

PRODUCT GUIDE

Singapore





Welcome to Young Living

You are embarking on an exciting journey as you begin to discover the wonderful benefits of the Young Living products. Each new product you try has the possibility of helping you have a greater awareness of your physical, mental, and/or spiritual needs. This can be a wonderful adventure for you as you experience new beginnings and travel a path of greater wellness, helping you to reach your highest potential.

My logging accident at the age of 24 left me confined to a wheelchair for life, according to all medical prognosis. When I decided that I would not live that way, I was driven to find natural ways to heal myself. That belief and determination took me down an unknown path and led to what Young Living has become almost 40 years later.

I used many natural modalities to begin my journey of walking again. Thirteen years later I was able to run a half marathon and finished 96th out of 300 in that race. That was a great new beginning for me, although I was still limited in my activities and suffered with a lot of pain. At the same time, almost 13 years after my accident, I discovered essential oils, which has been life changing for me and helped me restore my body, enabling me to help and give hope to others.

This new guide will help you customize your Young Living experience. Whether you want to fill your Home with safe, purifying products; strengthen your physical Wellness; improve your emotional Balance; or enhance your natural Beauty, Young Living's 100% pure, therapeutic-grade essential oils and essential oil-infused products will help you on your journey. When you can help yourself, your family, and friends and meet your financial needs at the same time, you have the best of both worlds.



Mary and I invite you to join us in our mission—to take Young Living Essential Oils to every home in the world. Together we can help each other and help those less fortunate to achieve a healthier and happier lifestyle filled with success and prosperity.

Sincerely,

Mary and Gary Young

欢迎来到 Young Living

您即将展开一个振奋人心的旅程，开始探索 Young Living 产品的美妙之处。您尝试的每个新产品，都有可能使您更加了解您的身心和精神上的所需。这可是一个美妙的历险，从体验新的开端，走上健康旅程，帮助您达到自己的最高潜能。

我在24岁那年的伐木意外，从所有医疗预测里都反应我接下来的日子都会局限于轮椅上。我下定决心不会一辈子过这样的生活，立志要以天然的方法医治自己。这种信念和决心，让我走上了一个陌生的路程，也带来了近40年后的 Young Living。

我用了许多天然疗法，让自己能够再次行走。13年后，我不但能跑半程马拉松，并且在那场比赛中的300位参赛者里，第96位完成。虽然我的行动仍然有限制，并因此意外，蒙受了不少痛苦。但这对我来说是一个很好的新起点。同时，在我意外近13年后，我发现了精油彻底改变了我的生活，并帮助我的身体康复，让我帮助他人，给予他人希望。

这个新的指南将帮助您随心定义您的YoungLiving体验。Young Living最高品质的精油和含有精油的产品都能协助您。无论是要给您的家庭添加安全和天然的产品;或是加强您的体魄，保持最加情绪和自然身心。您不但能帮助自己，家人和朋友，同时满足您的财务需求，这是两全其美的体验。

Mary和我邀请您与我们一起朝向我们的使命迈进，把YoungLiving精油和世界上每一个家庭分享。我们可以同心协力，帮助那些所须的人，实现个不但健康，快乐，而且充满成功和丰裕的生活。



创办人Mary 和 Gary Young

Mary 和 Gary Young衷心敬上

Lavender fields at the Young Living Farm in Simiane-la-Rotonde, France

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How to Use Essential Oils

如何使用精油

Essential oils are the aromatic liquids found within shrubs, flowers, trees, roots, bushes, resins, and seeds. These oils, also known as nature's living energy, contain unique constituents that provide therapeutic results. Follow the guide below—along with the individual instructions on each label—to experience the amazing, health-promoting benefits of essential oils.

精油是储存于灌木，花，树，根，矮树丛，树脂和种子中的芳香液体。这些精油，也称为天然活性能量，具有治疗效果的特别成分。请使用以下指南和各自产品标签上的说明以充份体验精油所带来的健康疗效。

Inhalation 吸入

Inhaling certain essential oils heightens the senses and can have many positive effects on the body. Try these ideas to use essential oils for inhalation:

吸入某些强化感官的精油，可以对机体产生许多积极的影响。请尝试使用下列方法来吸入精油：



- Inhale directly from the bottle.
从瓶中直接吸入。
- Diffuse with any of Young Living's premium diffusers.
用Young Living公司的任何扩散器扩散。
- Carefully pour hot water into a bowl and add a few drops of essential oil. Cover your head and bowl in a tent-like fashion with a towel. Breathe deeply and slowly.
小心地将热水倒入碗中，并加入几滴精油。用毛巾以帐篷方式将您的头和碗罩住。慢慢地深呼吸。

Topical Application 局部涂敷

Many essential oils are safe to use directly on the skin:

许多精油都可以安全地直接涂敷于皮肤上：



- Place 2–3 drops of oil in the palm of your hand or directly on the desired application area. Massage the oil in a circular motion onto the skin. Repeat if desired.
往您的掌心滴2-3滴精油，或者直接滴在想要涂敷的部位。以圆周试动作，涂摸在您肌肤上。若有需要，可以重复进行。
- Use one of Young Living's essential oil roll-ons or add an AromaGlide fitment to the bottle of your favorite essential oil for targeted application.
使用Young Living公司产的滚珠精油，或将滚珠配件加到您喜爱的精油瓶。

CAUTION: Essential oils are very potent and some may be irritating to the skin. If irritation occurs, apply Young Living's V-6 Vegetable Oil Complex or any pure vegetable oil to the area to dilute.

请注意：精油的功效非常强大，而且某些精油可能会刺激您的肌肤。若肌肤过敏，请用Young Living公司的V-6强化蔬菜油复合物或者任何纯植物油涂敷在相应部位进行稀释。

Seed to Seal

Young Living offers the purest therapeutic-grade essential oils by carefully controlling the entire Seed to Seal® process—from the time the seed is sourced until the oil is sealed in the bottle. Young Living's dedication to quality ensures that we provide pure, therapeutic-grade essential oils with the complete, optimal blend of plant chemicals to ensure maximum potency and results.

Young Living 的严格控管整个 Seed to Seal 过程 - 从选择种子到密封于瓶子里，以确保最高品质精油的纯正度。Young Living 对于品质的坚持，造就了具有最佳效力和效果，含有完整植物化学成分的治疗级纯正精油。

Our Seed to Seal process covers five crucial steps: 我们的 Seed to Seal 过程涉及五个关键步骤：



Seed 播种

Potent essential oils come from plant species that have been authenticated by Young Living and industry experts through scientific research, field study, university partnerships, and on-site planting certification. Selecting seeds that produce the highest therapeutic value is a vital first step in our Seed to Seal process.

功效强大的精油源于Young Living公司和业界专家通过科学研究、实地考察、大学合作以及实地种植验证功效强大的精油来源。播种是我们整个生产过程中至关重要的第一步，以确保挑选到最高治疗价值的种子。



Cultivate 培养

Young Living's knowledge of soil preparation, balance of sun and water, responsible weed and pest control, and wild-craft harvesting ensures that stringent standards are met. We continue to conduct research and remain dedicated to growing the highest quality aromatic plants.

Young Living公司在土壤制备、阳光和水的平衡、可靠的杂草和害虫控制以及野生作物收割方面掌握的知识可确保达到严格的标准。我们坚持不懈进行研究，专注地致力于种植具有最高品质的芳香植物。



Distill 蒸馏

Young Living's proprietary low-temperature, low-pressure steam distillation process ensures that the beneficial plant compounds in every batch of essential oil remain uncompromised during the extraction process. This process is completed at just the right time to ensure all beneficial constituents are present to maximize the quality of the oil.

Young Living公司专有的低温、低压蒸汽蒸馏过程，确保每一批精油中的有益植物复合物在萃取期间保留强大的功效。在最合适的时间完成蒸馏过程，能确保全部有益成分得以保留，达到最好精油的品质。



Test 检验

Each batch of distilled oil passes through stringent testing—at our own internal labs and in third-party audits—to ensure its purity and potency. Each oil is tested during various stages of distillation to determine the release of different plant constituents.

每批蒸馏所得的精油都在我们自有的内部实验室和第三方监督下通过严格的检验，以确保其纯度和效力。每种精油都通过不同蒸馏阶段的检验，以确定植物中不同成分的释放生效情况。



Seal 密封

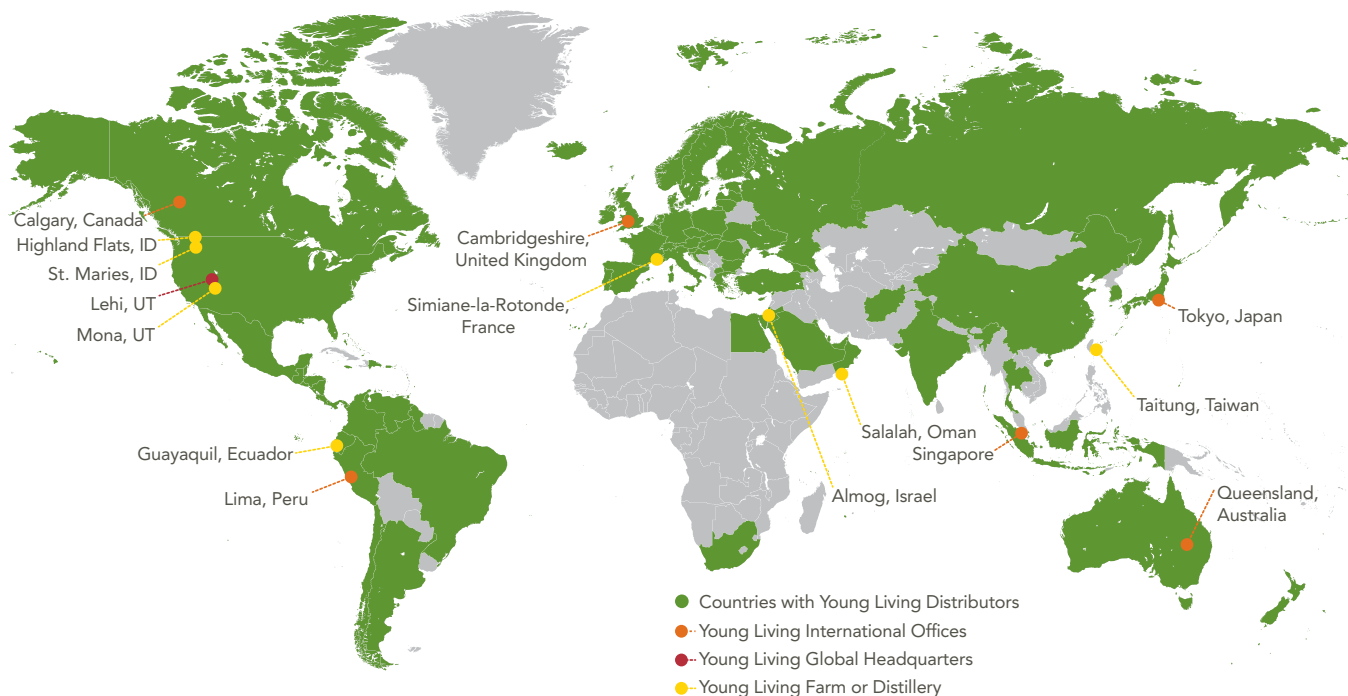
Young Living completes our Seed to Seal process by carefully sealing and inspecting each bottle of essential oil at our own clean-room facility and shipping to members worldwide. Individual bottle labels are encoded with detailed tracking information that allows Young Living to trace each bottle of essential oil back to its source.

