

When you are new to essential oils, you face a bewildering array of choices. Which oils should you start with? If you want to share the best single oils or blends with a friend or relative, how do you choose?

Thankfully, these difficult questions have been answered. Seven of the most body-supporting and emotion-balancing essential oils have been gathered into one “can’t live without it” kit, the Essential 7™.

Seven Wonders of the Essential Oils World

Three powerful single oils and four marvelous blends are packaged together as the indispensable Essential 7. This kit offers portable peace of mind—it’s your go-to kit for body and soul. The Essential 7 has 5 ml bottles of the following singles and blends: peppermint, lemon, lavender, Purification®, PanAway®, Joy®, and Peace & Calming®.

Peppermint (*Mentha piperita*) is a sweet, highly fragrant essential oil with a long tradition of easing the digestive process¹.

Body Supporting:

- Add one drop to tea or water to support normal digestion.
- Use in massage for exercise-induced muscle discomfort.
- Improve concentration by inhaling or diffusing.

Emotion Balancing:

- Neurologist and psychiatrist Alan Hirsch has published more than one hundred studies showing the psychological power of scent, including peppermint’s role² in triggering a sensation of fullness in the brain.



Lemon (*Citrus limon*) is now recognized for its powerful antioxidant power³ as well as its refreshing and uplifting scent.

Body Supporting:

- Used traditionally as a natural cleaner.
- Diffuse or add a few drops to water in a spray bottle for deodorizing and sterilizing.
- Add to water or rice milk and take as a dietary supplement.
- Avoid exposure to direct sunlight or UV rays when applying topically. Citrus oils are photosensitive.

Emotion Balancing:

- Combine with peppermint in water or rice milk for an uplifting refresher.

Lavender (*Lavandula angustifolia*) is a multi-faceted oil that soothes yet also revives.

Body Supporting:

- Apply topically for cuts, bruises, and skin irritations.
- Apply topically to support heat-stressed skin.

Emotion Balancing:

- The uplifting effects of lavender were confirmed by a British study that showed that lavender added to bathwater reduced negative thoughts about the future.⁴



- A drop of lavender on your pillow may lead to a relaxing night’s sleep.

Japanese researchers have noted that many brands of lavender essential oil are adulterated⁵. Young Living’s lavender is guaranteed 100% pure with the highest possible active constituents.

Purification is a cleansing blend of citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosmarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula x hybrida*), and myrtle (*Myrtus communis*).

Body Supporting:

- Diffuse this blend to purify and cleanse the air, while neutralizing mildew, cigarette smoke, and disagreeable odors.
- Apply topically to clean insect bites, cuts, and scrapes.

Emotion Balancing:

- Enjoy peace of mind while traveling by using on a cotton ball placed in vents in cars or hotel rooms to purify and disinfect your surroundings.

PanAway is a comforting blend of wintergreen (*Gaultheria procumbens*), helichrysum (*Helichrysum italicum*), clove (*Syzygium aromaticum*), and peppermint (*Mentha piperita*).

Body Supporting:

- Apply topically to support muscle discomfort with this warming blend.
- PanAway contains helichrysum, which soothes localized skin discomfort; clove, used by dentists for its numbing ability; peppermint, a favorite massage oil; and wintergreen, which contains a key ingredient of many sports balms.

Emotion Balancing:

- Life is so much more enjoyable when everyday discomforts are reduced.



Joy is an uplifting blend containing the essential oils of lemon (*Citrus limon*), mandarin (*Citrus reticulata*), bergamot (*Citrus bergamia*), ylang ylang (*Cananga odorata*), rose (*Rosa damascena*), rosewood (*Aniba rosaeodora*), geranium (*Pelargonium graveolens*), palmarosa (*Cymbopogon martini*), Roman chamomile (*Chamaemelum nobile*), and jasmine (*Jasminum officinale*).

