



# *Young Living Day*

#YLUNITES

25<sup>TH</sup> ANNIVERSARY



# PERSONAL CARE TOP TO TOE

A DAY OF ESSENTIAL OIL INDULGENCE

# WHY IS IT IMPORTANT TO LOOK AFTER YOUR SKIN?

Proper skin care is important because our skin is the largest barrier we have against infection. Keeping it healthy and moisturised helps keep this barrier strong. When the skin gets dry or irritated by harsh soaps, cracks in the skin can occur.

Your skin also protects you from the sun's rays—specifically ultraviolet light—which can damage cells. Healthy skin produces vitamin D when exposed to the sun, which is important for many body functions. Having healthy skin can also help your body keep its temperature at a constant level.

## WHY IS SKIN CARE IMPORTANT?

Good skin care requires cleansing and moisturising. Cleansing is essential to remove dirt and dead skin cells, and can help to prevent pimples or spots.

A woman with reddish-brown hair, wearing a yellow top, is shown in profile, leaning over a white sink. She is washing her hands under a chrome faucet. The background wall is made of dark, textured stone or slate. The word "CLEANSE" is overlaid in white text on a dark grey rectangular background in the lower-left corner.

**CLEANSE**

# NEW! ORANGE BLOSSOM FACIAL WASH

FOR ALL SKIN TYPES

Formulated with D. Gary Young's Orange Blossom essential oil blend, this powerful yet gentle cleanser will leave skin feeling clean and soft without stripping its natural moisture barrier.

**USES NATURALLY DERIVED INGREDIENTS**, including 12 botanical extracts such as orange blossom, calendula, kelp and apple

Gently cleanses to **REMOVE SURFACE OILS, DIRT AND MAKEUP** without leaving skin overly tight or dry

**INFUSED WITH** Lavender, Patchouli, Rosemary and Lemon essential oils



# ORANGE BLOSSOM FACIAL WASH

FOR ALL SKIN TYPES

Helps maintain  
healthy-looking  
skin

Removes dirt and oil  
from pores

Hypoallergenic,  
created with sensitive  
skin in mind



Maintains skin's  
natural moisture  
barrier

No pore-clogging  
residue

No sulphates, parabens,  
synthetic dyes or artificial  
ingredients



# NEW! CHARCOAL BAR SOAP

FOR ALL SKIN TYPES

EXPERIENCE THE CHARCOAL TREND  
TAKING OVER THE BEAUTY INDUSTRY!

An extremely popular ingredient in personal care products, activated charcoal elevates this gentle bar soap with its clarifying properties. Formulated with this favourite ingredient, Young Living's Charcoal Bar Soap is the first of its kind. It combines activated charcoal with our Orange Blossom blend and a unique, naturally derived ingredient base that's suitable for all skin types, as well as for both face and body.



# NEW! CHARCOAL BAR SOAP

FOR ALL SKIN TYPES

Activated charcoal has **POWERFUL ABSORPTION PROPERTIES** that act like a magnet to draw out dirt, oil and other impurities from the skin.

**SOURCED FROM COCONUT SHELLS** instead of wood, making it more sustainable.

**IT DELIVERS A DEEP CLEAN** by washing away excess dirt and oil without stripping the skin's natural moisture barrier.

Other ingredients like Aloe Vera leaf extract and essential oils such as Lavender, Patchouli, Rosemary and Lemon **KEEP SKIN HYDRATED AND MOISTURISED.**





# CLEANSING ESSENTIAL OILS

Certain essential oils have skin-cleansing properties that can help reduce the appearance of blemishes and improve the appearance of healthy- and even-looking skin, no matter the skin type. Here are a few of our favourites:



## TEA TREE FOR BLEMISH-PRONE SKIN

Tea Tree is a true multitasker—it moisturises as it cleanses! The purifying properties of this essential oil make it one of our top picks, especially for those who have oily or blemish-prone skin. Speaking of blemishes, try applying a drop to a cotton swab and use it as a spot treatment to help reduce the appearance of bothersome blemishes!



## GLOW WITH GERANIUM

Want to know the secret to beautiful, glowing skin? Geranium essential oil. A secret no longer, you can “go for the glow” at home by adding a few drops of this potent oil to your current skin care routine. You’ll find it harder to spot those uneven areas but easier to see healthier, radiant-looking skin!

