**Essential Oils 101 Exclusive Script**

**by Simplified Oiler and The Five Pillars**

Welcome to the exclusive Essential Oils 101 script, provided by the partnership of Simplified Oiler and The Five Pillars! This collaboration was born out of a desire to help you grow your business, make genuine connections, and serve others as you help them on their own journey of health and wellness with essential oils.

The beauty of this project is that you have the ability to provide a unique learning experience for your audience each and every time you use it. There is a script, but it’s there as a guide that can be tweaked and changed to fit your style, to provide information you feel is important and want to share, and to help you adjust it based on who you’re presenting to: prospective members, new enrollments, or seasoned team members. The bulk of the creative workload has been taken off your shoulders, it just needs your finishing touches to make it yours and yours alone.

Here are a few tips on how to customize this script and make your own:

1. Interject your story into the script. You have your own unique journey that started with the Premium Starter Kit, so share that with your audience.
2. Share your favorite uses for each oil. Tell them which diffuser you chose when you bought your Premium Starter Kit. Those personal touches and glimpses into your life help build and strengthen the trust and connection with your audience.
3. Change the language in the script so it sounds like you’re having a conversation with them. If something is worded differently than how you’d say it, change it up! When it sounds like you, they will recognize the authenticity of what you’re sharing.

This script and the images are best utilized for social media, but you can take the message from the script and let it guide you through an in person Essential Oils 101 class or even a one on one with a prospective member! Whichever way you choose to use it, incorporate what you’ve learned from The Five Pillars to make it as effective as possible. As you are consistently sharing, learn as you go and morph the script based on what connects most with the people you’ve shared with. Grow with it and use your experience to create the best, most unique experience each time you use this class.

If you haven’t checked out Simplified Oiler and would like to learn more about how it can help you be more consistent with social media and customer follow-up and engagement, go to [www.simplifiedoiler.com](http://www.simplifiedoiler.com) and check out all of the amazing things that come with a membership!

We hope you find this tool helpful as a way to grow your business and reach your goals!

**Post 1: Introduction**

Hello, and welcome to Essential Oils 101! I’m so happy to have you here. In this class we’re going to discuss what essential oils are, how to use them, why we use Young Living, and so much more. These oils have changed my life and I want to show you how they can change yours too! If you end up having questions along the way, feel free to ask! We’ll have a Q&A at the end, but I am happy to help answer any questions you may have. Let’s get right into it!

**Post 2: Why to Choose Young Living - Seed to Seal**

People have asked me, “Why did you choose Young Living?” I chose Young Living after looking into the different companies who make essential oils and digging into how they’re made and what they’re made with. What really sold me was their Seed to Seal promise. Young Living is part of the entire process from choosing which seeds are going to be planted and they remain in control of everything that happens until the essential oil is sealed in the bottle and shipped to your home! There are three main pillars to their Seed to Seal promise:

1. Sourcing
2. Science
3. Standards

From owning their own farms and partnering with growers who follow the strictest of quality practices, to expertly distilling the raw materials to create pure essential oils, to testing each batch to insure the proper quality, Young Living uses these Seed to Seal pillars to make sure that you are getting the absolute best essential oils when you order from them. It’s really exciting to see just how much care is put into everything they do, and if you want to learn more, I highly recommend going to seedtoseal.com and reading up on what Seed to Seal is all about!

**Post 3: Essential Oils and Diffusers**

Essential oils are highly concentrated plant extracts that contain many constituents that can be a benefit to our physical and emotional health. The key to getting the most of them is using them in their proper way and safely. The general rule when you first start using essential oils is to go low and slow until you know how your body interacts with these powerful oils. Each bottle of Young Living’s essential oils will be labeled with the category they belong to: Topical, Aromatic, or Dietary. Based on that label they will have instructions on how best to use them. Here’s what that means:

Topical: apply the essential oils directly to your skin or with a carrier oil, depending on the oil and what the label recommends. Some good carrier oils to use with essential oils are coconut oil, jojoba oil, argan oil, avocado oil, and others like them, whichever you prefer.Aromatic: these oils can be diffused using an ultrasonic diffuser or inhaled directly from the bottle. Diffusing is the most popular method for this as it breaks down the oils and disperses them into the air for all to breathe in and enjoy their benefits. Dietary: these oils can be ingested and used as a dietary supplement, allowing the oils to be dispersed through your body in a different way. You can put these oils in a vegetable capsule and fill the rest with carrier oil, or place a drop directly in your mouth, or add them to food or drinks in order to easily digest them and get the benefits that they provide. Young Living’s line of dietary oils is called Vitality oils, and that lets you know that the oils in those bottles are safe to ingest when used properly.

NOTE: not all oils are safe to be used topically or internally. In fact, some essential oils from other brands aren’t really good for you at all because of the fillers and synthetics used in them. That’s why I only use and recommend Young Living. The Seed to Seal promise gives me peace of mind.

