

gather 'round the table

The holiday season can be stressful and overwhelming at times. Don’t use that as an excuse to set your oils down and ignore them for 3 months out of the year. Get them out and use them! This class will show you how to incorporate your oily lifestyle into the busy holidays and create an incredibly inviting space as you and your guests “gather ‘round the table.”



the perfect time

No matter if the holidays are a time of peace and joy or a time of stress and apathy, NOW is the perfect time to get your oils out and use them. It is important that you support your body during a time of high stress, little sleep, long days, colder weather, and lots of close contact with people. Our immune systems (and more) will need lots of love - don’t wait until you’re below the wellness line to do something about it. Start now and be consistent. Your body will thank you.

Not only can you use your oils to support your body emotionally and physically, but you can use them to clean your home and fill it with beautiful, natural fragrances. When you prepare to have guests over, don’t grab the synthetic-fragrance filled sprays and plug-ins. Instead, pop open that diffuser and fill it with your favorites. I will share some holiday-themed recipes with you soon so stick around! There are some tasty food recipes at the end too!



quality matters

Now, when I tell you to open your diffuser and fill it with essential oils - I don't just mean any 'ol oils. I mean Young Living essential oils. Why? Not all essential oils are quality essential oils. You don't want to waste your money on something that could potentially do you more harm than good - especially during the holidays. Right?

Young Living is the ONLY company to back their items with a Seed to Seal quality commitment. You can rest assured that you're getting a quality product made with the highest quality essentials oils and other naturally-derived ingredients. Check out some of the strict guidelines they abide by to fulfill their promise in sending only the best products to your home.

- plant material that is grown on corporately-owned farms or carefully vetted partner farms (that you CAN visit!)
- sustainable farming and sourcing practices, providing the purest oil
- great care taken to preserve and protect natural resources
- hand-weeded fields and ZERO use of pesticides
- oils that retain all their natural constituents and beneficial properties
- use of food-grade distillers with state-of-the-art design and distillation methods
- low pressure and low temperature distillation, without the use of solvents or synthetic chemicals
- rigorous testing on each batch by internal labs and third-party facilities
- oils that are carefully reviewed through every step of production in order to meet or exceed industry safety and purity standards (beyond organic!)

And the best part… if the oils do not meet these high standards they are rejected and will not be bottled as a Young Living product. Check out more info on their Seed to Seal promise at www.seedtoseal.com.



creating a cozy atmosphere

When preparing your home for the holidays, it's important to set the mood and create an atmosphere that feels "homey" and inviting for your guests and your family. You also want it to be safe. Just like I mentioned earlier, don't grab the typical sprays and plug-ins you find in the stores. So many are filled with absolute junk you do not want floating around the air. The same rings true for most household cleaners.

So what can you use to replace ALL those? A diffuser, high-quality essential oils, and a spray bottle will do the trick! Oh, and a bottle of Thieves Household Cleaner. :)

Diffusing vaporizes essential oils and gets them into the air so that we can breathe them in. Young Living provides us with cool mist ultrasonic diffusers so that the oils are protected from heat and retain their incredible properties!

Diffusing also purifies the air, makes your home smell good without harsh chemicals, and helps get those awesome oils into your lungs and into your nose, reaching the limbic system, which can ultimately help support your emotions. Did you know that fragrances can have quite a powerful impact on your emotional state? As soon as you take a whiff, the airborne odor molecules travel up the nose to your olfactory receptors, which then relay messages to other parts of the brain. Your sense of smell is the only one of the five senses that is directly linked to the limbic lobe of the brain, the emotional control center. How crazy is that?!

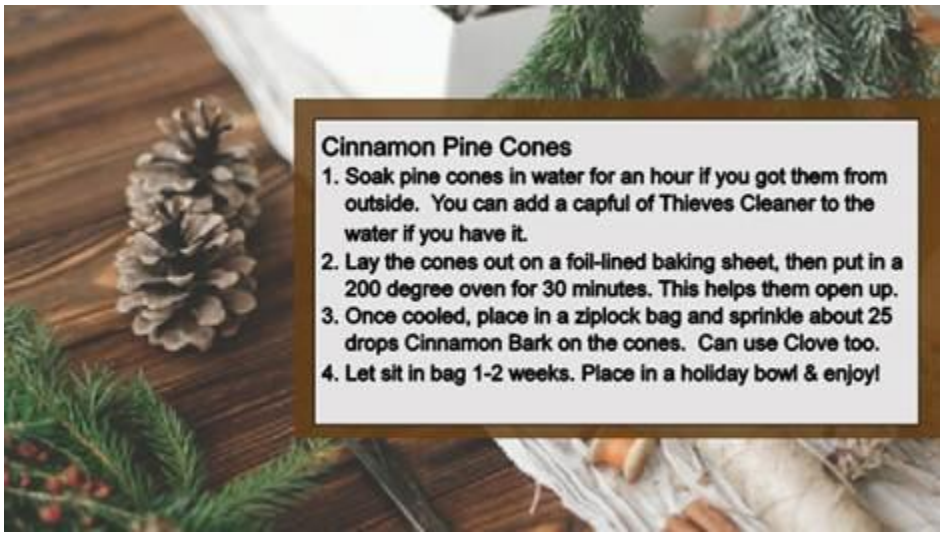
Simply add your essential oil drops to your diffuser, add water to the fill line, and start diffusing. Some of my favorite oils to use during the holidays are Citrus Fresh, Thieves, Orange, Vanilla, Peppermint, Clove, Christmas Spirit, Northern Lights Black Spruce, Cinnamon Bark, Nutmeg, and Evergreen Essence (when available). Try some of these recipes in your diffuser or use them to create an easy "Room Spray" using a small 2 oz. spray bottle, distilled water, and a splash of witch hazel. Adjust the amount of essential oils to your liking and get creative with it.





decorating your space

Now for the fun part - decorating! And yes - your oils can be a part of this as well. If you can get your hands on some pine cones, I have a great recipe for you to try!