## FRANKINCENSE FOR UNEVEN SKIN TONE

No skin care list would be complete without Frankincense. Use this one if you like an oil with an earthy, uplifting aroma and the power to reduce the appearance of uneven skin tone. With Frankincense, a fresh, dewy glow is only an essential oil bottle away!





## GRAPEFRUIT FOR SMOOTHER LOOKING SKIN

Citrus lovers, unite! Our cold-pressed Grapefruit essential oil is a treat for the senses and the skin. Add this citrusy oil to your favourite skin care products to enjoy its sweet, invigorating scent as you cleanse. As an added bonus, you'll also enjoy silky, soft, smooth-looking skin.

## ORANGE TO BALANCE T-ZONE TROUBLES

As surprising as it seems, you can use Orange essential oil for oily skin. Apply Orange to oily areas, including that pesky T-zone, before bed and see if you don't wake up with skin that appears smoother and more balanced. Your baby-soft skin will thank you for using this citrusy oil.



## BLUE TANSY TO BEAUTIFY OVERNIGHT

Meet your night-time routine's new best friend! Like a true best friend, Blue Tansy is all about making you feel your best. As your skin care sidekick, this essential oil is all about helping reduce the appearance of blemishes while it cleanses and beautifies the skin. Make sure to dilute it though! It's rich, blue colour is beautiful in the bottle but might leave a mark if you apply it undiluted.





# HARNESS THE CLEANSING POWER OF ESSENTIAL OILS

ADDING ESSENTIAL OILS TO YOUR SKIN CARE ROUTINE IS EASIER THAN YOU THINK!

Here are a handful of ways you can use our six skin-cleansing favourites.

1. Add 1-2 drops of essential oil to your face wash every morning for daily cleansing.
2. Mix a penny-size amount of raw honey with 1 drop of oil in your hand. Massage over your face and let sit 5-10 minutes before rinsing.
3. Combine  $\frac{1}{2}$  cup of colloidal oatmeal with 7 drops of essential oil. Stir well. To use, mix  $\frac{1}{2}$ -1 teaspoon of your new facial wash with a little water and apply it to wet skin. Rinse thoroughly.
4. Blend 1 drop of oil with 4 drops of Young Living V-6 and use a cotton ball to apply the solution to your freshly washed face.
5. Create your own facial mist spray with 2 ounces of water and 10-20 drops of essential oil.
6. Make a DIY toner by filling a 3-ounce glass bottle with witch hazel and adding 10-15 drops of oil. Shake before applying with a cotton ball.



**MOISTURISE**

# NEW! ORANGE BLOSSOM MOISTURISER

## FOR NORMAL OR OILY SKIN

Meet the companion to Young Living's well-loved Orange Blossom Facial Wash—Orange Blossom Moisturiser! This lightweight formula will glide on effortlessly and absorb quickly into the skin to help control excess oils and shine.

A Young Living skin care product created specifically for **COMBINATION AND OILY SKIN TYPES**, this delicate formula leaves skin feeling soft and clean.

Our moisturiser is **NON-GREASY** and **NON IRRITATING**. This means you'll see **NO EXCESS OILS** or **SHINE** after its creamy texture has absorbed into your skin.



# NEW! ORANGE BLOSSOM MOISTURISER FOR NORMAL OR OILY SKIN

Preps your face for makeup with its natural-looking matte finish!

Improve the appearance of oily skin

Formulated with 13 botanical extracts



Naturally derived, plant-based ingredients, this vegan moisturiser is hypoallergenic, non-comedogenic and dermatologist tested

Formulated without alcohol, parabens, phthalates, petrochemicals, animal-derived ingredients, synthetic preservatives, synthetic fragrances or synthetic dyes



# SANDALWOOD MOISTURE CREAM

FOR THIRSTY AND DRY SKIN

RADIATE OUTWARDS WITH  
SANDALWOOD MOISTURE CREAM!

Invites warm, sweet notes into your skin care products and gives your face luxurious pampering.

Sandalwood Moisture Cream is an ultra-hydrating moisturiser infused with pure Young Living essential oils.

Methylsulfonylmethane (MSM)—a naturally occurring, plant based chemical—softens skin and promotes elasticity. Infused with lavender, rosemary, sandalwood and myrrh essential oils.





# BOSWELLIA WRINKLE CREAM

FOR NORMAL, DRY AND MATURE SKIN

NOURISH YOUR SKIN!

