

Emotional Wellness

WITH YOUR YOUNG LIVING ESSENTIAL OILS!

Discover how to use your Young Living essential oils* to enhance peace and serenity in your daily life!

- 💧 TOPICAL: Apply directly to skin. Dilution may be required. See label for use.
- 🕒 DILUTE: Topical dilution required. See label for use.
- 🌀 AROMATIC: Inhale directly or use in a Young Living diffuser.
- 🍷 FLAVOURING: Add 1-2 drops to a beverage or food of choice.
- ☀️ PHOTSENSITIVITY: Avoid direct sunlight and UV rays for at least 12 hours after application to skin.

Visit YoungLiving.com.au or YoungLiving.co.nz to purchase.

COPAIBA



ESSENTIAL OIL SINGLE

Known for its gentle, woody aroma, Copaiba helps create a relaxing atmosphere when diffused or applied topically.

HOW TO USE | 🌀 🕒 🕒

Apply 2 drops of Copaiba to tired muscles following your yoga class for an uplifting, comforting cool down. Diffuse to create a warm, inviting space.

DIGIZE



ESSENTIAL OIL BLEND

DiGize™ essential oil blend features a spicy, exotic, aromatic blend, combining Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise and Patchouli essential oils for a rich, calming scent.

HOW TO USE | 🌀 🕒

Rub 2 - 4 drops of DiGize™ into your tummy for a soothing sensation if you've eaten prior to exercise.

FRANKINCENSE



ESSENTIAL OIL SINGLE

Frankincense essential oil has an earthy, uplifting aroma that's perfect for grounding and spiritual connectedness.

HOW TO USE | 🌀 🕒 🍷

Create a safe & comforting space by diffusing or inhaling Frankincense.

Diffuse to refine your sense of purpose during your yoga practice and morning meditation. Apply to the soles of the feet during the sitting poses in your yoga practice.

LAVENDER



ESSENTIAL OIL SINGLE

Lavender has a scent that's a wonderful blend of fresh, floral, clean and calm. It is a great essential oil for beginners and a must-have for every home.

HOW TO USE | 🌀 🕒 🍷

Apply Lavender topically to the temples during your sleep meditation.

Apply topically to the soles of your feet to promote relaxation and serenity.

LEMON



ESSENTIAL OIL SINGLE

Cheerful, sweet and nostalgic, Lemon essential oil can help eliminate odours and infuse your whole home with its clean, uplifting and energising scent when diffused.

HOW TO USE | 🌀 🕒 🕒 ☀️ 🍷

Add Lemon to your water for a cleansing and refreshing beverage you can enjoy throughout the day. Cleanse your aura by adding 2-3 drops of Lemon to your hands and applying it from head to toe.

PANAWAY



ESSENTIAL OIL BLEND

Containing Wintergreen and Clove essential oils, PanAway® is often used for massage or after exercise. This cooling and invigorating blend has a refreshing scent and is uplifting during moments of exhaustion.

HOW TO USE | 🕒

Add a few drops of PanAway® to V-6™ Enhanced Vegetable Oil Complex and rub into your tired muscles after yoga or exercise.

PEPPERMINT



ESSENTIAL OIL SINGLE

Peppermint invigorates the mind and senses, while inspiring a sense of peace. When used topically, Peppermint creates a cool, tingling sensation on the skin, making it a favourite for sports massage.

HOW TO USE | 🌀 🕒 🕒 🍷

Apply 1 drop to your palms, rub both hands together, bring to your nose and inhale deeply - particularly before energetic yoga poses or before a walk or run.

PURIFICATION



ESSENTIAL OIL BLEND

Purification® is uplifting and refreshing and may help purify and cleanse negative emotions and vibrations.

HOW TO USE | 🌀 🕒

Apply Purification® to the skin before yoga outdoors, such as on your veranda in summer, and enjoy your yoga routine annoyance free.

Cleanse your aura by adding 2-3 drops of Purification® to your hands and applying it from head to toe.

R.C.



ESSENTIAL OIL BLEND

R.C.™ is a powerful blend of Spruce, Cypress and 3 types of Eucalyptus essential oils. Its energetic aroma will help you stay motivated when you hit the weights, treadmill or bike.

HOW TO USE | 🌀 🕒

Diffuse or apply directly before, during or after your workout.

Apply 1 drop of R.C.™ essential oil to above the top lip during breathing exercises.

STRESS AWAY



ESSENTIAL OIL BLEND

Stress Away™ essential oil blend is a uniquely relaxing and comforting blend created to combat normal stresses that creep into everyday life.

HOW TO USE | 🌀 🕒 ☀️

Add 1-2 drops Stress Away™ to a bath at the end of the day.

Dilute and apply to wrists, neck, temples or soles of feet to help ease everyday stress and promote peace.

THIEVES



ESSENTIAL OIL BLEND

With cleaning power and an irresistibly spicy scent, Thieves® is an important essential oil blend featured in Young Living's cleaning & personal care products.

HOW TO USE | 🌀

Clean your yoga space and your yoga mat with Thieves®. Mix 2-3 drops with water in a spray bottle and shake well before each use.

Diffuse to help purify and cleanse negative emotions.

7 ESSENTIAL OILS FOR THE 7 CHAKRAS

EMOTIONAL BALANCE WITH THE FEELINGS™ KIT AND GROUNDING™ ESSENTIAL OILS

WHAT ARE CHAKRAS?

Chakras are energy centres located throughout the body, guiding the flow of energy. The major chakras are located along the spine, each of which corresponds to a major nerve plexus, key emotions and a spiritual life lesson. The key message of the chakras is to bring attention to the important lessons that life's challenges offer us, and to find meaning in them to restore balance with wisdom and self-mastery.

