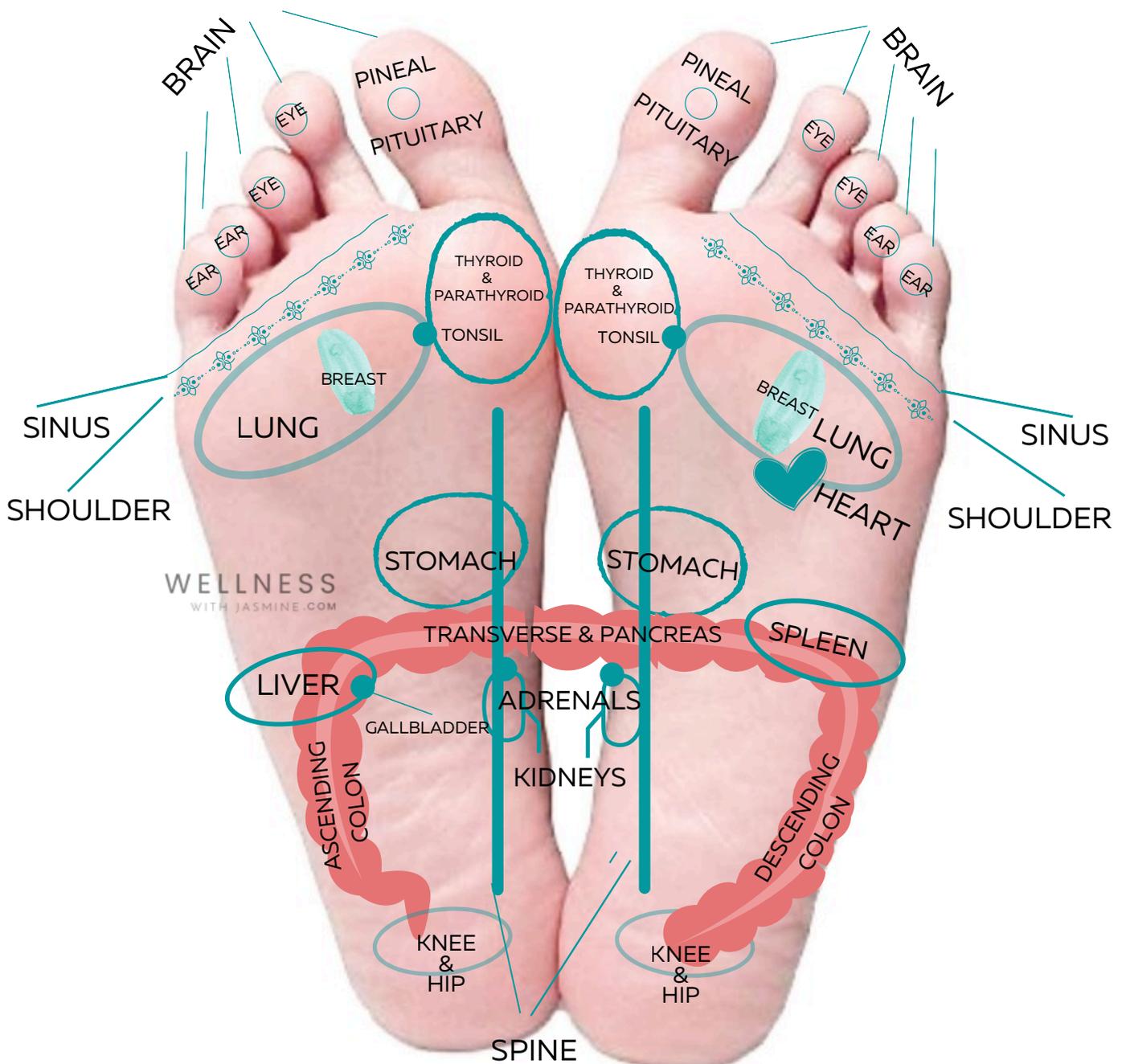
Study highlights show effects on mitochondrial function, ATP production, and energy balance in biological research models.

pubmed.ncbi.nlm.nih.gov/30700637

Vitaflex Points

Good health depends on energy flowing freely throughout the body, but sometimes that flow can become blocked. Vitaflex points offer a simple way to restore healthy energy to all body systems. There are approximately 5,000 Vitaflex points in the body. Applying essential oils to specific reflex points can release a gentle electrical signal, sending soothing energy through neuroelectrical pathways, supporting recovery, and promoting natural alignment.

The points on the bottom of the feet are especially powerful, as they connect through nerve endings to the spine and internal organs, helping to harmonize the entire body. Unsure where to apply essential oils? Simply apply them to the bottoms of your feet for a simple and effective approach.



Where to Apply Essential Oils

From Head to Toe

SHOULDERS

Panaway
massage on shoulders
to relax muscles

HEART

Black Spruce
apply over the heart to help
calm, soothe and relax

ABDOMEN

Digize
apply to the abdomen to help
soothe and aid digestion

KNEES

Copaiba
apply on knees to promote
comfort after exercising

FEET

Thieves
apply to the bottom of the
feet to support overall
health

HEAD

Frankincense
apply to the temple and
forehead during prayer &
meditation to promote
feelings of transuility

NECK

Peppermint
apply on the back of neck
for a cooling, soothing
sensation

UNDERARMS

Purification
apply to underarms to
freshen unwanted odour

CHEST

R.C
apply to the chest and
breathe in for a fresh
respiratory experience

WRISTS

Lemon
apply to the wrists for its
uplifting properties and a
fresh cheerful scent

LEGS

Lavender
apply to the legs for healthy
looking skin & promote
relaxation



The Starter Bundle

for your everyday use

VANILLA
Rich

LAVENDER
Relaxing & Calming

PEPPERMINT
Energizing

LEMON
Fresh



STRESS AWAY
Regulation

PEACE & CALMING
Inner Harmony

PURIFICATION
Purify the Air

THIEVES
Shielding

Thank
you 

Please visit my website:

wellnesswithjasmine.com