在我们独有的清洁室内仔细地密封每瓶精油并且检查后，寄送给世界各地的会员。每个瓶子的标签编码都带有详细的信息，Young Living公司可以借此标签，得知每瓶精油的来源。

For more detailed information on our Seed to Seal process, visit youngliving.com.

欲了解 Seed to Seal 流程的更多详情，请游览www.youngliving.com

Young Living Around the World



Young Living takes its vitality worldwide by shipping to over 100 countries. We recently opened our Ecuador, Peru, and Singapore markets, bringing us one step closer to achieving our goal of having Young Living essential oils in every home. We currently have offices in the United States, Japan, the United Kingdom, Australia, Singapore, Ecuador, and Peru; and we anticipate opening one to two new markets every year for the next decade.

Young Living 已将运送网络扩展到世界各地100多个国家。我们最近开拓了厄瓜多尔，秘鲁和新加坡的市场。这让我们想把Young Living精油带到家家户户的目标更拉近了一大步。我们现有的公司遍布美国，日本，英国，澳大利亚，新加坡，厄瓜多尔和秘鲁。我们预计在下个十年里每年开拓一到两个新市场。

Young Living Farms Young Living公司的农场

Having Young Living farms allows us to control the growing, distilling, sourcing, and testing of our essential oils. Gary Young personally travels the globe to locate prime farmland that provides the optimal climate, soil, and growing conditions for the plants that become Young Living's essential oils. Having our own farms allowed us to develop our exclusive Seed to Seal® process, which ensures that each Young Living product delivers the world-class quality customers have come to expect.

自己拥有农场使我们Young Living公司能够控制精油的种植、蒸馏、纯化和检验。Gary Young亲自游历世界，寻找主要的优质农场。这些农场都能提供最适合Young Living公司种植精油类植物的气候、土壤和生长条件。自己拥有农场还使我们能够开发自己独有的Seed to Seal流程，这确保了Young Living公司的每种产品都具有客户期待的世界级优良品质。



St. Maries, Idaho



Mona, Utah



Highland Flats, Idaho

St. Maries, Idaho, USA 美国爱达荷州圣玛丽斯市

These 200 acres of pristine farmland were purchased by Gary in 1992. The property had never before been plowed or subjected to chemicals, pesticides, or fertilizers of any kind. The soil, climate, and pure air make it an ideal location for crops such as lavender, melissa, and tansy.

Gary于1992年购置了这块占地200英亩的未开垦农田。之前，这块地从未耕犁过，也未曾施用过化学品、杀虫剂或任何农药。其土壤、气候和纯净的空气使其成为种植薰衣草、蜜蜂花和艾菊等作物的理想圣地。

Mona, Utah, USA 美国犹他州莫纳市

This farm encompasses nearly 1,600 acres and is home to the largest privately owned essential oil distillery in the world. Roman chamomile, hyssop, clary sage, golden rod, and lavender are grown for distillation for our world market, and many other crops are grown here for research and display.

这块农田占地1600英亩左右，是世界上最大的私有精油蒸馏厂所在地。这里种有罗马洋甘菊、牛膝草、鼠尾草、一枝黄和薰衣草，原地蒸馏后即可销往世界市场。此外，还种有多种其它作物以供研究和展示。

Highland Flats in Naples, Idaho, USA 美国爱达荷州临近那不勒斯的高地公寓

Since 2000 the Highland Flats farm has produced Young Living's balsam fir, Western red cedar, and pine oils. This farm is the site of our annual winter harvest, where many distributors join us for the hard, but rewarding, work of harvesting and chipping the overgrown balsam fir, Western red cedar, and pine trees and then transporting the chips for distillation in St. Maries. Distributors may also join us for the annual spring reforestation project, where thousands of young balsam fir trees are planted each year to replace the harvested overgrowth and secure our future supply.

2000年以来，高地公寓农场就一直种植着Young Living公司的精油。这里是我们每年一度的香脂收割地。每年收割时，都有许多经销商和我们一起收割并修剪生长过快的香脂冷杉树，然后将碎枝条运至圣玛丽斯进行蒸馏。经销商还可以加入我们每年春季的重新造林工团队。每年都会种植数万株香脂冷杉树幼苗，对收割部分进行补充，以保证我们今后的作物供应。

Simiane-la-Rotonde, France 法国的Simiane-La-Rotonde

Well known for its rolling hills and farms of fragrant lavender, the region of Provence, France, is home to Young Living's third farm, the only American-owned lavender farm in the country. The farm produces lavender, lavandin, rosemary, and clary sage.

这里是法国的普罗旺斯地区，因绵延的山丘和散发芳香气息的薰衣草农场而举世闻名，是Young Living公司第三处农场同时也是美国人在法国拥有的唯一一处薰衣草农场的所在地。该农场种有薰衣草、大薰衣草、迷迭香和鼠尾草。



Simiane-la-Rotonde, France



Guayaquil, Ecuador



Salalah, Oman

Guayaquil, Ecuador 厄瓜多尔的瓜亚基尔市

Since 2005 Young Living has operated a farm in Guayaquil, Ecuador. Plants that are grown, harvested, and distilled here include eucalyptus blue, dorado azul, zaragosa, lemongrass, rosa morta, oregano, ylang ylang, basil, and many more. The plant material of palo santo, ruta, rosewood, and ocotea is transported to the farm from different areas of Ecuador and Peru for distillation. The Ecuador farm's state-of-the-art distillery is the largest in South America.

2005年以来，Young Living公司一直经营着这处位于厄瓜多尔瓜亚基尔市的农场。在这里种植、收割和蒸馏的作物包括：桉蓝、多拉蓝、柠檬草、牛至、依兰、罗勒以及许多其它作物。从厄瓜多尔和秘鲁的多个不同地区将玉檀香、粗状铁心木和奥寇梯木属等植物材料运到这里进行蒸馏。厄瓜多尔农场的蒸馏厂具有世界一流水准，是南美洲最大的蒸馏厂。

Salalah, Oman 阿曼的Salalah

In 2010 Gary started his operation for the extraction of *Boswellia sacra*, sacred frankincense, in Salalah, Oman. Young Living has contracted with local harvesters to secure our supply of this resin and has acquired farm acreage in Oman to increase cultivation and meet the growing demand for this precious oil. For the first time in centuries, *Boswellia sacra* is being distilled in Oman, and Young Living is the first and only company in the world to obtain permission to export this precious oil and bring it into the Western world.

2010年，Gary开始着手提取乳香属甾骨（*Boswellia sacra*，产自阿曼国Salalah的一种神圣的乳香）。Young Living公司已同当地收割者达成协议，以确保这种树脂的供应，并在阿曼获得足够的农场面积，以增加种植量并满足市场对这种珍稀油脂日益增长的需求。几个世纪以来，*Boswellia sacra*首次在阿曼国蒸馏，而Young Living公司则是世界第一家也是唯一一家获得这种珍稀油脂出口许可的公司。

Almog, Israel 以色列的阿尔莫格市

In partnership with a local grower, Young Living has established a farm and distillery in Almog, Israel. This property, located near the Dead Sea, is the site of pioneering botanical research and the source of the 2013 convention-exclusive *Micromeria* essential oil.

在与当地的种植者合作下，Young Living在以色列的阿尔莫格市建立了一个农场和蒸馏厂。这农地位于死海附近的，是研究植物的先锋和2013年展销会独家呈现的*Micromeria*姜味草精油的发源地。

Taitung, Taiwan 台湾台东

Following two research trips to Taiwan, Gary began an agricultural partnership in 2012 with local doctor Ginn S. Lee to produce Hong Kuai and Xiang Mao essential oils on a scenic property in the Taitung region. These two 2013 convention-exclusive essential oils are some of the rarest in the world and are deeply significant to Taiwanese citizens.

两次台湾研究之旅后，Gary在2012年与当地医生 Ginn S. Lee 开始了农业合作伙伴关系，在台东风景秀丽的地区生产了红桧木和香茅精油。这两种在2013年展销会独家呈现的精油是世上一些最稀有的，对台湾民众意义重大。

How to Get Started

如何开创自己的事业

Take the first step to living a healthier, happier, and more abundant life by enrolling as a Young Living Independent Distributor. As a member, you will receive many benefits, including:

希望过一个身心健康、目标远大、丰富多彩的生活，第一步就是登记成为Young Living公司的独立经销商。作为经会员，您将得到许多好处，包括：

- 24 percent discount off retail price
享受零售价7.6折优惠
- Potential to earn commissions
赚取佣金的机会
- Ability to enroll in the Essential Rewards program and earn free product
参加基本奖励计划的机会
- Knowledge that you are part of a worldwide mission dedicated to helping others
让您成为帮助他人的世界使命

To begin, go to our homepage at youngliving.com.sg and click “Member Sign-Up” on the top right hand corner. For additional assistance, contact our Customer Care Department at (65) 6391 0170.

要开始登记，须登入youngliving.com.sg，选择右上角的“member sign – up。”若须要协助，请致电 (65) 63910170, 与我们的客户服务部联系。

There are two ways you can choose from to become a Young Living Member:
要成为Young Living 会员，可选择以下的其中一个途径：

A) Enroll on Essential Rewards and get a starter kit free

参加基本奖励计划，获取免费Starter Kit

- a.1) Free Basic Starter Kit with 100 PV Essential Rewards Order
购买100 PV 基本奖励，获取免费Basic Starter Kit
- a.2) Free Basic Plus Starter Kit with 200 PV Essential Rewards Order
购买200 PV 基本奖励，获取免费Basic Plus Starter Kit
- a.3) Free Premium Starter Kit with 350 PV Essential Rewards Order
购买350 PV 基本奖励，获取免费Premium Starter Kit

B) Purchase any Starter Kit and buy products on Standard Order

购买任何Starter Kit 后，可使用Standard Order 购买产品

You May Choose from Any of Our Three Starter Kits:

你可以选择以下的其中一个Starter Kit



Premium Starter Kit

Item No. **467315** Whsl. \$236 PV 100

(1) Everyday Oils Kit

(1) Home Diffuser

(1) Basic Starter Kit:

- (1) Kit Box & Insert
- (1) Welcome to Young Living Booklet
- (1) Essential Oils at a Glance User's Guide
- (1) Distributor Resource Guide
- (1) S.E.E.D. Sharing for Success Booklet

- (1) Stress Away 5 ml
- (1) AromaGlide Roller Fitment
- (2) Lavender Sample Packet
- (2) Peppermint Sample Packet
- (2) Peace & Calming Sample Packet
- (2) Lemon Sample Packet
- (2) Thieves Sample Packet
- (3) Sample Packet Business Card

- (2) NingXia Red 2 oz.
- (1) Distributor Agreement
- (1) Enrollment + Essential Rewards Payment Method Form
- (1) Direct Deposit of Commissions Form
- (1) Compensation Plan Brochure
- (1) Policies and Procedures Booklet
- (1) Essential Rewards Gift Voucher (3rd, 6th, 9th and 12th month gift)

Contents may include additional items.



Basic Plus Starter Kit

Item No. **467115** Whsl. \$118 PV 0

(1) Home Diffuser

(1) Basic Starter Kit:

- (1) Kit Box & Insert
- (1) Welcome to Young Living Booklet
- (1) Essential Oils at a Glance User's Guide
- (1) Distributor Resource Guide
- (1) S.E.E.D. Sharing for Success Booklet

- (1) Stress Away 5 ml
- (1) AromaGlide Roller Fitment
- (2) Lavender Sample Packet
- (2) Peppermint Sample Packet
- (2) Peace & Calming Sample Packet
- (2) Lemon Sample Packet
- (2) Thieves Sample Packet
- (3) Sample Packet Business Card

- (2) NingXia Red 2 oz.
- (1) Distributor Agreement
- (1) Enrollment + Essential Rewards Payment Method Form
- (1) Direct Deposit of Commissions Form
- (1) Compensation Plan Brochure
- (1) Policies and Procedures Booklet
- (1) Essential Rewards Gift Voucher (3rd, 6th, 9th and 12th month gift)

Contents may include additional items.



