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 process.

**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 role in triggering a sensation of fullness in the brain.

**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.

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

**Body Supporting:**
- Used traditionally as a natural cleanser.
- 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:**
- This study also showed that inhaling the fragrance of lemon (Citrus limon) improved night’s sleep. Japanese researchers have noted that many brands of lavender essential oil are adulterated. 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), lavender (Lavandula x hybrida), and myrtle (Myrtus communis).

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

**Emotion Balancing:**
- Lavender added to bathwater reduced negative thoughts and relaxes the body.
- Japanese researchers have noted that many brands of lavender essential oil are adulterated. Young Living’s lavender is guaranteed 100% pure with the highest possible active constituents.

**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 (Amba rosaedora), geraniums (Pelargonium graveolens), palmarosa (Cymbopogon martinii), 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.

**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 antioxidants of lavender and orange protect the body from free radical damage.
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:

Notes