Blocked chakras, which slow down the flow of energy, may cause a person to get angry for no reason, be afraid, unsure of themselves, lack self-confidence, be unhappy without a direct understood reason or have a negative outlook on life.

Balance your chakras by utilising the Feelings™ Kit and Grounding™ essential oils, either by applying them onto the specific chakra areas, diffusing them near yourself or inhaling the aroma from the bottle.

The Feelings™ Kit contains 6 x 5 ml essential oils: Forgiveness™, Harmony™, Inner Child™, Present Time™, Release™ & Valor®/Valor II™.



ROOT CHAKRA



BLOCKED BY FEAR

Located at the base of your spine, the Root Chakra is the first and most important for yoga. This chakra is the centre of courage, security, safety, grounding and boundaries.

Correlates to issues relating to:
Finances, physical safety, career, needs, home, possessions.

ESSENTIAL OILS

KEY
Grounding™
PSK
Purification®
OTHERS
Abundance™
Release™
Valor®



HOW TO USE

Apply 1-2 drops topically to the bottom of each foot and the sacrum.

POSE - CHILDS POSE

Childs Pose is a very grounding and comforting posture.

Start and end your practice with 1-2 minutes of Childs Pose, placing the essential oil on your feet beforehand.



SACRAL CHAKRA



BLOCKED BY GUILT

Located between the belly button and the base of the spine, the Sacral Chakra is the centre of creativity, desire, emotion, sexuality and intuition, and where one learns how to give and receive pleasure.

Correlates to issues relating to:
Bad habits, inability to change, boredom.

ESSENTIAL OILS

FEELINGS KIT
Inner Child™
PSK
Lavender



OTHERS
Highest Potential™
Peace & Calming®
Harmony™

HOW TO USE

Apply 2-4 drops topically below the navel.

POSE - PIGEON POSE

Pigeon Pose opens up the hips, pelvis and lower abdominal areas. Lift the chest upwards and hold, then lean over the front thigh and hold for up to a minute or more. Repeat each side.



SOLAR PLEXUS CHAKRA



BLOCKED BY SHAME

Located directly behind the belly button, the Solar Plexus Chakra is the centre of personal power, ambition, touch, desire and fiery emotions.

Correlates to issues relating to:
Power, control, self-worth, identity, confidence.

ESSENTIAL OILS

FEELINGS KIT
PSK
OTHERS



HOW TO USE

Apply 2-4 drops topically around the navel.

POSE - BOAT POSE

Boat Pose focuses energy on the abdomen and builds core strength. Start with your legs bent and work up to holding straight legs for as long as possible.



HEART CHAKRA



BLOCKED BY GRIEF

Located in the middle of your chest, the Heart Chakra is the centre of understanding, love of self and others and inner peace.

Correlates to issues relating to:
Relationships, love, compassion, forgiveness or unforgiveness.

ESSENTIAL OILS

FEELINGS KIT
Forgiveness™
PSK
Peppermint



OTHERS
Gratitude™
Joy™
AromaLife™

HOW TO USE

Apply 2-4 drops topically to the centre of the chest at heart level.

POSE - BACKBEND

Backbends focus energy at the back of the Heart Chakra between the shoulder blades and open the chest for an expansive experience.

Backbends can be done on their own for short periods of time or may be incorporated into a Salute to the Sun sequence.



THROAT CHAKRA



BLOCKED BY LIES

Located at the centre of your neck, the Throat Chakra is the centre of communication, sound, and expression of creativity via thought, speech and writing.

Correlates to issues relating to:
Speaking your truth, asking for your needs to be met, communication.

ESSENTIAL OILS

FEELINGS KIT
Release™
PSK
Copaiba



OTHERS
Valor®
Endoflex™
Inspiration™
Believe™

HOW TO USE

Apply topically to the posterior neck and the base of the occiput (the back part of the head or skull).

POSE - SHOULDER STAND

This posture promotes healthy compression to the neck area, bringing energy and activation to the region.

Work up to holding this posture for 10 minutes or more.



THIRD EYE CHAKRA



BLOCKED BY ILLUSION

Located slightly above and between your eyebrows, the Third Eye Chakra is the centre of psychic power, higher intuition, the energies of the spirit, magnetic forces and light.

Correlates to issues relating to:
Intuition, insight, psychic ability, inspiration.

ESSENTIAL OILS

FEELINGS KIT
Valor® or Valor II™
PSK
Frankincense



OTHERS
Awaken™ Envision™
Clarity™

HOW TO USE

Apply 1-2 drops topically to the middle of the forehead and above the eyebrows.

POSE - CAT POSE

Rhythmically lifting the head (and third eye) up to the sky while inhaling the essential oil helps to promote contemplation and clarity. Repeat the upward and downward stretches to your breath for 2-3 minutes.



CROWN CHAKRA



BLOCKED BY EARTHLY ATTACHMENT

Located inside the top of the head, the Crown Chakra is the centre of spirituality, enlightenment, dynamic thought and energy and is the link to one's highest, finest self.

Correlates to issues relating to:
Wisdom, religion or spirituality, divine guidance, trust.

ESSENTIAL OILS

FEELINGS KIT
Present Time™
PSK
Stress Away™



OTHERS
White Angelica™
3 Wise Men™
Gathering™

HOW TO USE

Apply 1-2 drops to the crown of the head.

POSE - CORPSE POSE

The last 5 minutes of your practice could be the most important. This is where everything integrates, just like it does at the Crown Chakra. Hold this pose for at least 5 minutes.