Basic Starter Kit

Item No. **467015** Whsl. \$63 PV 0

(1) Basic Starter Kit:

- (1) Kit Box & Insert
- (1) Welcome to Young Living Booklet
- (1) Essential Oils at a Glance User's Guide
- (1) Distributor Resource Guide
- (1) S.E.E.D. Sharing for Success Booklet
- (1) Stress Away 5 ml

- (1) AromaGlide Roller Fitment
- (2) Lavender Sample Packet
- (2) Peppermint Sample Packet
- (2) Peace & Calming Sample Packet
- (2) Lemon Sample Packet
- (2) Thieves Sample Packet
- (3) Sample Packet Business Card

- (2) NingXia Red 2 oz.
- (1) Distributor Agreement
- (1) Enrollment + Essential Rewards Payment Method Form
- (1) Direct Deposit of Commissions Form
- (1) Compensation Plan Brochure
- (1) Policies and Procedures Booklet
- (1) Essential Rewards Gift Voucher (3rd, 6th, 9th and 12th month gift)

Contents may include additional items.

Essential Rewards

Ensure you always have the benefits of your favorite Young Living products on hand with the convenience of the Essential Rewards autoship program, where products are shipped hassle free from our door to yours! Available exclusively to Young Living members, the Essential Rewards autoship program offers many benefits.

使用基本奖励计划来确保您能得到您最喜爱的Young Living 产品，以最加优惠，方便送达您家！只属Young Living经销商的基本奖励计划，为会员带来许多的优惠：

- Guaranteed monthly shipments
按月出货
- Discounted pricing on exclusive product kits
专享产品套装的折扣定价
- Reduced shipping rates
减少运费
- Eligibility for compensation
有资格获得报酬
- Earn up to 20 percent reward points based on each qualifying order which you can use to redeem free products.
根据每个附合格订单，赚取高达20%的奖励分。分数可用来换取免费产品。

Select your favorite Young Living products or choose one of our convenient Essential Rewards product packs to get started. Then sign up by contacting your local distributor, calling our Customer Care Department at (65) 6391 0170 or visiting www.youngliving.com. for more information.

挑选您喜爱的Young Living产品，或选择我们基本奖励产品套装，既可成为我们的基本奖励会员。敬请致电 (65) 6391 0170与我们的客服部联系，或游览www.youngliving.com了解更多详情。



A-R-T® Essential Rewards

Item No. **376515**

- 1 A-R-T Gentle Foaming Cleanser (3.38 fl. oz.)
- 1 A-R-T Purifying Toner (4 fl. oz.)
- 1 A-R-T Day Activator (1 oz.)
- 1 A-R-T Night Reconstructor (1 oz.)
- 1 A-R-T Brochure



Thieves® Essential Rewards

Item No. **369715**

- 1 Thieves Essential Oil 15ml
- 1 Thieves Dentarome Ultra Toothpaste
- 1 Thieves Mouthwash
- 2 Thieves Household Cleaner 426ml
- 2 Thieves Foaming Hand Soap
- 2 Thieves Waterless Hand Purifier
- 1 Thieves Booklet



NingXia Red Essential Rewards

Item No. **489315**

- 4 New NingXia Red (750ml each)



Daily Nutrition Essential Rewards

Item No. **489715**

- 1 NingXia Red Singles 30pk
- 1 OmegaGize³ 120cts



Weight Management with Slique Essential Rewards

Item No. **454215**

5 Wolfberry Crisp Bars 6-pk

2 Slique Tea

1 Slique Essence



Slique Essential Rewards

Item No. **458715**

5 Slique Bars 6-pk

3 Slique Tea

1 Slique Essence

Essential Oil Singles

Over the past two decades, Young Living has researched and perfected a proprietary Seed to Seal® process that creates the world's finest essential oils. We verify the most beneficial seed species, follow pure cultivating practices, participate in the entire distillation process, implement rigorous testing for quality assurance, and seal and inspect all individual bottles before carefully shipping them worldwide. Our dedication to perfection is what makes us stand out in our field as the world leader in essential oils.



在过去二十年中，Young Living公司研究并完美地开发了专有的Seed to Seal®流程，制作出世界上最优质的精油。我们甄选最好的种子品种，遵照纯种栽培法，参与整个蒸馏过程中，进行严格的质量保证测试，并且在运往世界各地前对所有的瓶装产品进行密封和检查。Young Living公司承诺自己的产品超过行业质量和疗效标准。这意味着我们所生产的每一滴精油都体现了有益植物特性的最佳标准。我们为追求完美而献身的精神使我们脱颖而出，在精油领域成为世界领军品牌。

These application symbols are intended to guide you in essential oil use; however, qualified health professionals may offer additional guidance and should be contacted for serious health conditions. Always check individual label directions before use.

- ☀️ Photosensitivity: Avoid direct sunlight and UV rays for at least 12 hours after application to skin.
- ★ Neat: No dilution required.
- ⊕ Dilute: Dilution required. See label for use.
- 👃 Aromatic: Inhale directly or use a Young Living diffuser.

以下的使用标记是作为您使用精油时的一项参考。专业的医护人士可能会有额外指导；在严重的健康情况下仍需资讯他们的专业意见。在使用前请察看各自标签上的指示。

- ☀️ 光敏性：涂抹在肌肤后，避免阳光和紫外线直射至少十二个小时。
- ★ 无须稀释：纯精油涂用
- ⊕ 稀释：需要稀释后才使用。请阅读标签上的指示。
- 👃 芳香：直接吸入或使用Young Living扩散器。

Basil *Ocimum basilicum*

Item No. **350015** 15 ml ⊕



As part of Young Living's Raindrop Technique, basil oil brings relief and balance to the body. Basil will refresh a fatigued mind and restore mental clarity and alertness.

How to Use: Diffuse, apply topically

作为 Young Living Raindrop Technique 的其中一个精油，Basil 精油为我们身体带来缓解与平衡。它能刷新我们疲惫的心灵，恢复头脑清晰和提高警觉性。

如何使用：扩散或者局部涂敷。

Bergamot *Citrus bergamia*

Item No. **350315** 15 ml ☀️ ⊕



Bergamot is used during times of emotional stress. Its light, citrusy scent has a relaxing effect that builds confidence and uplifts moods, especially during a woman's monthly cycle.

How to Use: Diffuse

Bergamot 是用于情绪紧张的时候。它轻新的果香味有着增强信心和提升情绪的舒缓效果；尤其是女性月经生理期的时候。

如何使用：扩散

Cedarwood *Cedrus atlantica*Item No. **350915** 15 ml ★ ♀

Cedarwood contains the constituent cedrol, which promotes relaxation, balance, and increased mental focus. This oil also offers soothing benefits as part of a massage.

How to Use: Directly inhale, diffuse or apply topically.

Cedarwood 包含可以促进机体放松、平衡并提高注意力的组分型雪松醇。当在用于按摩使用时，这种精油还具有舒缓功效。

如何使用：直接吸入、扩散或局部涂敷。

Cistus *Cistus ladanifer*Item No. **351815** 5 ml ★

Cistus is believed to be the biblical rose of Sharon, and its honey-like fragrance calms nerves and elevates emotions. Traditionally, this oil was used to support the body's natural defenses.

How to Use: Apply topically to chakra or acupressure points.

Cistus 被认为是圣经里的“Rose of Sharon” 而它犹如蜂蜜般的香味能舒缓神经和提升情绪。传统上，它还能支援我们身体的自然防卫系统。

如何使用：局部涂抹在脉轮或指压按摩穴位点上。

Clary Sage *Salvia sclarea*Item No. **352115** 15 ml ♀

Clary sage was traditionally used to ease menstrual discomfort.** The herbaceous aroma of clary sage also relieves stress, relaxes the mind, and balances moods, which is believed to aid in a restful night's sleep and enhance the ability to dream.

How to Use: Diffuse; apply topically to spine, abdomen, or feet; or add to bathwater.

Clary Sage 在传统上用来舒缓月经不适。它的草本香味能减低压力，平复神经和平和情绪，有助于安眠和促进做梦的能力。

如何使用：需稀释；局部涂抹于脊椎，腹部或脚部；或可加入泡澡水中。

Clove *Syzygium aromaticum*Item No. **352415** 15 ml ♀

Traditionally used for its antiseptic properties,** clove is an important ingredient in Young Living's Thieves oil blend. Containing high amounts of eugenol, it boosts the body's natural defenses and regulates the body's natural response to stress.

How to Use: Diffuse, apply topically.

传统上以杀菌功能为主的 Clove 是 Young Living Thieves 复方精油中的一个重要成分。它含有高度的丁香酚，能加强身体的自然防卫系统和调节身体对压力的自然反应。

如何使用：扩散或局部涂敷。

Copaiba *Copaifera reticulata*Item No. **343115** 15 ml ★ ♀

Tapped directly from the copaiba tree in Brazil, this oil supports the body's natural response to irritation and injury. It also may be used to soothe minor physical discomforts.

How to Use: Diffuse, apply topically.

直接取自巴西香脂冷杉的Copaiba精油能帮助支援身体对刺激和损伤的自然反应。它还可以用于帮助舒缓轻微的身体不适。

如何使用：扩散或局部涂敷。

Cypress *Cupressus sempervirens*Item No. **353015** 15 ml ♀

Cypress oil was traditionally used to support the circulatory system.** Its fresh, herbaceous aroma can promote a sense of security and grounding.

How to Use: Directly inhale, diffuse, or dilute with V-6 Vegetable Oil Complex to apply topically.

通常用来协助人体的循环系统。其清新的草本芳香可以增强脚踏实地的安全感。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Dorado Azul *Hyptis suaveolens*

Item No. **359815** 5 ml 🌿 🍷



One of the newest essential oils from Ecuador, dorado azul is exclusive to Young Living. It has an herbaceous scent and is for topical or aromatic use.

How to Use: Diffuse, directly inhale, or apply topically.

一种产自厄瓜多尔的精油，为Young Living公司所独有。有一股草本植物的气味，用作局部涂敷或作为芳香剂使用。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Eucalyptus Blue *Eucalyptus bicostata*

Item No. **359715** 5 ml 🌿 🍷



Eucalyptus blue is an exclusive Ecuador oil that is high in eucalyptol, which promotes normal respiratory function. This eucalyptus species is grown and distilled on Young Living's farm in Ecuador.

How to Use: Directly inhale, diffuse, or dilute with V-6 Vegetable Oil Complex and apply topically.

这是一种富含桉树脑的独有厄瓜多尔精油，有助于促进正常的呼吸机能。这种桉木品种在Young Living公司的厄瓜多尔农场上栽培和蒸馏。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Eucalyptus Radiata *Eucalyptus radiata*

Item No. **353815** 15 ml 🌿 🍷



Eucalyptus radiata is a key ingredient in Young Living's Thieves oil blend due to its wide range of purifying properties. This oil contains citral, a constituent known for its cleansing abilities.

How to Use: Directly inhale, diffuse, or dilute with V-6 Vegetable Oil Complex to apply topically.

