Essential Oils: Advanced 201
Class Script

Note: this script is just a guide. It is recommended that you develop your own script, practice it (over and over again), and just be sure you have a solid grasp on compliance. If you are unsure of what you can and cannot claim when representing a specific brand/company, please reach out to someone who does, typically your “gold” and above leaders. If you have questions or receive conflicting information, reach out to Young Living’s Conduct and Education department, conduct@youngliving.com, they are fantastic and can help you with any compliance question you may have.

Slide 1

Display this slide as your guests enter the room for the class. If you are hosting a Facebook event class, display this slide about 30 minutes prior to the start of the class with an announcement. Something like, “We are so excited you are joining us today. Class will begin in 30 minutes. Grab your paper, pencils, and refreshments, and get ready to grow with us.”

Slide 2

Welcome to our advanced 201 course. We will cover the following topics: history of essential oil usage, constituents, the limbic system, top 10 oils that are not in your premium starter kit, suggestions for using Young Living throughout your day, essential oil resources; this will be followed by a brief question and answer period. However, you are encouraged to ask questions throughout the class.

Slide 3

At some point during your research and exploration into the essential oil world, you may experience others who have strong and varying viewpoints about the “proper” way to utilize essential oils. What many do not realize is that different regions of the world taught essential oil use in varying ways. Just note that we are not saying everyone from this particular region feels the same way or was taught in the same manner. What we are suggesting is that when diving deeper into the varying ways essential oils are used, it has been found that each method of use appeared to originate from a particular region. Even essential oil history can bring about conflicting information and some get overly amped about their opinion on this subject. Just as with science, there will always be differences of opinion; that is just
part of learning. We say, learn all you can, listen to all sides, take time to research what you would like to know more about, and come to your own conclusions. Above all, respect one another. It is okay to have a difference of opinion. With that said, we will take a brief look at the British, German, and French historical methods of essential oil use.

Side 4

The British originally used essential oils in small quantities combined with large amounts of carrier oils and only for massage. These methods of use have been and still are taught by aromatherapists today. Some people, who have been taught the “British” method feel very strongly that this is the only appropriate way to utilize essential oils.

Remember this does not mean this is the way essential oil use is being taught in the United Kingdom now. This is just where it is believed that this way of thinking about essential oil use originated.

Slide 5

The German method of usage was taught as true aromatherapy: inhalation of essential oils. Many aromatherapy schools firmly believe and continue to teach this method as the only way to appropriately utilize essential oils.

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The French method of usage believes essential oils are best used neat or undiluted topically. They also use essential oils as a dietary supplement through internal ingestion but only if the essential oils are truly pure. In fact, some physicians prescribe and administer essential oils intravenously.

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The founders of Young Living, Gary and Mary Young, feel all three methods of usage are acceptable for essential oil use. This is because of the “Seed to Seal” quality promise and Gary Young’s extensive training with French aromatherapists. As a Young Living member, you may encounter strong feelings about using essential oils internally. Take time to research all sides and respect one another. Make a choice that you are comfortable with and avoid heated debates.
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In order to truly understand essential oils, it is important to get to the heart of the oil, their individual chemical make-up. Remember, even water is a chemical. There are pure-organic chemicals that are wonderful and necessary for life. Water and oxygen are two such chemicals. There are also, harsh and toxic chemicals that we should avoid at all costs. Triclosan, bisphenol-a, and fluoride are a few of those chemicals we should work to avoid.

Here are a few facts about constituents:

- The power of an essential oil lies in its constituents and their synergy.
- Each essential oil is composed of 200 to 500 different constituents.
- Essential oils have a unique ability to penetrate cell membranes and travel throughout the blood and tissues.
- The unique lipid-soluble structure of essential oils is very similar to the makeup of our cell membranes, which enhances their ability to penetrate into the cells.
- When topically applied, essential oils can travel throughout the body in a matter of minutes.
- We will discuss four main constituents of essential oils: alkanes, phenols, monoterpenes, and sesquiterpenes.

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Alkanes are chemical compounds that consist of carbon (C) and hydrogen (H) atoms, so they are also called hydrocarbons. The chemical structure of alkanes only consists of single bonds.

Fun facts: Rose oil stands alone as an essential oil that contains 11 to 19 percent alkanes, which may be why this exquisite oil exhibits so many unique characteristics.

Take time to research alkanes. Due to federal restrictions we are not allowed to go into detail but you are free to do your own personal research.

Slide 10

Phenol is a group of organic compounds whose aromatic ring is bonded to an alcohol group. Now, this family, the phenols, doesn't mind being called a different name: carbolic acid or benzenol. The molecular formula of phenol is C₆H₅OH.
Fun facts: Common phenols found in essential oils are thymol (thyme & mountain savory) and eugenol (clove, cinnamon, basil, and bay laurel).

Take time to research phenols. Due to federal restrictions we are not allowed to go into detail but you are free to do your own personal research.