The next recipe includes some empty NingXia Red bottles. Have you ever tried that delicious red drink? It's packed with powerful antioxidants to help against oxidative stress, support normal cellular function, and promote healthy energy levels for the perfect way to sustain yourself during the holiday season. So chug the red and save your bottles!! Here's what you could use them for…



That should get you started! Now just add some fresh greenery around the house and spritz it with the room sprays you made earlier. Things should be starting to take shape! Next up - some main dish and drink recipes for your table.



adorning the table

Now we get to talk about food! Mmmmm - holiday food is seriously my favorite. It's all so rich and full of flavor. My favorites are the ones that come around every year, part of our holiday traditions. Do you have any recipes that stick around from year to year?

Did you know that you can cook with your essential oils? Yep! There's an entire collection of oils dedicated to ingesting - the Vitality line. These oils are generally regarded as safe to consume, but just like you would with any other oil, start slow and remember they are potent. You may not need an entire drop; you might just need a "toothpick swirl." This is when you drop a toothpick down into the plastic reducer of the oil bottle and get it wet, then swirl it into your drink or dish. And don't forget - the Vitality oils are the SAME oils as those inside a "regular" bottle. They just have a different label. That's it! Now let's get to cookin'. First up - a simple appetizer. Cut up some fresh veggies and serve it with this delectable dressing.



Now for a sweet and savory main dish…



Serve all this with a fresh garden salad with dark, leafy greens and some roasted potatoes! Your guests are sure to feel right at home.



keeping the kids busy

Whether you are trying to get presents wrapped or entertain children while you sip some wine with the adults, these next couple recipes are sure to keep the kids occupied and enjoying the holidays right along with you.



Try adding in some fun holiday trinkets or colorful gems that the kids can mix into their dough - it makes for quite an imaginative experience! If you're feeling a little more festive, try this next recipe.



If you need something quick and easy you could always grab some plastic clear ornaments that are fillable and let the kids add pom poms, glitter, fake snow, buttons, etc. These make great little gifts for grandparents or neighbors too!



Treating your guests

We are nearing the end of our class, but before we wrap it up I have a few more recipes to share with you! A holiday gathering wouldn't be complete without a great dessert and a warm, cozy drink. And of course, your oils can be a part of the mix! Take a peek…



Now for the ooey gooey dessert…



Now that your mouth is watering and you're ready to indulge yourself, let me tell you a few things about the oils you are using to make these. Cinnamon Bark Vitality contains antioxidants and may help support a healthy immune system. Tangerine Vitality also contains antioxidants and may provide digestive, lymphatic, and immune support. And guess what? Clove Vitality also contains antioxidants and provides support for general wellness and the immune system. Nutmeg Vitality contains antioxidants, may support cognitive function and the immune system, and offers cleansing properties. Lemon Vitality contains antioxidants and provides immune and circulatory support. Ginger Vitality may provide comfort for the digestive system. You're definitely going to need that during the holidays! Seeing a trend here? These oils are more than just for good smells!



sharing the love

Food and decor are great, but we all know that the holidays are about giving. So give your guests something that will benefit their bodies and allow them to see how simple it is to incorporate oils in their everyday lives. Don't worry - I have a few easy ideas for you to try.



Lushious Lemon Bar Soap

- 1 1/2 c shea butter soap base
- 10 drops Lushious Lemon
- dried lemon zest of 4 lemons

Cut soap into cubes and microwave in 30-second intervals until melted. Add Lushious Lemon drops and zest an stir well. Pour into soap molds and allow to harden. Press mold to release the soap.



Eucalyptus Bath Tea Bags

- 1 c. epsom salt
- 1/2 c. dried roses, lavender, calendula or chamomile
- 3-5 drops Eucalyptus radiata
- organza or muslin tea bags

In a small bowl, mix essential oil with epsom salt. Pour 3 T. of the salt mixture into the tea bag. Add 1 T. of dried flowers to the bag and knot it closed. Repear this with the remaining bags. Store them in an airtight glass jar until ready to use.

DIRECTIONS: Drop bag into hot bath water or hang under running water.



Mistletoe Lip Scrub

- 2 tsp. organic evaporated cane juice crystals
- 3/4 t. coconut oil
- 1 drop Christmas Spirit

Combine all ingredients in small mixing bowl and spoon into small glass containers with lids.



Mason Jar Hot Cocoa

- 6 T powdered creamer
- 6 T cocoa powder
- 6 T powdered milk
- 6 T powdered sugar
- 1-2 drops Peppermint Vitality (optional)
- mini chocolate chips
- mini marshmallows

In a pint mason jar, layer powdered creamer, cocoa, powdered milk and sugar. Top it off with mini chocolate chips and mini marshmallows. Seal with lid and attach a small card with directions using twine or ribbon. If desired, include a bottle of Peppermint Vitality

DIRECTIONS: Pour ingredients into a bowl and mix together. Add 1/2 c. mix to a mug and add boiling water. Stir. For an extra kick, add 1-2 drops Peppermint Vitality



Get the best deal

If you haven't had the chance to set up your own Young Living account just yet, now is the time to do that! I want to make sure you have access to all these incredible goodies that are sure to make your holidays even better.

Call or text me and I will make sure you know how to get things set up and get the best deal – like 10% off your first order!

Lana 970-270-6577.

This oily lifestyle is meant to be lived every day - all year 'round! Tap into that and utilize these incredible tools we have access to.

a few side notes

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