含有广泛的净化特质，Eucalyptus Radiata是 Young Living Thieves 精油复方中的一个主要成分。此精油也含有 citral，一个有清洁功能的成分。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Frankincense *Boswellia carteri*

Item No. **354815** 15 ml 🌿 🍷



Frankincense is used to support skin health. Its earthy, balsamic scent has calming properties that can increase spirituality and inner strength.

How to Use: Diffuse, apply topically to desired area.

See also sacred frankincense.

用于辅助维持皮肤健康。其土质香膏气味具有可以增强灵性和内部力量的镇静特性。

如何使用：扩散或者局部涂敷于想要涂敷的部位。

并请查看Sacred Frankincense。

Geranium *Pelargonium graveolens*

Item No. **355415** 15 ml ★ 🍷



Geranium was traditionally used for its gentle antiseptic properties and for promoting a healthy respiratory system. This oil is beneficial for women's health.

How to Use: Diffuse, apply topically.

Geranium其温和的防腐特性被用来协助促进呼吸系统健康。此精油也有益于女性健康。

如何使用：扩散或局部涂敷。

Ginger *Zingiber officinale*

Item No. **355715** 5 ml 🌿



Traditionally, ginger oil has been used to soothe minor digestive discomforts. Ginger's uplifting aroma may also increase stamina.

How to Use: Diffuse, directly inhale, dilute with V-6 Vegetable Oil Complex and apply topically.

通常用来助舒缓轻微的消化不良。其令人振奋的芳香还有助于增强活力。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Grapefruit *Citrus paradisi*Item No. **356015** 15 ml ✨ 🌱 🍷

Grapefruit's sweet, zesty scent is uplifting and revitalizing. Traditionally, this oil was used to support the body's natural defenses. When inhaled, grapefruit can create a feeling of fullness.

How to Use: Diffuse, directly inhale, apply topically.

葡萄柚的芳甜诱人香味令人振奋并恢复生气。通常用于协助人体的自然防御系统。吸入时，葡萄柚能营造一种饱足感。

如何使用：扩散、直接吸入或者局部涂敷。

Helichrysum *Helichrysum italicum*Item No. **356315** 5 ml 🌱 🍷

Containing restorative properties, helichrysum was traditionally used to minimize bruising and varicose veins, as well as to support circulatory health and relieve muscle tension.

How to Use: Diffuse, apply directly to desired area.

具有修复性能，通常被用于擦伤和静脉曲张，以及协助身体循环和缓解肌肉紧张。

如何使用：扩散或者直接涂敷于身体部位。

Hinoki *Chamaecyparis obtusa*Item No. **307315** 5 ml 🌱 🍷

Hinoki comes from the Japanese cypress and has a rich, invigorating lemon aroma that can uplift the mind and increase spiritual awareness. Historically, hinoki oil was used to refresh the soul, settle the mind, and relax the body.

How to Use: Diffuse, directly inhale, or dilute with V-6 Vegetable Oil Complex and apply topically.

来自日本柏树的 Hinoki 有着浓郁振奋的柠檬香味，能提神和增加心灵敏感度。历史记载中，它也被用来净化灵魂，安定神经和放松身体。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Idaho Balsam Fir *Abies balsamea*Item No. **331615** 15 ml 🌱 🍷

Traditionally, Idaho balsam fir was applied topically or taken internally to soothe physical ailments. This oil may also be used to balance moods, promote a sense of well-being, and increase spirituality.

How to Use: Diffuse, dilute with V-6 Vegetable Oil Complex and apply topically to large muscle groups or on the chest.

传统用于局部涂敷以舒缓身体不适。这种精油还可以平衡心情、提倡愉快心情。

如何使用：扩散或者使用V-6植物油稀释后局部涂敷于较大肌肉组织或胸部。

Idaho Blue Spruce *Picea pungens*Item No. **309315** 5 ml 🌱 🍷

Idaho blue spruce is an exclusive oil that is distilled directly from Young Living's St. Maries farm in Idaho. This amazing oil contains high percentages of alpha-pinene and limonene, with a pleasing evergreen aroma that relaxes both mind and body.

How to Use: Diffuse, directly inhale, apply topically.

Idaho Blue Spruce 是由 Young Living Idaho 的 St. Maries Farm 所直接萃取的独家精油。这神奇的精油含有高百分比的alpha-pinene，limonene和能放松身心灵的万年青芳香。

如何使用：扩散、直接吸入或者局部涂敷。

Jasmine *Jasminum officinale*Item No. **356915** 5 ml ★ 🍷

Considered to be exotic and romantic, jasmine supports skin health and is used in several Young Living personal-care products. The sweet, floral aroma of jasmine relaxes the mind, boosts self-confidence, and promotes a positive outlook on life.

How to Use: Diffuse, directly inhale, or dilute with V-6 Vegetable Oil Complex and apply topically.

[†]Jasmine is an absolute, or essence, rather than an essential oil.

具有异国情调和浪漫的 Jasmine 对肌肤健康方面有显著的效果；也被使用在Young Living好几个个人护理产品系列中。它的清甜花香能松懈头脑，增强自信和促进人生的乐观态度。

如何使用：直接吸入、扩散或者使用V-6增强型蔬菜油复合物稀释后局部涂敷。

Lavender *Lavandula angustifolia*

Item No. **357515** 15 ml ★ ♪



Lavender is the most versatile essential oil and is often used to cleanse and soothe minor burns, cuts, and other skin irritations. Its refreshing, relaxing scent has balancing properties that also calm the mind and body.

How to Use: Diffuse, directly inhale, or apply topically.

Lavender 是含有十分多用途的精油。它通常用于清洁和舒缓轻微的烧伤、割伤及其它肌肤刺激。其精油清爽提神，并且有令人放松的气味，也可以镇定身心的平衡特性。

如何使用：扩散、直接吸入或者局部涂敷。

Lemon *Citrus limon*

Item No. **357815** 15 ml ✨ 🌿 ♪



Lemon is believed to boost the body's natural defenses. Lemon oil's fresh, citrus scent is an instant pick-me-up, promoting energy and mental clarity.

How to Use: Diffuse, directly inhale or apply topically.

被认为可以增强人体的自然免疫系统。其清新的柑桔气味好比瞬间提神剂，可以增强活力，澄澈心智。

如何使用：扩散、直接吸入或者局部涂敷。

Lemongrass *Cymbopogon flexuosus*

Item No. **358115** 15 ml 🌿 ♪



Lemongrass has traditional usage as a digestive aid and may also provide relief when applied topically to foot maladies.

How to Use: Diffuse, directly inhale or apply topically.

这种精油通常被用于提倡消化。局部涂敷时还可以缓解足部疾病。

如何使用：扩散、直接吸入或者局部涂敷。

Lime *Citrus latifolia*

Item No. **307415** 15 ml 🌿 ♪



Lime has been sought after for its invigorating and energizing citrus aroma. It may provide antioxidant support, reduce inflammation and may help with headaches, colds and nausea.

How to Use: Diffuse, directly inhale, dilute with V-6 Vegetable Oil Complex and apply topically

得到众人喜爱的Lime，有着提神的微酸香气。它可提供抗氧化的支援，减轻发炎，也可帮助头痛，感冒和作呕。

如何使用：直接吸入、扩散或者使用V-6植物油稀释后局部涂敷。

Marjoram *Origanum majorana*

Item No. **358415** 15 ml 🌿 ♪



Marjoram has a penetrating effect that relaxes muscles and calms the body. Traditionally, this oil was used to ease muscle spasms.

How to Use: Diffuse, directly inhale or apply topically.

Marjoram 有着松懈肌肉和稳定身体的穿透力。此油在传统上用来缓解肌肉抽搐。

如何使用：扩散、直接吸入或者局部涂敷。

Melaleuca Alternifolia *Melaleuca alternifolia*

Item No. **358715** 15 ml 🌿 ♪



Melaleuca alternifolia, commonly known as tea tree oil, has long been used to ease a wide variety of ailments and maintain the body's natural defenses. This oil can also be used in skin care for its cleansing effects.

How to Use: Diffuse, directly inhale, or apply topically.

Melaleuca Alternifolia, 通称为茶树油，很早已经用来对付一系列的疾病和保持身体的自然防卫功能。它的清洁功能对护肤方面也是绝佳的。

如何使用：扩散、直接吸入或者局部涂敷。

Melissa *Melissa officinalis*Item No. **358915** 5 ml ★

Melissa is high in citral, a constituent known for its purifying and cleansing properties. This oil has a grassy, lemon scent that is uplifting and can help balance emotions.

How to Use: Diffuse, directly inhale, apply topically except on sensitive areas.

Melissa含有丰富的 citral, 一个有清洁与净化功能的成分。此精油的柠檬草香能振奋与平衡情绪。

如何使用: 扩散, 直接吸入, 局部涂除抹在敏感部位。

Myrrh *Commiphora myrrha*Item No. **359315** 15 ml ★ ✨

An ancient biblical oil, myrrh has a long history of use in skin care for its restorative benefits to aging and dry, chapped skin. Myrrh is supportive to the body's natural cellular repair process.

How to Use: Diffuse, apply topically.

在古老圣经里提到, Myrrh 有长久的历史渊源, 对干燥, 龟裂和老化的皮肤有修复效果。它也有助于身体的自然细胞修复。

如何使用: 扩散或局部涂敷。

Myrtle *Myrtus communis*Item No. **359615** 15 ml 🌿 ✨

Traditionally, myrtle was used to support respiratory function and thyroid health. It also promotes uplifting and euphoric emotions.

How to Use: Diffuse, directly inhale, dilute with V-6 Vegetable Oil Complex and apply topically.

传统上, Myrtle 能用于辅助呼吸系统及甲状腺的健康。它也能振奋心情, 加强欣快感。

如何使用: 扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Ocotea *Ocotea quixos*Item No. **355615** 5 ml 🌿 ✨

Extracted from an Ecuadorian tree, ocotea has a complex aroma, which may increase feelings of fullness. Ocotea also has natural cleansing and purifying properties.

How to Use: Diffuse, directly inhale, dilute with V-6 Vegetable Oil Complex and apply topically.

这种精油萃取自厄瓜多尔的一种树木, 所具有的复合芳香可以增强丰富感。它具有天然的清洁和净化作用。

如何使用: 扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Orange *Citrus sinensis*Item No. **360215** 15 ml 🌞 🌿 ✨

Orange supports the body's natural cellular repair process. Its sweet fragrance induces relaxation and encourages positive emotions.

How to Use: Diffuse, directly inhale, dilute with V-6 Vegetable Oil Complex and apply topically.

这种精油有助于人体细胞修复过程。它所散发的芬芳气味可以使人放松, 并激发积极向上的情绪。

如何使用: 扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Oregano *Origanum vulgare*Item No. **360515** 15 ml 🌿

Warming to the skin, oregano is a key part of Young Living's Raindrop Technique and is known as a purifying oil.

How to Use: Diffuse, dilute with V-6 Vegetable Oil Complex to apply topically.

Oregano有缓和皮肤的效果, 也是Young Living Raindrop Technique的其中一个精油, 也可称为净化精油。

如何使用: 扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Palo Santo *Bursera graveolens*

Item No. **360715** 5 ml 🌿 🍷



Palo santo—one of Young Living's exclusive Ecuador oils—was used traditionally to ward off negative emotions and protect against harmful spiritual influences.

How to Use: Diffuse, directly inhale, or apply topically.

这是Young Living公司专有的厄瓜多尔精油之一。通常被用来释放消极情感并免遭不良情绪影响。

如何使用：扩散、直接吸入或者局部涂敷。

Peppermint *Mentha piperita*

Item No. **361415** 15 ml 🌿 🍷



Peppermint essential oil can help aid normal digestion and has traditionally been used to ease tension and promote healthy respiratory function. Its fresh, minty aroma combats mental and physical fatigue.