This rich cream nourishes your skin for a smoother, more youthful appearance. The essential oils of geranium, myrrh, sandalwood and ylang ylang soothe and soften the skin, while frankincense and wolfberry seed oil encourage collagen formation.

Maturing skin can need extra pampering. Boswellia Wrinkle Cream tones, refines and brightens your skin to give it a healthy, youthful-looking glow!





PROTECT



# NEW! MINERAL SUNSCREEN LOTION SPF 50

Our Mineral Sunscreen Lotion SPF 50 has got you covered for summer with its powerful, broad-spectrum protection without harmful chemicals

Infused with seven 100 percent pure essential oils:  
Helichrysum, Lavender, Myrrh, Labdanum, Cananga, Carrot Seed and Frankincense

Provides broad-spectrum protection from UVA and UVB rays

Contains non-nano zinc oxide, which provides a physical barrier to protect against sunburn without being absorbed in the bloodstream



# NEW! MINERAL SUNSCREEN LOTION SPF 50

Water- and sweat-resistant for up to 80 minutes

Hypoallergenic and a vegetarian-friendly product

Lightweight, non-greasy formula that is easy to rub into the skin without leaving a white residue

All naturally derived plant- and mineral-based ingredients

FOR EVERYONE IN THE FAMILY!



# NEW! MINERAL SUNSCREEN LOTION SPF 50

Try our **EASY-TO-APPLY, FAST-ABSORBING** sunscreen anytime you're outside.

This lightweight mineral sunscreen lotion leaves you residue-free, with skin that's both **PROTECTED AND MOISTURISED!**

Give your body the treatment—and protection—it deserves!



*Young Living Day*

#YLUNITES

25th ANNIVERSARY

YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS



# MAKEUP



Savvy Minerals by Young Living is leading the Clean Beauty Movement! We are dedicated to bringing you the cleanest premium cosmetics, created from plant-based ingredients and supporting your non-toxic lifestyle.

With a Never Ever list of banned ingredients that will NEVER be used in Savvy Minerals, Savvy makeup is hypoallergenic, non-comedogenic, cruelty-free and responsibly sourced —without compromising on high performance!