Diffusing is one of the most popular and effective ways to continually get the benefits of essential oils, and when you become a Young Living member by purchasing a Premium Starter Kit, you get to choose between 4 different ultrasonic diffusers. The technology in ultrasonic diffusers breaks down the essential oils and disperses them into the air to be breathed in, which affects the body and mind in many positive ways. The four diffuser options are:

1. Desert Mist
2. Dew Drop
3. Rainstone
4. Aria

Each diffuser has its own unique look and specific features, so I can help let you know what the big differences are aside from look, but they all do a great job of diffusing and helping you and your family stay happy and healthy!

Along with your choice of diffuser, you also get 12 different essential oils! Let’s take a look at them.

**Post 4: Lemon Vitality**

Lemon Vitality is cold pressed from the rind of the fruit, not made from the fruit of the juice, and contains the naturally occurring constituent Limonene. It can be a nice addition to many recipes and beverages with its bright and citrusy flavor, but it also has many benefits. It helps promote and support mental clarity, healthy digestion and liver function, and is an overall support to healthy immune function. Add it to a homemade lemonade recipe or enjoy a bit of zing in your morning smoothie or fruit juice. People also combine this with Peppermint Vitality and Lavender Vitality in a vegetarian capsule with some carrier oil to help deal with seasonal changes and issues!

**Post 5: Peppermint Vitality**

If you need some digestive, Peppermint Vitality has got you covered. It also helps give you increased energy and combats bad breath. Its minty, invigorating scent and flavor are wonderful when you place a drop under your tongue. If that’s too intense, put a drop or two in a vegetable capsule and fill the rest with carrier oil. If you’re feeling nauseous, take a whiff straight from the bottle to help keep things settled! Plus, no matter the season, you can add Peppermint Vitality to your brownie recipe for a refreshing twist that everyone will love.

**Post 6: Citrus Fresh Vitality**

Citrus Fresh Vitality has a zesty, citrusy taste with a splash of Spearmint. That delicious taste and fresh aroma come from a blend of Orange, Tangerine, Grapefruit, Lemon, and Mandarin essential oils with a hint of Spearmint, and if you add a drop or two to your NingXia Red (you get two samples of this antioxidant packed drink in your Premium Starter Kit and it is SO good for you), you are guaranteed to start your day off right. It’s great for promoting overall health and wellness, and it also adds a bit of zip to your marinades and dressings! You’re going to love this as an addition to your daily health regimen and your culinary experiences.

**Post 7: DiGize Vitality**

DiGize Vitality is a blend of Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli essential oils that is specifically designed to help aid and support healthy digestion. It has a very unique taste, and if you don’t prefer it straight, you can add it to a veggie capsule with some carrier oil to help ease some of those digestion woes. The best time to take it is before or after a meal to aid in healthy digestion or combine it with Peppermint Vitality in a tea for an invigorating yet refreshing beverage to settle your stomach. This is a life saver

**Post 8: Thieves Vitality**

Thieves Vitality is one of Young Living’s most popular blends, and as one of the Vitality oils is safe to be ingested. This is a blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils, and it helps support healthy immune function. This is a must for year-round wellness and for help when seasons are changing and our immune systems are taxed more than normal. Add 2 drops to some warm water to make a tea to help soothe an achy throat or take it in a veggie capsule as part of a daily health regimen. It has a spicy flavor that also lends itself nicely to a lot of baked goods!

**Post 9: Lavender**

Lavender is known as the Swiss army knife of essential oils because of the amount of uses it has. Its floral scent is very calming and relaxing when diffused. Among its many uses, Lavender is a great addition to your daily skin care routine, keeping it looking healthy and soft. Along with its calming qualities, ne of the most popular diffuser recipes that includes Lavender is 2 drops of Lavender, 2 drops of Lemon, and 2 drops of Peppermint, which creates a unique, refreshing aroma that can also help provide some seasonal relief. You can also add a drop to your mascara and your eyelashes will thank you for it. Summer, fall, winter, and spring, Lavender should be by your side!

**Post 10: Frankincense**

Frankincense is well known for its use in spiritual practices and meditation. While many are familiar with its spiritual significance, it has quite a few practical benefits as an essential oil. Frankincense has the ability to calm and promote feelings of confidence when diffused or used topically. The aroma of Frankincense also lends itself well to pairing with other oils – Lavender, Valor, and even Thieves. You can also add Frankincense to your moisturizer or apply it directly to your skin for healthy, supple looking skin. This quickly becomes a favorite for most people, especially when used to help calm you down when emotions are high or when you need a great night’s sleep.