How to Use: Diffuse; dilute with V-6 Vegetable Oil Complex and apply topically to forehead, temples, and neck.

这种精油可以促进消化，也通常被用于缓和紧张并提倡健康的呼吸功能。其清新的薄荷芳香能够舒缓身心疲劳。

如何使用：扩散、使用V-6植物油稀释后局部涂敷于额头、太阳穴和颈部。

Rose *Rosa damascena*

Item No. **362315** 5 ml ★ 🍷



Steam distilled from rose petals, this oil removes emotional blocks and limitations to success. It is also deeply nourishing and beneficial to the skin. Twenty-two pounds of rose petals are distilled for every 5-ml bottle of oil produced.

How to Use: Diffuse, directly inhale, apply topically

从玫瑰花瓣中蒸馏出的这种精油有助于打通成功的情感障碍和局限。还可以深层滋养皮肤。每生产一瓶15毫升装的这种精油，需蒸馏65磅玫瑰花瓣。

如何使用：扩散、直接吸入或者局部涂敷。

Rosemary *Rosmarinus officinalis*

Item No. **362615** 15 ml 🌿



Traditionally, rosemary was used to improve mental clarity and concentration.

How to Use: Diffuse, directly inhale, apply topically.

通常被用来澄澈心智和提高注意力。

如何使用：扩散、直接吸入或者局部涂敷。

Sacred Frankincense *Boswellia sacra*

Item No. **355215** 15 ml 🌿 🍷



Sacred frankincense essential oil comes from the *Boswellia sacra* frankincense tree. This oil is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level.

How to Use: Diffuse, inhale directly, apply topically.

对那些希望自己的心灵之旅和冥想体验更进一步的人，这种精油是理想之选。

如何使用：扩散、直接吸入或者局部涂敷。

Sandalwood *Santalum album*

Item No. **363415** 5 ml ★ 🍷



Traditionally, sandalwood was used for a variety of purposes such as promoting healthy, beautiful skin and encouraging deeper meditation. Sandalwood is also supportive of the body's natural defenses.*

How to Use: Diffuse, directly inhale, apply topically.

传统上，Sandalwood有许多用途，例如促进美丽健康的皮肤，增强静坐中的入定程度和辅助身体的自然防卫功能。

如何使用：扩散、直接吸入或者局部涂敷。

Spearmint *Mentha spicata*Item No. **363815** 5 ml 🌿 🍵

Traditional usage of spearmint oil was to aid digestion and support respiratory health.

How to Use: Diffuse, directly inhale, apply topically.

传统上，Spearmint 精油能帮助消化和辅助呼吸系统运作。

如何使用：扩散、直接吸入或者局部涂敷。

Tangerine *Citrus reticulata*Item No. **364415** 15 ml 🌞 🌿 🍵

Tangerine contains the constituent d-limonene, a powerful antioxidant.

Traditionally, tangerine was used to support the body's natural defenses and encourage proper digestion. Its sweet fragrance may elicit feelings of happiness and wellness.

How to Use: Diffuse, directly inhale, apply topically.

Tangerine 含有特别强的抗氧化物，d-limonene。传统上被用来辅助身体的自然防卫功能和促进妥当的消化能力。它清甜的香味也能引出愉悦及健康的心情。

如何使用：扩散、直接吸入或者局部涂敷。

Thyme *Thymus vulgaris*Item No. **365015** 15 ml 🌞 🌟 🌿 🍵

Traditionally, Thyme was regarded for its cleansing properties and used to support the body's natural defenses.

How to Use: Diffuse, dilute with V-6 Vegetable Oil Complex to apply topically.

传统上，Thyme 有净化特质和辅助身体的自然防卫功能。

如何使用：扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Wintergreen *Gaultheria procumbens*Item No. **365815** 15 ml 🌿 🍵

Young Living's wintergreen contains natural methyl salicylate, which is regarded for its soothing properties, particularly when used in massage for stressed muscles and head tension.

How to Use: Diffuse, directly inhale, or dilute with V-6 Vegetable Oil Complex to apply topically in massage.

含有天然的水杨酸甲酯，这种成分具有舒缓特性，尤其适合在按摩中用来舒缓紧张肌肉和头痛。

如何使用：扩散、直接吸入或者使用V-6植物油稀释后在按摩时局部涂敷。

Ylang Ylang *Cananga odorata*Item No. **365915** 15 ml 🌟

Traditional usage of ylang ylang was to relax the mind and balance emotions; this oil may also help control negative feelings such as frustration and anger.

How to Use: Diffuse, directly inhale, apply topically.

通常被用于放松心神和平衡情感。还有助于控制受挫和愤怒等负面情感。

如何使用：扩散、直接吸入或者局部涂敷。

Essential Oil Blends

The efficacy and harmony of the oils is of the utmost importance when developing an essential oil blend. Young Living's years of rigorous research combined with extensive lab testing and farming expertise means every essential oil blend contains complementary constituents that deliver the expected therapeutic result. To meet such demanding standards, Gary Young oversees the development and formulation of Young Living's unique essential oil blends.

研发复方精油时，最重要的是各种精油的有效性和调和性。Young Living公司多年来严谨的研究以及大量的实验室测试和耕作专长，使得所生产的每一种复方精油都含有可以达到预期治疗效果的互补成分。为了达到这些要求严格的标准，Gary Young亲自监督Young Living公司独特复方精油配方的调配过程。



Abundance

Item No. **330015** 15 ml



Abundance™ combines oils such as orange and ginger, which were used by ancient cultures to attract prosperity and magnify joy and peace.

How to Use: Diffuse, directly inhale, or apply topically over the heart, wrists, and temples.

Essential oils: orange, clove, cinnamon bark, frankincense, ginger, spruce, patchouli, myrrh

丰盛复方精油结合了古代文化用来吸引繁荣与扩大喜乐和平安的一些精油，包括 tangerine 与 ginger。

如何使用：扩散；直接吸入；或者局部涂敷

Aroma Life

Item No. **330615** 15 ml



Aroma Life™ uses marjoram and ylang ylang essential oils to energize your life force and promote heart vitality.

How to Use: Diffuse, directly inhale, or apply topically.

Essential oils: cypress, helichrysum, ylang ylang, marjoram

用于激发您的生命力并提升心脏活力。

如何使用：扩散；直接吸入；或者局部涂敷。

Aroma Siez

Item No. **330915** 15 ml



A key blend in Young Living's exclusive Raindrop Technique, Aroma Siez™ combines lavender and peppermint essential oils to relax tight muscles and ligaments.

How to Use: Dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: basil, lavender, cypress, marjoram, peppermint

Young Living 独特 Raindrop Technique 中的一个主要复方，Aroma Siez，结合了 Lavender 和 Peppermint 精油来松懈紧张的肌肉与韧带。

如何使用：扩散、直接吸入或者使用 V-6 Vegetable Complex（综合蔬菜油）稀释后在按摩时局部涂敷。

Believe

Item No. **466115** 15 ml



Believe contains Idaho blue spruce, balsam fir, and frankincense essential oils that may encourage feelings of strength and faith. As you move past emotional barriers, you will be able to reach your true, unlimited potential.

How to Use: Diffuse, inhale directly, or apply topically.

Essential Oils: Idaho Blue Spruce, Idaho Balsam Fir, Frankincense, Coriander, Bergamot, Ylang Ylang, Geranium

帮助您克服情绪低落同时也提升到一个更高的意识水平。这种复方精油可以释放您的无限潜能，进而助长力量之感并激发强大的自信心。

如何使用：扩散；直接吸入；或者局部涂敷。

Brain Power

Item No. **331315** 5 ml ★ ♡



Brain Power™ is a blend of essential oils high in sesquiterpenes—like sandalwood, blue cypress, and frankincense—to give your mind a boost, clarify thought, and develop greater focus.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: sandalwood, melissa, helichrysum, cedarwood, blue cypress, frankincense, lavender
一种富含倍半萜烯的复方精油，可以增进心智、澄澈思想并使注意力更加集中。

如何使用：扩散；直接吸入；或者局部涂敷。

Clarity

Item No. **332115** 15 ml ★ ♡



Clarity™ contains basil, rosemary, and peppermint essential oils to promote a clear mind and restore mental alertness, especially when feeling fatigued or drowsy.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: basil, Roman chamomile, cardamom, geranium, bergamot, rosemary, lemon, ylang ylang, peppermint, jasmine, palmarosa, coriander

Clarity 含有Basil, Rosemary 和 Peppermint 精油以促进头脑清晰和恢复精神上的警觉性，尤其是疲惫或昏昏欲睡的时候。

如何使用：扩散；直接吸入；或者局部涂敷。

DiGize

Item No. **332415** 15 ml ★



DiGize™ is a blend of pure tarragon, ginger, peppermint, and other essential oils that promote healthy digestion and soothe stomach discomforts.

How to Use: Diffuse, dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: tarragon, juniper, anise, ginger, fennel, patchouli, peppermint, lemongrass

一种助消化且有助于舒缓胃部不适的复方精油。

如何使用：扩散或者使用V-6植物油稀释后局部涂敷。

Citrus Fresh

Item No. **331815** 15 ml ★ ♡



Citrus Fresh™ is a blend of energizing citrus oils designed to stimulate mental activity, boost creativity, and increase clarity of thought.

How to Use: Diffuse, inhale directly, dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: orange, grapefruit, mandarin, tangerine, lemon, spearmint

Citrus Fresh 是能刺激脑部活动，加强创意和提高紧密思绪的柑橘类精油调配。

如何使用：扩散、直接吸入或者使用V-6植物油稀释后局部涂敷。

Common Sense

Item No. **309115** 5 ml ♡



Common Sense™ is a proprietary blend of Young Living essential oils formulated to enhance an individual's reasonable and rational decision-making abilities.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: frankincense, ylang ylang, ocotea, ruta, dorado azul, lime

Common Sense 是 Young Living 拥有专利配方的一种复方精油，可以帮助提升个人合理和理性的决策能力。

如何使用：扩散；直接吸入；或者局部涂敷。

EndoFlex

Item No. **333315** 15 ml ★



EndoFlex™ is a blend of spearmint, geranium, and other pure essential oils that support the endocrine system and help maintain overall vitality.

How to Use: Diffuse, inhale directly, apply topically.

Essential oils: spearmint, geranium, German chamomile, sage, myrtle, nutmeg

帮助维持内分泌系统并维持身体的活力。

如何使用：扩散；直接吸入；或者局部涂敷。

Forgiveness

Item No. 333915 5 ml ★ ♪



Forgiveness™ enhances the ability to forgive yourself and others while letting go of negative emotions, which is an important part of personal growth.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: melissa, angelica, bergamot, geranium, lavender, ylang ylang, frankincense, lemon, palmarosa, jasmine, helichrysum, sandalwood, Roman chamomile, rose, coriander

Forgiveness 可加强我们对于能宽恕他人的能力和放下负面的情绪，是个人成长中扮演了重要的角色。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Gathering

Item No. 334215 5 ml ★ ♪



Gathering™ helps you overcome the chaotic energy of everyday life and keeps you on the path to higher achievement.

How to Use: Diffuse, inhale directly, or apply topically.