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Monoterpenes are present in almost all essential oils. Their action is to inhibit the accumulation of toxic material. Monoterpenes also enhance the therapeutic values of other components and are the balancing portion of the oil. They restore the correct information in the DNA of the cell once the sesquiterpenes and phenolics have done their job.

Fun facts: It is estimated that there are 1,000 different monoterpenes found in essential oils. Grapefruit & Frankincense consist of mainly monoterpenes.

Take time to research monoterpenes. Due to federal restrictions we are not allowed to go into detail but you are free to do your own personal research.

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Sesquiterpenes are a hydrocarbon group that is found in essential oils. They stimulate the limbic system of the brain, which helps to elevate our mood, relax, and focus. This class of constituents contains 15 carbons and is characteristically similar to alkanes and monoterpenes.

Fun facts: Oils with high sesquiterpene content include cedarwood, patchouli, sandalwood, ginger, vetiver, blue cypress, and myrrh.

Take time to research sesquiterpenes. Due to federal restrictions we are not allowed to go into detail but you are free to do your own personal research.

Slide 13

Your Limbic System

The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center.

Fragrance is inhaled and the airborne odor molecules travel up the nostrils and through the limbic system.
We could host an entire class on the limbic system alone. This is just a very small part of the amazing effects this system can have on our bodies. Take some time to dive into and learn more about the limbic system.

Slide 14

An “unofficial” poll was taken in a large Facebook group called “Oil Talk.” Approximately 120-130 members took part in this poll to answer the question, “what are your top 8 favorite essential oils that are not a part of the U.S. premium starter kit?” This poll was conducted September 2016. The answers to this question were then taken and placed into a spreadsheet, sorted, and counted. The top 10 oils were then used to help develop this course. While this may not be an official “top 10,” we feel it is not too far off considering quite a few of these oils are among Young Living’s top sellers. We just hope you will enjoy learning about what we feel may be the top 10 essential oils that were not in Young Living’s Premium Starter Kit (PSK) at the time the poll was conducted.

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Deep Relief Roll On

• Use for massage after activity
• Inhale for an invigorating, energizing scent
• Keep on hand for use at the gym to apply during a workout
• Blended with peppermint, Deep Relief has a cooling sensation when applied to the skin
• Deep Relief’s aroma is relaxing and calming

Deep Relief roll-on contains: peppermint, coconut oil, Idaho balsam fir, clove, vetiver, wintergreen, lemon, helichrysum, copaiba, dorado azul

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Valor Essential Oil Blend

• Apply several drops to wrists, chest, base of neck, or bottoms of feet for an uplifting, empowering aromatic experience
• Add several drops to bath water for a calming aroma
• Inhale from the bottle or diffuse to create a refreshing aromatic environment
• This blend is essential to Young Living’s signature Raindrop Technique
• Apply at bedtime for a peaceful aroma
• Valor is one of Young Living’s top-selling oil blends

Valor essential oil blend contains: coconut oil, black spruce, blue tansy, frankincense, rosewood

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Cedarwood essential oil

• Has a woody, warm, balsamic aroma
• May be added to your favorite skin care products and applied topically
• Its powerful aroma creates a relaxing, calming, and comforting atmosphere when diffused
• Its aroma allows you to enjoy the outdoors annoyance-free
• Massage into scalp for the appearance of healthy-looking hair

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Joy essential oil blend

• This beautiful blend of essential oils harmonizes and has a joyful aroma
• Joy’s scent inspires a romantic, aromatic atmosphere
• When diffused, it creates a warm, comforting environment
• Add to a YL lotion or moisturizer to beautify and enhance the appearance of skin
• Add to Young Living’s Bath & Shower Gel Base to relax and calm as you unwind from a long day
• When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness

Joy essential oil blend contains: bergamot, lemon, palmarosa, ylang ylang, rose, geranium, jasmine, roman chamomile, coriander, tangerine

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Peace & Calming essential oil blend

• Diffuse this blend before bed for a relaxing and calming aroma
• Improves the appearance of skin when applied topically
• Provides a peaceful aroma for yoga and meditation
• Diffuse for a peaceful and relaxing atmosphere at bedtime
• Add 5–10 drops to YL lotions and apply topically to moisturize skin
• Includes the naturally occurring compound chamazulene, a constituent that gives the oil its blue color

Peace and Calming essential oil blend contains: tangerine, ylang ylang, blue tansy, orange, patchouli

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Progessence Plus serum

• Progessence Plus is a serum designed specifically for women
• Wild yam and vitamin E support healthy-looking skin
• Frankincense essential oil may help smooth the appearance of fine lines for a more youthful look
• Add to your daily skin care regimen to promote an attractive complexion and improve the overall appearance of your skin

Progessence Plus serum contains: copaiba, sacred frankincense, cedarwood, caprylic/capric triglyceride (coconut derived), tocopherol (vitamin e), bergamot, peppermint, wild yam extract, clove

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Orange Vitality essential oil

• Includes the naturally occurring constituent limonene
• An important ingredient in many products, including NingXia Red and ImmuPro
• Support your wellness daily by adding 1–2 drops to a gel capsule and taking as a dietary supplement
• Add 2–3 drops to a water bottle or glass of water for flavor, or mix it with other Vitality essential oils for various flavor combinations. Infusing water with dietary essential oils is a great option for anyone who struggles swallowing pills and capsules