SAVVY MINERALS  
by YOUNG LIVING™

# 10 STEPS TO YOUR SAVVY FACE!

1. Cleanser, toner, moisturiser

2. Primer

3. Misting Spray

4. Foundation

5. Contour

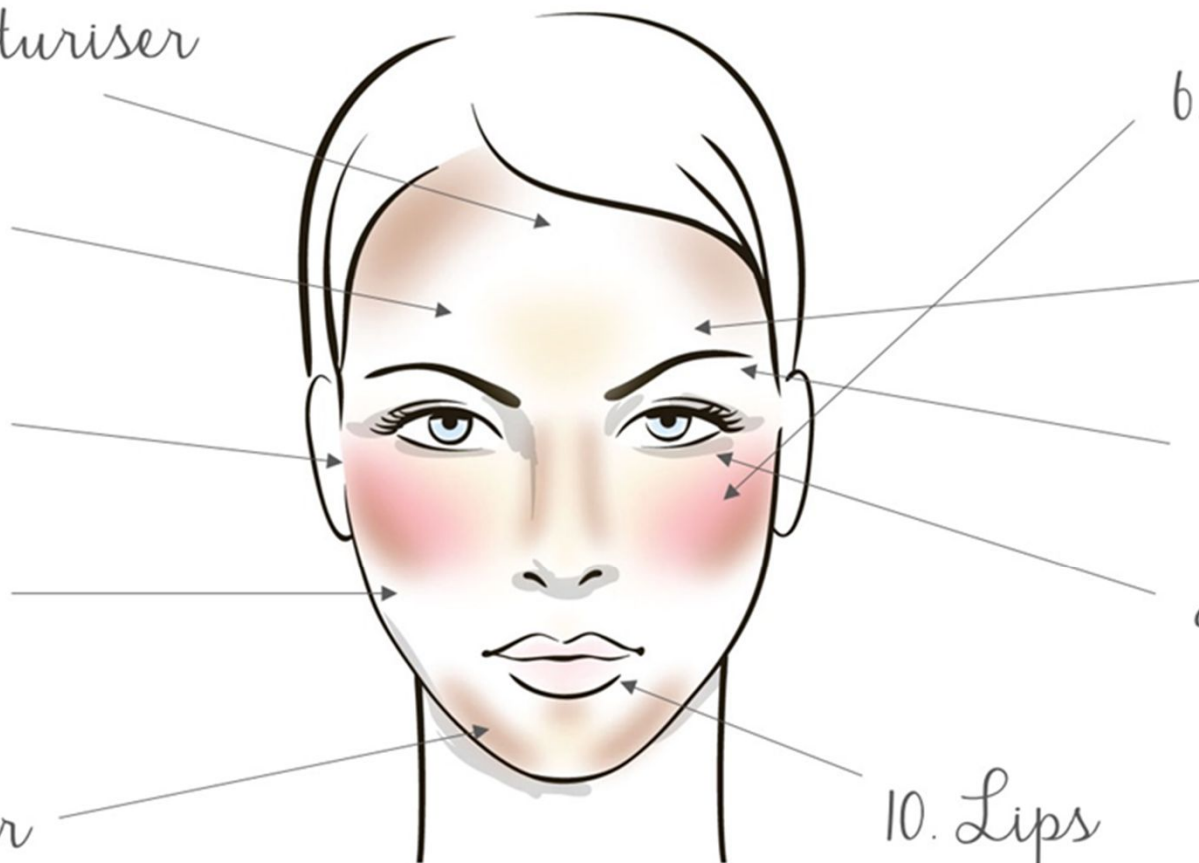
6. Blush

7. Veil

8. Brows

9. Eyes

10. Lips





# SKIN FIRST!

## USE ART RENEWAL SERUM AS A PRIMER!

A primer helps reduce the appearance of pores and helps foundation adhere to the skin.

Apply foundation while your skin is still damp.



# TAKE CONTROL!

## USE MISTING SPRAY TO ENHANCE YOUR MINERAL POWDER APPLICATION

Savvy Minerals by Young Living Misting Spray is the perfect way to moisten your applicator brush before applying powder for even, thorough, and silky coverage.

Savvy Minerals Misting Spray helps the minerals stay on the tip of your brush for a cleaner, smoother application. It helps prevent fallout, giving you the most out of your product. The wetter you apply your foundation, the more coverage you will get.

Great to use as a setting spray too!





*With Savvy Minerals,*

**YOU'LL NEVER HAVE  
TO COMPROMISE  
HEALTH FOR BEAUTY**

# FACIAL HAIR CARE



# SHAVE WITH SHUTRAN SHAVE CREAM

Whether it's after an outdoor adventure or a tough day at the office, scrubbing up keeps you on the path to success. Our Shutran essential oil blend is just what you need for an aroma to boost your spirits whenever you're feeling a little dishevelled or worn down.

Featuring Idaho Blue Spruce, Lemon, Lavender and Cedarwood for a super-confident air, this woody blend can be found in our Shutran Shave Cream.

Combined with palm, grape seed and olive oils, Shutran Shave Cream is designed to hydrate and smooth the appearance of skin.



# ESSENTIAL OILS FOR BEARD LOVERS

You're proud of your facial hair—and why shouldn't you be? You grew it yourself! Whether you're going for something neat and sleek or you're rocking a look that really puts the "bear" in beard, taking care of your facial hair is key. And if your new grooming regime also leaves you smelling incredible, that's even better.

Essential oils will be a great tool in your beard-grooming arsenal. Not only can they moisturise and create a swoon-worthy scent, but many of these oils have properties that also benefit hair and skin.





# ESSENTIAL OILS FOR BEARD LOVERS

HERE ARE A FEW YOU CAN START YOUR JOURNEY WITH!

**CEDARWOOD:** Cedarwood is woody and a little sweet—just like you. It's also great for conditioning skin and hair!

**ROSEMARY:** Rosemary helps support healthy-looking hair. It also has a fresh, invigorating aroma that pairs beautifully with any of the other oils on this list!

**CINNAMON BARK:** You know the scent of Cinnamon Bark: sweet, spicy and cosy. It's a hot oil, so start with just a few drops in your carrier oil.

**LAVENDER:** There's no need to fear florals. Lavender has a light, calm aroma. It's also great for revitalising hair, cleansing and soothing skin, not to mention reducing the appearance of blemishes.



# TAME & TANGLE BEARD OIL

KEEPS YOUR FACIAL HAIR LOOKING SLEEK AND POLISHED. MAKING YOUR OWN IS EASIER THAN YOU THINK!