**Post 11: Raven**

Raven is a blend of Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata essential oils is unique in its ability to both soothe and empower. Its invigorating aroma can help get you motivated on those tough days and help you push through the tasks ahead of you. Apply it topically to your chest or throat for a relieving cooling sensation that will be comforting and keep you breathing easy during the day. It’s important to note that Raven is not recommended for children under the age of 6 without the advice of a health professional. Whenever using it with any children, dilute! Diffuse Raven to fill your home with a unique scent and keep everyone feeling invigorated.

**Post 12: Valor**

VALOR! Sorry, got a bit excited. Young Living added this gem back into the Premium Starter Kit not too long ago and it was and still is the best news EVER. Valor is like a bottle of confidence of emotional support. With Black Spruce, Camphor Wood, Blue Tansy, Frankincense, and Geranium essential oils combined with coconut oil, Valor will calm your mind, promote feelings of confidence, and have you feeling like you can take on the world. A popular way to diffuse it is by combining it with Frankincense and Orange – it’s a calming and inspiring combination that will set your mind at ease and encourage your heart. You can also use Valor as part of a back rub or have someone apply it on the back of your neck and down your spine for a comforting, relaxing experience. As soon as you start using it, you’ll find out why Valor is so many people’s favorite oil.

**Post 13: PanAway**

PanAway is one of those essential oil blends that is a must have for anyone who lives an active lifestyle. Combining Wintergreen, Helichrysum, Clove, and Peppermint, PanAway can help relieve tired muscles and bring comfort after a long day. For minor bumps and bruises or as part of a post workout massage, you will find some relief after strenuous physical activity or a big workout. This is one of the few oils that is listed for Topical use only, but that just means you’ll have more to use as you continue your journey with physical activity or deal with daily discomforts. The Premium Starter Kit comes with 2 roller fitments that you can attach to your bottles of oils, and adding one to your bottle of PanAway is a great way to make it easier to apply directly to the areas you need it.

**Post 14: Stress Away**

Stress Away is one of those blends where the name says it all. Daily stresses, intense emotional experiences, and anything in between, Stress Away is there to help calm and relax both your mind and body. With its unique blend of Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender, the aroma of Stress Away is like capturing a tropical vacation in a bottle. Diffuse it to shake off those worries and fill your home with a scent reminiscent of sandy beaches and fruity drinks. Apply it topically at night to help get your mind quiet enough to enjoy a great night’s sleep.

**Post 15: Peace & Calming**

Peace & Calming is another popular oil that Young Living brought back to the Premium Starter Kit, and it is just another in a continuing line of great decisions that Young Living makes to give their members the absolute best. Combining Tangerine, Orange, Ylang Ylang, Patchouli, and Blue Tansy essential oils, Peace & Calming can be diffused to help even out moods in your home or get everyone ready for a nap or bedtime. Having trouble keeping those legs still? Rub a couple drops of Peace & Calming on them to help calm them down and help you focus on what you need to be focusing on. It’s great when diffused by itself, but it pairs well with oils like Orange and Tangerine, and sometimes even a drop or two of Frankincense can help amp up the calming aspects of this blend.

**Post 16: Premium Starter Kit Review**

The Premium Starter Kit is one of the best values you’ll ever receive, with an incredible lineup of essential oils that introduce you to a brand new journey of health and wellness. Let’s look at everything that comes with the Premium Starter Kit:

\* The 12 amazing essential oils and blends we just discussed
\* Your choice of ultrasonic diffuser (from the 4 I mentioned before)
\* 2 NingXia Red sample packets
\* 1 Thieves Spray
\* 2 AromaGlide Roller Fitments

\* 1 Thieves Hand Sanitizer
\* Educational materials
\* 24% discount on future orders
\* Excellent customer service
\* A group of new friends ready to help you discover all the ways to use these oils

At the time of enrollment, you’ll also have the option to join Essential Rewards and your Premium Starter Kit will serve as your first order! Essential Rewards is Young Living’s auto-ship program, but it’s not like what other companies do. With Essential Rewards, you have the freedom to change your own order every month to include whatever oils or products you want, change the date of your order every month, and you earn a percentage of your order back in Essential Rewards points which can be used later to get oils and other Young Living products for free! I can talk to you more about this if you’re interested, but it really is an amazing program that helps you get oils for free, and who doesn’t like free stuff?

When that Premium Starter Kit shows up on your doorstep, you might not know it yet, but you’re about to experience something that will make you want to happy dance for the rest of your life. I can’t wait for it to show up so we can go through it together!

**Post 17: Q&A and Thank You**

Do you have any questions that haven’t been answered? I know it’s a LOT, but I’m here to help! Let’s talk about your needs and what these oils can do to help them, and feel free to ask any question you have.

Whether you have questions or not, I want to thank you so much for joining me for this class! I hope that you found it informative, exciting, and that you’ve got a little glimpse of what these oils do and how they can change all of our lives. I am always here to help you with anything you need, so feel free to reach out!