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Abundance essential oil blend

• Empowering and uplifting aroma
• Its aroma can bring abundant feelings of wealth and happiness
• Enhanced with oils anciently used as alluring colognes
• Diffuse to promote a positive attitude
• Developed with oils for an aroma that brings on what is termed, “the law of attraction”

Abundance essential oil blend contains: orange, clove, cinnamon bark, frankincense, ginger, black spruce, patchouli, myrrh

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White Angelica essential oil blend

• Aroma may provide a sense of protection and guard against negative energy
• Calming and soothing blend that encourages feelings of strength and endurance
• Diffuse during times of grief
• Create an uplifting and spiritual environment
• Inhale before public speaking or intimidating events

White Angelica essential oil blend contains: sweet almond oil, bergamot, Melissa, geranium, ylang ylang, rose, myrrh, black spruce, royal Hawaiian sandalwood, hyssop, rosewood

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Tea Tree essential oil

• Helps maintain healthy looking hair and scalp
• Reduces the appearance of blemishes
• Apply to feet and toenails when needed
• Includes the naturally occurring constituents terpinene-4-ol, gamma terpinene, and alpha-terpinene
• Included in Purification and Melrose essential oil blends, as well as: Animal Scents, Rose Ointment, and ClaraDerm

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Young Living products can be incorporated into your daily life. Many of Young Living’s products are very concentrated and when properly diluted, can save you quite a bit over your current products. Products such as Thieves Household Cleaner, Orange Blossom Facial Wash, Thieves Dishwashing Soap, and Thieves Laundry Soap, just to name a few. If you are not currently involved with Young Living’s loyalty program, Essential Rewards, let’s get together and talk about how this program can
save you money and earn you rewards for products that are already in your current household budget. There are a lot more products that can be easily adapted into your current life, but here is an example of just a few of those products.

Upon rising: start your day with Young Living’s Thieves Aromabright toothpaste, wash your face with Orange Blossom Facial Wash, continue getting ready with Mountain Mint Deodorant. Now, head out to the kitchen and when your morning coffee (or juice) is ready, add a drop of Peppermint Vitality for an energizing lift. Don’t forget to take your multi-vitamins, Young Living’s Master Formula, and be sure to support your healthy immune system with a dose of Young Living’s Super C vitamin.

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As so many of you have encountered, we now approach the mid-day slump. Time to re-energize your body with a shot of Ningxia Nitro and Ningxia Red! Don’t forget to tame hunger with a Slique Bar! And to really awaken the senses, be sure to diffuse a drop or two of peppermint oil in your USB Orb diffuser. The USB Orb diffuser has a small profile that is perfect for personal diffusing right on your desktop. Be sure you pull out Thieves Waterless Hand Purifier after touching doorknobs and/or shaking hands with people you meet throughout your day. The small bottle slips perfectly in your pocket or purse.

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You’ve now come to the end of your day. We hope you were able to get a load or two of laundry completed using Thieves Laundry Soap! Now it is time to unwind, start with a nice warm shower and soaping up with Lavender Body Wash, followed by Young Living’s luscious lavender shampoo and conditioner. Once you are out of the shower, keep your skin moisturized with one of Young Living’s creamy body lotions. Don’t forget to include a nightly skin care routine with Young Living’s special ART Skin Care System and a leg massage with Young Living’s Relaxation massage oil. Now, place a drop or two of cedarwood and lavender essential oil into your favorite diffuser and drift off to dreamland.

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Entering into the world of essential oils and Young Living can be a bit overwhelming at first. Besides connecting with the person who introduced you to Young Living, there are a number of resources and support groups available to you. Here are just a few:
Literature-Educational:
discoverlsp.com
amazon.com

Marketing Material:
oilposse.com
oilrevolutiondesigns.com
younglivinggear.com

Social Outlet Groups: (type facebook.com/groups followed by one of the listed groups. Example: facebook.com/groups/OilTalk)

facebook.com/groups/
    YLIDBizBuilderMastermind (secret group)
    1090plan
    OilTalk
    oilytools
    JourneyToHealthAndWealth
    CareClub (secret group)
    YouInfuse (secret group)

For Facebook “secret” groups, reach out to the person who sponsored you to see if he/she can get you into the secret group. Secret groups will not “come up” by simply typing the direct URL (link). You have to be invited by someone who is already a member of that group. If you still have issues, join “Oil Talk” and reach out to one of the admins of that group. They are members of both of the “secret” groups.

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Question and Answer session.

Ask your guests if they have any additional questions. It is OKAY if you do not know all of the answers. Take his/her name and reach out to your upline or Young Living directly. Let him/her know you will work to find an accurate response.

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It is okay to add your personal contact information to this slide or you can alter the presentation and leave it completely off. The choice is yours.

Just be sure to thank each of your guests for their time. Invite them to future classes. Above all just share from your heart and be there for them.