Essential Oils: Lavender, Frankincense, Spruce, Geranium, Sandalwood, Rose, Galbanum, Ylang Ylang, Cinnamon Bark

Gathering 复方精油帮助你克服日常生活中混乱的能量，并帮助您更上一层楼。

如何使用：直接吸入，用扩香机扩散，或局部涂敷。

Gentle Baby

Item No. 334515 15 ml ★ ♪



Gentle Baby™ is a soothing blend of pure essential oils that helps calm emotions for mothers and children.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: geranium, jasmine, ylang ylang, rosewood, Roman chamomile, rose, lemon, lavender, palmarosa, coriander

Gentle Baby 是调配了可舒缓与镇定母亲和孩子情绪的精油。

如何使用：扩散或者使用V-6植物油稀释后局部涂敷。

Harmony

Item No. 335115 15 ml ★ ♪



Harmony™ is a blend of pure essential oils that helps bring harmonic balance to the energy centers of the body.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: geranium, angelica, bergamot, lavender, spruce, ylang ylang, sandalwood, hyssop, palmarosa, Spanish sage, rose, frankincense, jasmine, lemon, orange, Roman chamomile, coriander

Harmony 是为身体的能量中心带来和谐与平衡的复方精油。

如何使用：扩散；直接吸入；或者局部涂敷。

Highest Potential

Item No. 337315 5 ml ★ ♪



Highest Potential™ harnesses the uplifting and inspirational power of blue cypress and other pure essential oils. Enhance your self-confidence and achieve greater unity and purpose in life.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: Australian Blue, jasmine, Gathering, ylang ylang

Highest Potential 包含了blue cypress与其它精油的振奋功能，能增加自信和生命的团结感与意义。

如何使用：扩散或者使用V-6植物油稀释后局部涂敷。

ImmuPower

Item No. 336315 15 ml ★ ♪



ImmuPower™ is formulated to support the body's natural defenses when applied to Vita Flex points on the hands and feet.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: hyssop, ravintsara, clove, mountain savory, frankincense, cumin, cistus, oregano, Idaho tansy

当涂敷于手和脚上的Vita Flex点时，这种独特的配方有助维持身体的自然防御系统。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Inner Child

Item No. **336015** 5 ml ★ ♡



Inner Child™ stimulates memory response to help you connect with your authentic self and take steps toward finding emotional balance.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: orange, jasmine, spruce, tangerine, sandalwood, neroli, ylang ylang, lemongrass

Inner Child 能刺激记忆反应，帮助与真实的自我接轨和逐渐找到情绪平衡。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Joy

Item No. **337215** 15 ml ✨ 🌿 ♡



Joy™ is an uplifting blend of pure essential oils that creates magnetic energy and brings happiness to the heart.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: bergamot, lemon, palmarosa, ylang ylang, mandarin, rose, geranium, jasmine, Roman chamomile, coriander

一种令人振奋的复方精油，可以制造磁场式能量，并使人感到心情愉悦。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

JuvaCleanse

Item No. **339515** 15 ml ★ ♡



JuvaCleanse® is a premium blend of pure essential oils that supports healthy liver function.

How to Use: Diffuse, inhale directly, dilute with V-6 Vegetable Oil Complex to apply topically over Vita Flex points.

Essential oils: helichrysum, ledum

JuvaCleanse 是个能促使肝脏健康运作的独特纯精油调配。

如何使用：需稀释，直接吸入；加入V-6植物油来做稀释，局部涂抹在Vita Flex 的穴位点上。

Lady Sclareol

Item No. **337615** 15 ml 🌿 ♡



Lady Sclareol™ is an oil blend created especially for women to balance emotions, promote mental stability, and provide endocrine support while menstruating.

How to Use: Diffuse, inhale directly, or apply topically along the hips and navel area.

Essential oils: clary sage, jasmine, vetiver, ylang ylang, Idaho tansy, geranium, sandalwood, orange, sage, lavender, coriander, bergamot

Lady Sclareol 是专为女性调配的精油。它能平衡情绪，稳定思绪和在女性生理期时给以内分泌辅助。

如何使用：需稀释，直接吸入，或局部涂抹在臀部和肚脐周围的地方。

Magnify Your Purpose

Item No. **337715** 5 ml ★ ♡



Magnify Your Purpose™ oil blend stimulates creativity, desire, focus, and motivation, encouraging you to seize initiative.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: sandalwood, nutmeg, ginger, patchouli, sage, cinnamon bark, coriander, bergamot, ylang ylang, geranium

Magnify Your Purpose 复方精油能刺激创意思维，欲望，集中力，推动力和鼓励主动性。

如何使用：需稀释，直接吸入，或以V-6植物油稀释后进行局部涂敷。

Melrose

Item No. **337815** 15 ml 🌿 ♡



Melrose™ combats minor skin irritations with its powerful cleansing properties.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: rosemary, clove, melaleuca (*M. alternifolia*), niaouli

有着强大的清洁特性，有助于对抗轻微的皮肤过敏。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Mister

Item No. **338115** 15 ml ★ 🏆



Created for males of all ages, Mister™ oil blend helps balance emotions and promotes mental stability during stressful times.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: sage, lavender, peppermint, fennel, myrtle, blue yarrow

为所有年龄层的男士所调配的Mister 精油，能在压力大时帮助平衡情绪和稳定思绪。

如何使用：扩散；直接吸入；或者局部涂敷。

PanAway

Item No. **339015** 15 ml 🌿



Containing wintergreen and clove, PanAway® aids the body's natural response to irritation and injury, minimizes bruising, and relieves muscle tension.*

How to Use: Dilute and apply topically on location as needed or use in massage.

Essential oils: wintergreen, clove, helichrysum, peppermint

有助于提升身体对刺激和损伤的自然反应，减轻淤伤并缓解肌肉紧张。

如何使用：稀释后，局部涂敷在所需部位或在按摩中。

Peace & Calming

Item No. **339315** 15 ml 🌿 🏆



The gentle scent of Peace & Calming® encourages deep relaxation and can assist with meditation to promote a peaceful night's sleep.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: tangerine, ylang ylang, blue tansy, orange, patchouli

这种复方精油散发的柔和气味可以使身体放松，进入沉思状态，从而在晚上得到良好的睡眠。

如何使用：扩散；直接吸入；或者局部涂敷。

Present Time

Item No. **339615** 5 ml ★ 🏆



Present Time™ helps you focus on the here and now so that you can get beyond the past and move forward.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: neroli, spruce, ylang ylang

Present Time能帮助您集中精神于现在，放下过去，向前行。

如何使用：扩散；直接吸入；或者局部涂敷。

Purification

Item No. **339915** 15 ml ★ 🏆



The sweet, refreshing scent of Purification® instantly deodorizes and neutralizes the air. This blend also contains citronella to deter insects and soothe minor bites.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: lemongrass, rosemary, melaleuca (*M. alternifolia*), myrtle, citronella

这种复方精油散发的香甜、清新香味可以即刻消除并中和空气中的臭味。它还含有可以驱赶昆虫并舒缓轻微叮咬的香茅精油。

如何使用：扩散；直接吸入；或者局部涂敷。

R.C.

Item No. **340515** 15 ml 🌿 🏆



R.C.™ is an invigorating blend that includes cypress, spruce, and three varieties of eucalyptus that is comforting when applied to the chest and throat.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: eucalyptus (*E. globulus*, *E. radiata*, *E. citriodora*), myrtle, spruce, peppermint, pine, lavender, marjoram, cypress

RC 当涂敷于胸部和喉咙时，是有舒缓作用的一种提神型复方精油。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Release

Item No. **340815** 15 ml 🌿 🍷



Release™ is a blend of sandalwood, ylang ylang, and other essential oils that facilitates the ability to let go of anger and frustration. It also promotes harmony and balance of the mind and body.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: ylang ylang, geranium, blue tansy, lavandin, sandalwood

Release调配包含了Sandalwood, Ylang Ylang 和其他精油，能促使您放下愤怒与急躁，增强身心和谐与平衡。

如何使用：扩散；直接吸入；或者局部涂敷。

Sacred Mountain

Item No. **341415** 15 ml 🌿 🍷



Sacred Mountain™ is a blend of ylang ylang and conifer oils that evokes the sense of sanctity found in nature and promotes feelings of strength, empowerment, grounding, and protection.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: spruce, Idaho balsam fir, ylang ylang, cedarwood

Sacred Mountain 调配了Ylang Ylang 和 Conifer 精油，能引发存在于大自然的尊严感和提升力量，脚踏实地和保护意识的各种感觉。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Slique Essence

Item No. **458615** 15 ml



Slique™ Essence combines powerful essential oils with stevia extract in a unique blend that supports healthy weight-management goals, especially when used in conjunction with other Slique products.

How to Use: Shake vigorously before use. Inhale directly, apply topically.

Essential Oils: grapefruit, tangerine, lemon, spearmint, and ocotea with stevia extract

Slique Essence 结合了Stevia extract 与其它特强的精油而成；与其它 Slique 产品一同使用，能有效辅助体重管理。

如何使用：使用前需大力摇晃均匀。直接吸入，局部涂抹。

RutaVaLa

Item No. **341915** 5 ml 🍷



RutaVaLa™ is a calming blend of lavender, valerian, and ruta that relieves stress, soothes tension, and promotes relaxation for the body and mind.

How to Use: Diffuse or inhale directly.

Essential oils: lavender, valerian, ruta

RutaVaLa 是由Lavender, Valerian 和 Ruta 调配而成的精油。它能减轻压力，舒缓紧张情绪和放松身心。

如何使用：扩散；直接吸入。

SclarEssence

Item No. **341815** 15 ml



SclarEssence™ supports women's health with the balancing properties of pure essential oils, including clary sage and fennel.

How to Use: Diffuse, apply topically.

Essential oils: clary sage, fennel, sage, lavender, peppermint

SclarEssence 含有平衡性特质的Clary Sage 和 Fennel 精油，能大大地辅助女性健康。

如何使用：扩散；或者局部涂敷。

Stress Away

Item No. **463015** 15 ml 🌿 🍷



Stress Away is the first product to contain the unique stress-relieving combination of lime and vanilla pure, therapeutic-grade essential oils. Stress Away also includes copaiba and lavender to reduce mental rigidity and restore equilibrium.

How to Use: Diffuse, inhale directly, dilute with V-6 Vegetable Oil Complex to apply topically, or take as a dietary supplement.

Essential Oils: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender.

Stress Away复方精油是个首创含有特殊舒缓压力的配方，包括青柠和香草纯正治疗级精油。解压复方精油也包含了苦配巴和薰衣草精油，以降低精神约束和恢复平衡状态。

用法：直接吸入，用扩香机扩散，用V-6植物油稀释后局部涂敷，或作为膳食补充剂。

Thieves

Item No. **342315** 15 ml  



The revolutionary Thieves® blend contains powerful essential oils that defend and protect. Diffuse throughout the home to kill dangerous airborne bacteria or apply on the bottom of feet for internal support.

How to Use: Diffuse, apply topically.

Essential oils: clove, cinnamon bark, rosemary, lemon, eucalyptus (*E. radiata*)

Thieves复方精油含有多种具防卫和保护作用的强效精油。在整个家庭中可以杀死空气中的危害细菌，也可以涂敷于足底以提供内部保养。

如何使用：扩散；或者局部涂敷。

Three (3) Wise Men

Item No. **342615** 15 ml  



The 3 Wise Men™ oil blend contains sandalwood, frankincense, and myrrh essential oils and is designed to open up the subconscious and promote feelings of reverence and spiritual awareness.

How to Use: Diffuse, inhale directly, or apply topically.