Body Supporting:

- The essential oils in Joy are calming to the nervous system so that joy and happiness are not overshadowed. A recent study by Japanese researchers showed that fragrance inhalation of rose oil caused a 40 percent decrease in relative sympathetic activity of the nervous system. The sympathetic system is responsible for the “fight or flight” response in the body.
- This study also showed that inhaling the fragrance of rose oil caused a 30 percent decrease in stressful adrenaline concentration.⁶

Emotion Balancing:

- The alluring fragrance of Joy has an uplifting, magnetic energy that inspires joy and love.

Peace & Calming is a gentle, fragrant blend designed to promote relaxation and calm tensions. It contains the essential oils of tangerine (*Citrus nobilis*), orange (*Citrus aurantium*), ylang ylang (*Cananga odorata*), patchouli (*Pogostemon Cablin*), and blue tansy (*Tanacetum annuum*).

Body Supporting:

- Peace & Calming contains a powerful combination of essential oils that calm and relax the body. In the Japanese study mentioned before, inhalation of patchouli oil caused a 40 percent decrease in relative sympathetic activity.
- The antioxidant oils of tangerine and orange⁷ protect the body from free radical damage.



- The gentle oils in Peace & Calming are especially comforting to children.

Emotion Balancing:

- Biochemist R. W. Moncrieff wrote that ylang ylang “soothes and inhibits anger born of frustration.”⁸
- A study using orange oil in a dental office⁹ found that women had a lower level of anxiety, a more positive mood, and a higher level of calmness than the control group.

The Essential 7™ Kit. Can't live without it? Why try? Put the power of essential oils to use in your home, office, and even your car. And don't forget an extra kit to share!

Notes

1. L. I. Spirling, I. R. Daniels, “Botanical perspectives on health—peppermint: more than just an after-dinner mint,” *JR Soc Health*. 2001 Mar;121(1):62-63.
2. A. Hirsch, *Dr. Hirsch's Guide to Scentsational Weight Loss*. Rockport: Element, 1997.
3. Y. Takahashi, et al., “Antioxidative effect of citrus essential oil components on human low-density lipoprotein in vitro,” *Biosci Biotechnol Biochem*. 2003 Jan;67(1):195-7.
4. N. Morris, “The effects of lavender (*Lavendula angustifolium*) baths on psychological well-being: two exploratory randomised control trials,” *Complement Ther Med*. 2002 Dec;10(4):223-8.
5. M. Mori, et al., “Quality evaluation of essential oils,” *Yakugaku Zasshi*. 2002 Mar;122(3):253-61.
6. S. Haze, K. Sakai, Y. Gozu, “Effects of fragrance inhalation on sympathetic activity in normal adults,” *Jpn J Pharmacol*. 2002 Nov;90(3):247-53.
7. I. Vargas, et al., “Antimicrobial and antioxidant compounds in the nonvolatile fraction of expressed orange essential oil,” *J Food Prot*. 1999 Aug;62(8):929-32.
8. R. W. Moncrieff, *The Chemical Senses*. NY: John Wiley & Sons, 1946.
9. J. Lehmer, “Ambient odor of orange in a dental office reduces anxiety and improves mood in female patients,” *Physiol Behav*. 2000 Oct 1-15;71(1-2):83-6.

Restore Your Body to a Balanced State of Well-Being

Freshly cultivated and steam distilled, Young Living essential oils are life-enhancing gifts from the plant kingdom, revered since antiquity for their restorative properties to body, mind, and spirit. Now pure essential oils are re-emerging as a key solution to the challenges facing modern lifestyles. Young Living essential oils and oil-enhanced nutritional and personal care products deliver positive benefits to the body through smell, through direct absorption into the skin, and by normal digestive processes. Young Living essential oils bring balance to all systems of the body.

Young Living conducts ongoing university research on the attributes of essential oils. Some of this research has been published in such scientific journals as the *Journal of Essential Oil Research*.

“Only the highest-quality essential oils can bestow their full therapeutic powers on users. If you want results, you must insist upon therapeutic-grade essential oils.”

–D. Gary Young
Founder and President

For more information, contact this Young Living Independent Distributor:



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