INGREDIENTS: 50 ml glass bottle, your favourite carrier oils (V-6, jojoba, coconut, almond etc.) and 30-40 drops of essential oil

## INSTRUCTIONS:

1. Fill the bottle about 3/4 full of carrier oil.
2. Add your choice of essential oils.
3. Mix together.
4. Store in a cool, dry place with the lid screwed on tightly.

TO USE: Put 2-3 drops in your palm and rub through your beard to smooth and add shine. Remember to avoid your mouth and nostrils.





# DIY HAIR MASK

**WHAT YOU NEED:** Small glass bowl, small saucepan, 2 tablespoons coconut oil, spray bottle of any size, filled with water, towel, wide-toothed comb, 4 drops essential oil (try 2 drops *Lavender* and 2 drops *Rosemary*)

**INSTRUCTIONS:** Rest the rim of a small pot or glass cup inside the edge of a larger pot filled halfway with boiling water to act as a double boiler. Add coconut oil to the glass bowl and warm until liquefied. Add essential oils to the coconut oil.

Mix the ingredients together. Let cool and thicken slightly.

Put a towel over your shoulders and dampen your hair with a spray bottle. Using your hands, apply the mixture to your hair and gently comb to disperse the mask.

Let the mask sit for 30–60 minutes before rinsing. Wash and style your hair as usual.



# BEAUTY SLEEP



# NIGHT-TIME ROUTINE

## MEET YOUR NIGHT-TIME ROUTINE'S NEW BEST FRIEND!

Like a true best friend, Blue Tansy is all about making you feel your best. As your skin care sidekick, this essential oil is all about helping reduce the appearance of blemishes while it cleanses and beautifies the skin. Make sure to dilute it though! Its rich, blue colour is beautiful in the bottle but might leave a mark if you apply it undiluted.

SAVE 10% ON BLUE TANSY 5 ML THIS MONTH!



# BLUE TANSY

Blue Tansy is an elite, luxurious essential oil with a sweet, floral aroma. It's great for your skin and has cleansing, soothing and hydrating properties.

- Creates an uplifting environment when diffused
- Possesses skin-cleansing and soothing properties
- Helps reduce the appearance of blemishes
- Help beautify the skin when added to a moisturiser
- Soothes fatigued muscles when combined with Cool Azul essential oil blend as part of a massage

SAVE 10% ON BLUE TANSY 5 ML THIS MONTH!





# DIY FACE MASK FOR HYDRATION

GIVE YOUR SKIN A DRINK!

## INGREDIENTS

- 1 teaspoon honey
- 1 teaspoon coconut oil or jojoba oil
- ¼ ripe avocado
- 2 drops Helichrysum essential oil

## DIRECTIONS

Mash up the avocado until very smooth. Add all other ingredients and mix well. Spread the mask over your face and neck if desired. Leave on for 15 minutes, then wash off with warm water. Apply moisturiser.



# HANDS & FEET

We all probably have a daily routine for keeping our face clean and moisturised. But what about your hard-working hands and feet?

One of the major problems associated with hands and feet is dryness coupled with roughness. That's because these are the most overworked and overexposed parts of our body and unfortunately, the most neglected as well!

Exfoliate your hands/feet weekly. Use a hand/foot scrub once a week to buff away the dry, rough skin and keep the skin soft and healthy.



# DIY LAVENDER & PEPPERMINT SUGAR SCRUB

FOR YOUR HANDS & FEET  
INGREDIENTS

1 cup raw sugar  
1/2 cup coconut oil or Young Living V-6  
5 drops Peppermint and 2 drops Lavender  
Dried lavender buds (optional)

Combine oil and raw sugar. Add essential oils and mix all ingredients. Place in container and top with dried lavender buds. Massage into wet skin or lips, allowing granules to gently exfoliate. Rinse well for a refreshed look and feel.



A close-up, soft-focus photograph of a pink rose. The petals are layered and delicate, with a light pink to white color palette. A semi-transparent white rectangular box is centered over the rose, containing a quote in a clean, black, sans-serif font. The background is a blurred green, suggesting foliage.

“Beauty is how you feel inside,  
and it reflects in your eyes.  
It is not something physical.”

SOPHIA LOREN





# *Young Living Day*

#YLUNITES

25<sup>TH</sup> ANNIVERSARY