Essential Oils: Sandalwood, Frankincense, Myrrh, Juniper, Spruce

Three(3) Wise Men复方精油含有檀香，乳香和没药精油，它是调配来打开潜意识，提升崇敬的情感和心灵认知。

如何使用：直接吸入，用扩香机扩散，或局部涂敷。

Transformation

Item No. **306015** 15 ml   



Transformation™ is now reformulated to include Idaho blue spruce, palo santo, and ocotea. These powerful essential oils empower you to replace negative beliefs with uplifting thoughts, changing your overall attitude, emotions, and behavior.

How to Use: Diffuse, directly inhale, or dilute with V-6 Vegetable Oil Complex and apply topically.

Essential oils: lemon, frankincense, sandalwood, peppermint, cardamom, clary sage, Idaho blue spruce, palo santo, ocotea

Transformation 的重新配方包含了 Idaho Blue Spruce, Palo Santo 和 Ocotea。这些特强的精油能使您把负面信念转为振奋的思绪，改变整体态度，情绪与行为。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Trauma Life

Item No. **635015** 5 ml  



Trauma Life™ is a therapeutic blend of pure sandalwood, helichrysum, rose, and other essential oils designed to release emotional trauma that may be buried or forgotten.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: frankincense, davana, citrus hystrix, sandalwood, spruce, rose, valerian, geranium, lavender, helichrysum

Trauma Life 治疗级调配含有纯 Sandalwood, Helichrysum, Rose和其他精油；能帮助释放埋藏已久或被遗忘的心理创伤。

如何使用：扩散；直接吸入；或者局部涂敷。

Valor

Item No. **342915** 15 ml  



Valor® is an empowering blend that promotes feelings of strength, courage, and protection. Valor has also been found to support energy alignment in the body.

How to Use: Diffuse, inhale directly, or apply topically.

Essential oils: spruce, blue tansy, frankincense

Valor精油可以处进力量、勇气和自信感。它同时也可以支持身体内的能量平衡。

如何使用：扩散；直接吸入；或者局部涂敷。

White Angelica

Item No. **343215** 15 ml   



White Angelica™ contains pure melissa and bergamot essential oils, promotes feelings of protection and security, and can be used to guard against negative energy.

How to Use: Diffuse, inhale directly, or dilute with V-6 Vegetable Oil Complex to apply topically.

Essential oils: bergamot, melissa, geranium, ylang ylang, rose, myrrh, spruce, sandalwood, hyssop

含有Melissa和Bergamot精油，White Angelica 可以促进个人安全和保护感，同时也可以用来对抗负面能量。

如何使用：扩散；直接吸入；或者使用V-6植物油稀释后局部涂敷。

Breathe Again Roll-On

Item No. **352815** 10 ml



Breathe Again™ Essential Oil Roll-On is formulated to support respiratory health in a convenient roll-on application. This blend features four types of eucalyptus oil, including eucalyptus blue, grown and distilled at the Young Living farm in Ecuador.

How to Use: Apply generously to chest and neck as desired.

Essential oils: eucalyptus (*E. staigeriana*, *E. globulus*, *E. radiata*) laurus nobilis, peppermint, copaiba, myrtle, blue cypress, eucalyptus blue

Breathe Again 复方精油可以用便利的滚珠涂敷来保持呼吸系统的健康。这一款复方精油含有四种不同的桉树精油，包括在Young Living 厄瓜多尔农场种植和蒸馏的Eucalyptus Blue 精油。

如何使用：根据需要大量涂敷于胸部和颈部。

Deep Relief Roll-On

Item No. **353415** 10 ml



Deep Relief™ Essential Oil Roll-On provides support for head and muscle tension. It blends essential oils known for their soothing, long-lasting benefits.

How to Use: Apply generously on temples, back of neck, or wherever necessary to ease tension.

Essential oils: peppermint, Idaho balsam fir, clove, vetiver, wintergreen, lemon, helichrysum, copaiba

Deep Relief Roll-On 可以缓解头部和肌肉紧张。它包含了各种附有长效舒缓特性的精油。

如何使用：大量涂敷于太阳穴、后脖颈或者需要缓解紧张状况的任何部位。

Stress Away Roll-On

Item No. **447215** 10 ml



Stress Away™ Essential Oil Roll-On is a light, fragrant, and unique blend of vanilla, lime, copaiba, and other pure essential oils that relieve daily stress, encourage relaxation, and reduce nervous tension.

How to Use: Apply generously to wrists, temples, neck, or any desired area as needed.

Essential oils: copaiba, lime, cedarwood, vanilla, ocotea, lavender

Stress Away Roll-On是一种清淡、芳香而且具有Vanilla, Lime 和 Copaiba 的复方精油，可以舒缓日常压力、促进放松并缓解神经紧张。

如何使用：涂敷于腕部、太阳穴、颈部或者根据需要想要涂敷的任何区域。

Tranquil Roll-On

Item No. **353315** 10 ml



Tranquil™ Essential Oil Roll-On provides stress relief and relaxation in a convenient roll-on application. The lavender, cedarwood, and Roman chamomile in this blend are known for their ability to decrease anxiety and induce tranquility.

How to Use: Apply generously on wrists or back of neck for relaxation.

Essential oils: lavender, cedarwood, Roman chamomile

Tranquil Roll-On 以便利的滚珠涂敷来减轻压力并放松。这种复方精油因具有减少焦虑和激发宁静的功效而受欢迎。

如何使用：大量涂敷于需要放松的腕部或后脖颈。

Valor Roll-On

Item No. **352915** 10 ml



Valor® Essential Oil Roll-On is an empowering combination of spruce, rosewood, frankincense, and blue tansy essential oils that increase strength, courage, and self-esteem.

How to Use: Apply generously on wrists, back of neck, or shoulders to ease tension.

Essential oils: spruce, rosewood, blue tansy, frankincense

含油Rosewood, Frankincense和Blue Tansy的Valor Roll-On可以促进力量、勇气和自信的焕能型组合。

如何使用：大量涂敷于腕部、后脖颈或肩膀以缓解紧张状况。

Cel-Lite Magic Massage Oil

Item No. 303515 8 fl. oz.



Cel-Lite Magic™ Massage Oil tones and nourishes the skin with pure vegetable oils, vitamin E, and therapeutic-grade essential oils. Grapefruit oil improves skin texture, while juniper oil helps detoxify and cleanse.

How to Use: Massage on locations where firming and toning are desired. Shake well before using.

Essential oils: grapefruit, cedarwood, clary sage, cypress, juniper

Cel-Lite Magic Massage Oil以纯正植物油，维生素E和纯级精油来收缩和滋润皮肤。葡萄柚精油能改善皮肤质感而杜松油则有解毒和清洁功效。

如何使用: 在需要紧实和雕塑的身体部位上加以按摩。使用前需摇晃均匀。

Ortho Ease Massage Oil

Item No. 303315 8 fl. oz.



Designed to relax and soothe tired, stressed muscles, Ortho Ease® Massage Oil is a calming blend of vegetable oils and therapeutic-grade essential oils such as wintergreen, peppermint, juniper, and marjoram.

How to Use: Gently massage into areas of body experiencing stress. Shake well before using.

Essential oils: wintergreen, eucalyptus (*E. globulus*, *E. radiata*) thyme, juniper, lemongrass, peppermint, marjoram, vetiver

Ortho Ease Massage Oil 是由植物油和纯精油如Wintergreen, Peppermint, Juniper 和 Marjoram 所调配而成的; 能放松与舒缓疲累和紧张的肌肉。

如何使用: 在感觉到压力的身体部位上轻轻按摩。使用前需摇晃均匀。

Ortho Sport Massage Oil

Item No. 303215 8 fl. oz.



Ortho Sport® Massage Oil provides soothing relief for tired, over-worked muscles after exercise and sports. This blend combines pure vegetable oils with therapeutic-grade essential oils such as wintergreen, peppermint, thyme, and oregano.

How to Use: Thoroughly massage into areas of the body feeling stress following exercise.

Essential oils: wintergreen, eucalyptus (*E. globulus*), lemongrass, peppermint, elemi, thyme, oregano, vetiver.

Ortho Sport Massage Oil是由植物油和纯精油如 Wintergreen, Peppermint, Thyme 和 Oregano 所调配而成的; 能放松与舒缓运动过后的过度疲惫和紧张的肌肉。

如何使用: 在运动后而感觉到压力的身体部位上给予彻底的按摩。

Sensation Massage Oil

Item No. 303615 8 fl. oz.



Sensation™ Massage Oil inspires the senses and encourages feelings of romance and youthfulness. This special blend of vegetable oils and essential oils leaves skin feeling smooth and soft.

How to Use: Massage liberally onto skin as desired. Shake well before using.

Essential oils: ylang ylang, jasmine, coriander, geranium, bergamot

Sensation Massage Oil是由植物油和纯精油所调配而成的; 能鼓励浪漫情绪与青春情感和让皮肤触感滑嫩。

如何使用: 任意随意地按摩于皮肤上。使用前需摇晃均匀。

V-6 Vegetable Oil Complex

Item No. 303115 8 fl. oz.



V-6™ Vegetable Oil Complex can be used to create custom massage oils or to dilute essential oils for sensitive skin.

How to Use: For direct application blend 1 drop essential oil in 1–8 teaspoons V-6. For topical applications, apply 15–30 drops of essential oils to 1/8–1/4 cup V-6. Stronger oils (e.g., cinnamon, clove, oregano) require more dilution than gentler oils. Shake well before using.

V-6植物油可用来调配自制按摩油或为敏感皮肤稀释精油。

如何使用: 直接使用的方式是在一到八茶匙的V-6中加入一滴精油。局部使用的方式是在1/8到1/4杯的V-6中加入15–30滴的精油。较强的精油(例如肉桂, 丁香, 牛至)比起较温和的精油更需加以稀释。使用前需摇晃均匀。

Sharing Tools

Sharing essential oils has just become simpler with Young Living's industry-first 10-count sample pack. You can now share essential oils with these 0.25-ml samples that will send any prospect off with a memorable impression of Young Living and the benefits of 100% pure, therapeutic-grade essential oils. To order custom sharing business cards, visit youngliving.com/shareyoungliving.

使用Young Living首创的精油样品与他人分享精油是很简单的。现在，您可以用0.25毫升的样品装精油，送给任何潜在客户，让他们对最高品质精油的好处，留下难忘的好印象。若要订购分享名片，请游览youngliving.com/shareyoungliving。



Lavender Essential Oil Sample Packets

Item No. **477015** 10 packets



Lemon Essential Oil Sample Packets

Item No. **477215** 10 packets



Peppermint Essential Oil Sample Packets

Item No. **477115** 10 packets



Peace & Calming Essential Oil Sample Packets

Item No. **477415** 10 packets



Thieves Essential Oil Sample Packets

Item No. 477315 10 packets



Everyday Oils

Item No. 369515



The Everyday Oils™ collection is the perfect beginner kit, containing nine of our most versatile essential oils for cooking, first aid, cleaning, and more. This kit will become a useful part of your day, every day. DVD and instructional booklet included.

How to Use: See individual products.

Ten 5-ml bottles: frankincense, lavender, lemon, peppermint, PanAway, Peace & Calming, Purification, Thieves, Valor, Joy

这种完美的入门级套装，含有我们公司生产的多功能精油中的十种，可以用于急救和清洁等。这款套装将成为您每日生活的一部份。含说明手册。

如何使用：请查看个别产品的使用说明。

Feelings

Item No. 312515



The Feelings™ collection features six essential oils that promote emotional and psychological balance and well-being. CD included.

How to Use: See individual products.

