



# Login & Order Status

## **Logging into the Young Living portal.**

1. You can log into the YL virtual desk by clicking [HERE](#) or copy/pasting this link:  
<https://www.youngliving.com/vo/#/login>
2. You created your username and password when you placed your first order, but if you need help, click “sign in help” to reset your password via email or call customer service at 1-800-371-3515.
3. Be sure to keep your username and password in a place where you’ll always be able to find it!

## **Checking the status of your starter kit (or any order you’ve placed)**

1. Log in with the steps in # 1 above.
2. On the blue column on the left side of the screen, click “My Account.”
3. From the drop down menu, click “My Order History.” A list of all of your orders will show up, with the most recent at the top.
4. Click on the blue order number and you’ll find the delivery address and tracking number of your order.



# Essential Oil Storage

Find a safe place to keep your oil documentation. Inevitably, you'll want to look up an oil and see what you can use it for, but you won't be able to find your reference books! Take a moment to create a space just for your oils and books so you'll always know where to look for them.

Keep your oils out of reach of children. As I mentioned in the last email (and download), essential oils are highly concentrated and not all oils are safe for children. Wherever you decide to store your oils, make sure the kids can't get to them.

Store oils in a cool, dark place. Store anything you make with oils in a glass container.



# Essential Oil Lingo

Aromatic	A term describing oils that can be diffused and inhaled.
Carrier Oil	A nourishing oil used to dilute an essential oil. The most common (and most affordable) carrier oils I recommend are olive oil, coconut oil, jojoba oil and sweet almond oil.
Diffuse	To disperse an essential oil into the air.
Diffuser	A machine used to diffuse the oil into the air.
Dilute	To reduce the concentration of an essential oil using a carrier oil.
Essential Oil / EO	Highly concentrated oils extracted from various plant components including the flower, leaves, stem, or root.
Neat	A term referring to using an essential oil without any dilution. Most often used in reference to applying essential oil to the skin.
Photosensitive / Phototoxic	Essential oils that when applied topically, can cause an adverse reaction when exposed to sunlight.
Therapeutic Grade	A term used to describe the quality of an essential oil. Note: The FDA does not currently have any regulations for essential oils, therefore this term is often abused and/or not recognized as valid by some.
Topical	The method of applying essential oils directly to the skin, whether neat or diluted.



# Essential Oil Safety

**Diluting Essential Oils.** 1% dilution = 1 drop essential oil to 1 teaspoon carrier oil  
As a general rule, essential oils should be diluted in a carrier oil to a 3-5% solution. This means using 3-5 drops of essential oil per 1 teaspoon of a carrier oil.

**Using Essential Oils in Sensitive Areas.** Essential oils should not come in contact with the eyes, ears, genitals and mucus membranes. Some essential oils can cause skin discomfort or irritation. This could be the nature of the oil, or your own level of sensitivity. See FAQ's if skin discomfort or irritation occurs.

**Using Essential Oils in Children.** Essential oils are not recommended for children under 2 years old both internally and topically. Herbs and hydrosols (floral waters) are a better idea. Essential oils should ALWAYS be diluted when using in children. For children under 10 years old, research proper usage and dilution for each specific oil before using as some oils require a greater dilution rate than others.

**General Safety Concerns with Essential Oils.** Always take care when handling oils, as even one drop spilled while making a recipe can be easily absorbed by the skin. It's best to test for sensitivity to an oil before using it in a broad application. To do this, combine 1 drop of essential oils with 1 tsp of carrier oil and apply to the inside, upper portion of your arm. If no redness or itching develops within a few hours, you're likely not sensitive to that essential oil. Essential oils do have a shelf life. If the essential oil begins to smell rancid, do not use in a healthy/beauty recipe. Use it in a cleaning recipe instead. Do not use a carrier oil of a plant that you are allergic to. Some oils are not okay to use during pregnancy. Be sure to research specific oils before using.



# Essential Oil FAQ's

**What is a hot oil?** “Hot oils” are oils that when applied to the skin, can cause a hot or burning sensation. If you experience this when using an oil, add a carrier oil to the area as often as needed.

**How often can I use essential oils?** Proper usage is indicated on each essential oil label. Excessive use of essential oils may increase the risk for adverse reactions.

**Does sun exposure effect essential oil usage?** Some essential oils, especially citrus oils, react with sunlight and can cause a sensitivity reaction. Dilute appropriately and avoid sun exposure when using these oils.

**Can I use essential oils internally?** There is much controversy and little research for using essential oils internally. Since essential oils are highly concentrated, very potent and extremely effective, I personally cannot endorse using essential oils internally at this time.

**Why should I avoid using essential oils in plastic?** Some oils, especially citrus oils, naturally “attack and breakdown synthetic materials. Some oils are capable of absorbing toxins, and plastic is known to store toxins. Therefore it is best to store essential oils and anything you make with essential oils in glass.

**What is sensitization?** Sensitization is an allergic reaction of the immune system that shows up in places *other* than where the essential oil was applied. Sensitization can occur over time, so always dilute appropriately and avoid using oils that you are known to be sensitive to.

**Why do I have to use a carrier oil?** Essential oils are oils and oil does not dilute in water. Therefore you must use a carrier oil to properly dilute an essential oil.



## What to Order Next?

I had no idea what oils to try once I was ready to move beyond the starter kit, but here are the top oils we've used in our home this past year. Feel free to choose from this list if you're not sure where to start!

**Eucalyptus** – I diffuse this when we're catching colds to help with coughs, sniffles and congestion.

**RC / Raven** – I dilute this with a carrier oil and rub on the chest to help with coughs, sniffles and congestion. (I often use RC AND diffuse eucalyptus to tag team cold season.)

**Cinnamon** – My favorite oil for homemade toothpaste.

**Rosemary** – I like to combine this with lavender for relaxation and a sedation effect.

**Clove** – I also use this in my toothpaste, but it's antimicrobial properties make it great for cleaning too.



# 12 Days of Using the Starter Kit



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## Day 1 - Essential Oil Starter Kit

Make sure to open your box to reveal all your items, including samples, roll-on attachment, and Stress Away bottle.



Unbox your diffuser and follow the package instructions to add appropriate water and essential oils. Diffuse and enjoy!

Add 2 drops to wool dryer balls  
to naturally scent clothes.

## Day 2

# Purification Blend

Use 1 drop on a  
cotton ball and  
place in the air  
vents of the car  
to purify the air.

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## Day 3 - Peppermint

Combine two drops with  $\frac{1}{4}$  cup water. Swish a small amount in your mouth and spit out to freshen breath.



To reduce fever, mix one drop with two tsp coconut oil and rub on the back of the neck.

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## Day 4 - Lavender

Put one drop directly on a bee sting or insect bite to stop itching and reduce swelling.



Mix one drop with one tsp coconut oil and rub on the bottom of your feet to relax before bed.

Diffuse around your home or  
rub one drop in your hands to  
reduce anxiousness and stress.

## Day 5

# Stress Away Blend

Diffuse at your  
bedside to  
reduce  
restlessness  
and promote  
relaxation  
before  
sleeping.

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## Day 6 - Copaiba

For a DIY astringent, mix five drops with  $\frac{1}{2}$  cup distilled water and two Tbsp apple cider vinegar.



Add one drop to another recipe to magnify and enhance the benefits of the other oil.

DIY Chest Rub: Mix one drop  
with one tsp coconut oil and rub  
on chest.

**Day 7**



**RC**

**Blend**

Mix one drop  
with one tsp  
carrier oil and  
apply along the  
outside of the  
big toenail to  
support a runny  
nose.



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## Day 8 - Frankincense

Add one drop to one tsp  
of your nightly moisturizer  
to minimize fine lines.



Mix two drops with carrier  
oil and apply to the bottom  
of each foot to help relieve  
restless legs.

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## Day 9 - Lemon

Add one drop to one tsp  
baking soda and one tsp  
honey for a natural  
face wash.



Use one drop to remove  
sticky residue from  
stickers, gum, or labels.

Add two drops to one tsp carrier oil and rub behind ears to help with nausea.

**Day 10**

**Digize**

**Blend**

Add two drops to one tsp carrier oil and rub on belly to help with digestive issues.



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Combine 1-3 drops with one tsp carrier oil and use topically to alleviate sore muscle pain.

**Day 11**



**Panaway**

**Blend**

Combine 1-3 drops with one tsp carrier oil and rub on temples, neck or forehead to relieve head and neck tension or pressure.



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Use one drop to eliminate stains  
from whiteboards.

**Day 12**

**Thieves  
Blend**

Add one drop to  
toothbrush  
before brushing  
to help maintain  
a healthy  
mouth.

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*Any suggestions made on my blog, in this document or in my emails are very specific to Young Living essential oils and should not be used with oils from another source. Statements made on this website about Young Living Essential Oils have not been evaluated by the FDA. These products and information are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from disease or injury should consult with a physician. If you are currently on medication, please DO NOT STOP.*