Six 5-ml bottles: Harmony, Forgiveness, Inner Child, Present Time, Release, Valor

Feelings 系列含有6种促进情绪与心理平衡的精油。内附光碟。

如何使用：请查看个别产品的使用说明。

Raindrop Technique

Item No. 313715



Raindrop Technique® combines the benefits of diffusing essential oils with the art of massage and Vita Flex. This kit is designed to bring physical, emotional, and mental balance to the mind and body. Instructional DVD and booklet included.

How to Use: See individual products.

Nine 5-ml bottles: Aroma Siez, basil, cypress, marjoram, oregano, peppermint, thyme, Valor, wintergreen. Two 8-oz. massage bottles: Ortho Ease, V-6 Vegetable Oil Complex

这款套装将扩散型精油同按摩和Vita Flex技巧的益处融合到一起。可让身心达到身体、情感和心智的平衡。内附光碟。

如何使用：请查看个别产品的使用说明。

Twelve Oils of Ancient Scripture

Item No. 314315



The Twelve Oils of Ancient Scripture™ collection contains 12 of the most significant oils found in the Bible. CD included.

How to Use: See individual products.

Twelve 5-ml bottles: aloe (sandalwood), cassia, cedarwood, cypress, frankincense, galbanum, hyssop, myrrh, myrtle, onycha, rose of Sharon (cistus), spikenard

Twelve Oils Of Ancient Scripture 系列含有12种圣经中所提到最为显明的精油。内附光碟。

如何使用：请查看个别产品的使用说明。

Aria Ultrasonic Diffuser

Item No. 452415



Aria™ combines the latest in ultrasonic technology with useful features such as a remote control, music capabilities, soothing built-in sounds, and LED lights. Inside the Aria is a small ultrasonic plate that vibrates over a million times per second, vaporizing the water and oil to disperse into the air.

How to Use: Fill well with distilled water and add 15–20 drops of the desired oil. See instruction booklet for complete usage details. Diffuser comes with two 5-ml essential oils.

Aria结合了扩散器的最新科技与多种实用的功能，如遥控器，音乐播放功能和多色光二极管（LED）灯。Aria内的小超声波盘能每秒震动数十万次，把水分与精油散发到空气中。

如何使用：注入蒸馏水和15-20滴想要的精油；选择您想要的配比。请查阅产品说明书，了解完整的用法详情。扩散器附带两种5毫升精油。

Ceramic Diffuser

Item No. 501715



The Ceramic Diffuser is a nebulizing diffuser which consists of an air pump that blows room temperature air through a tube and into a glass nebulizer which puts micro-fine particles of the essential oil into the air. The benefit of keeping the actual essential oil suspended in the air for longer periods of time is so the essential oil has time to come into contact with germs, bacteria, viruses, odors, and mold spores.

How to Use: Fill well with 8-12 drops of the desired oil. See instruction booklet for complete usage details. Diffuser comes with one 5-ml essential oil.

Ceramic Diffuser 是一个雾化式的散发器。它内部所设的气泵能将室温的空气通过导管输入到一个玻璃雾化器，把精油中的微细颗粒散发到空中。它最主要的好处是能持久地把精油的实际成分悬浮在空中，好让精油有更多时间接触细菌，病菌，微生物，病毒，异味和霉菌。

如何使用：在扩香瓶内加入8-12滴您心仪的精油。请翻阅说明书以便了解完整的使用细节。扩散器内附有一瓶5-ml的精油。

Home Diffuser

Item No. 458915



Young Living's newly designed Home Diffuser combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one product that safely releases essential oils into the air to eliminate odors and create a spa-like atmosphere.

How to Use: Fill well with distilled or purified water, add 8–12 drops of the desired essential oil, and turn on diffuser. See instruction booklet for complete usage details. Diffuser comes with two 5-ml essential oils.

Young Living 最新设计的Home Diffuser 是结合了加湿器，空气净化器，雾化器和芳香疗法散发器于一体的产品。它能安全地释放精油于空中来去除异味和营造一个有如置身在温泉中的气氛。

如何使用：在水槽内加入蒸馏或纯净水，再加入 8–12 滴您心仪的精油，然后开启散发器。请查阅说明书以便了解完整的使用细节。扩散器附带两种5毫升精油。

AromaGlide

Item No. **457815** 10 pk.



Transform any of your favorite Young Living essential oils into an easy-to-use roll-on bottle with the patented AromaGlide™ advanced roller fitments technology. Each fitment is customized to fit a 5- or 15-ml bottle with an “Sb” marking on the bottom. Includes 10 AromaGlide fitments and caps.

将您任何心仪的Young Living 精油转变为容易使用的滚动式精油瓶。专利的AromaGlide 先进滚轮可以按装到在每个在瓶子底部有”Sb”记号的5或15ml的瓶子上。内附10个AromaGlide 装置与瓶盖。

Blender Bottle

Item No. **4622** Purple



Shake up a nutrient-rich Balance Complete, Pure Protein Complete, or Power Meal shake in this portable blender bottle. Holds 12 oz. (400 ml).

使用这可携带式的 blender bottle 混合瓶, 制作您营养丰富的 Balance Complete, Pure Protein Complete 或 Power Meal 调饮。容量达 12oz (400ml)。

Essential Oil Sampler Bottles

Item No. **3194** 25 pk..



Essential oil sampler bottles are a convenient, simple way to pass out essential oil samples to friends, family, and prospective customers and distributors. Take these empty 2-ml bottles on the go to fill with your choice of essential oil. All 25 bottles come with lids and drop reducers.

将精油样品瓶送给朋友、家人以及客户和经销商的一种方便而简易的方式。将您选择的精油装到这些容量为2毫升的空瓶中。

Glass Oil Droppers

Item No. **3810** 6 pk.



The Young Living glass droppers are a convenient way to get just the right amount of essential oil that you need. They also come in handy if you want to remove any excess oil from your diffuser well.

一种获得您需要的适量精油的便利方式。如果您想充分移除任何过剩的精油, 这些玻璃滴管可以非常方便地做到。

Oil Bottle Cap Labels

Item No. **393915** 208 cap labels/1 set



These color-coded labels fit perfectly on any 5- or 15-ml essential oil bottle cap to help you stay organized and find the right bottle quickly and easily.

这些以颜色为区分的精油瓶盖标签可装置在任何5或15ml的瓶盖上, 让您容易编排和快速寻找到所需的精油。

Vitassage

Item No. **462515**



Created by D. Gary Young, Vitassage™ incorporates Young Living's therapeutic essential oils into the massage experience by dispensing up to three different oils simultaneously, while three stainless-steel roller balls massage sore, tired muscles.

How to Use: Fill each sample bottle with your favorite Young Living essential oil and massage directly on the skin.

由D. Gary Young 创制的 Vitassage 能同一时间放射三种不同的治疗级精油; 与此同时它还设有三个不锈钢滚轮, 能深层地进行按摩来舒缓酸痛和疲惫的肌肉。

如和使用: 将喜爱的Young Living 精油倒入样品瓶中, 然后直接按摩在肌肤上。

NingXia Red

NingXia Red® is Young Living's superfruit supplement specially formulated to energize, fortify, and replenish the body and mind.

This proprietary blend contains pure essential oils, renowned wolfberry puree from China's Ningxia province, and a variety of vitamin-rich whole fruits such as raspberries, blueberries, and pomegranates. Just 1 ounce of NingXia Red supplies the body with vital antioxidants and phytonutrients that provide a natural energy supply. At the same time, this nutritious supplement fortifies and supports the immune system and rejuvenates the body.



NingXia Red® 宁夏红是Young Living的超级水果营养补品，其配方是专门为整个身心供给，巩固和补充能量的。这种专有的配方包含了纯正精油，产自中国宁夏省且享有盛誉的枸杞原浆，以及多种富含维生素的全果，例如树莓、蓝莓和石榴。只需1盎司宁夏红，即可供应人体所需的重要抗氧化剂以及植物营养素，提供天然的能量。同时，这种营养丰富的补充剂还巩固和维持人体免疫系统，并修复身体。

NingXia Red 2 Pack

Item No. 3042560 2 pk



NingXia Red® is a powerful antioxidant drink that contains whole Ningxia wolfberry puree—a super blend of blueberry, aronia, cherry, pomegranate, and plum juices, natural stevia extract, grape seed extract, pure vanilla extract, and orange, yuzu, lemon, and tangerine essential oils. Its health benefits include support from head to toe via a whole-body nutrient infusion.

How to Use: Drink 1 to 2 fl. oz. 2 times daily.

宁夏红是个强效的抗氧化饮料，含有宁夏的枸杞全果原浆，配上蓝莓，野樱莓，樱桃，石榴，以及李子果汁，还有天然的甜叶菊萃取物，葡萄籽萃取物，纯正香草萃取物，以及甜橙，柚子，柠檬和红桔精油。其健康好处包括给予全身完整的营养。

用法：每天2次喝1至2盎司

NingXia Red 4 Pack

Item No. 3044560 4 pk.



NingXia Red 6 Pack

Item No. **3045560** 6 pk., 750 ml ea.



NingXia Red 8 Pack

Item No. **3046560** 8 pk., 750 ml ea.



NingXia Red Singles 30 Pack

Item No. **3525560** 30 pk.

Item No. **3526560** 60 pk.

Item No. **3523560** 90 pk.



These on-the-go packets deliver the same powerful benefits of NingXia Red® in an easy 2-oz. packet that is perfect for your purse, backpack, or bag. Each box comes with 30 individual single-serve packets.

How to Use: Drink 1 to 2 fl. oz. 2 times daily.

将NingXia Red随身携带！将其塞到钱包、背包或午餐盒中，或者分享给家人和朋友实乃完美之选。其包装有适合个人食用的单份小包。

如何使用：每日饮用1液盎司或按需服用。

NingXia Red Combo Pack

Item No. **4710560** (2) 750 ml, 30 singles



Includes two 750-ml of NingXia Red® and 30 single-serve packets.

How to Use: Drink 1 to 2 fl. oz. 2 times daily

包括宁夏红2瓶装和30单份小包。

用法：每天2次喝1-2盎司。

NingXia Wolfberries (Dried)

Item No. **636015** 1 lb.



Great as a snack, in a smoothie, or on top of yogurt or cereal, dried wolfberries add flavor, texture, and health-boosting benefits to many of your favorite foods or recipes.

How to Use: Eat 1/2 oz. (approx. 1 tablespoon) as desired. Add to baked goods, cereal, salad, trail mix, etc.

无论是当零食，果汁冰沙饮料或洒在酸奶和麦片上，枸杞干都能为我们饮食中增添风味，口感和健康效益的良伴。

如何使用：按所需食用 1/2 oz. (大约一汤匙左右)。可加入烘焙食品，麦片谷类，沙拉，混合干粮，等。

NingXia Nitro™ *New!*

Item No. **306415** 14 tubes



NingXia Nitro™ combines 100% pure essential oils with naturally powerful ingredients to lift one's mental clarity and focus while also providing a surge of energy when needed.

How to Use: Consume NingXia Nitro directly from the tube or mix with 2–4 oz. NingXia Red or 4 oz. water

NingXia Nitro融合100%纯正精油和高效的天然成分，可提升个人的思维清晰和集中能力，在需要时还可提供能量激增。

如何使用：直接从管包服用，或加入2–4盎司的NingXia Red或4盎司的饮水。

Wolfberry Crisp Bars

Item No. **631515** 6 pk.



Certified dairy kosher and naturally sweet, it's a delicious way to add protein to your diet. Ideal for on-the-go snacking, these nutrient-packed bars complement a healthy lifestyle.

How to Use: For a high-protein snack, eat 1 bar as desired.

Wolfberry Crisp Bar 的自然香甜口味，是在饮食中添加蛋白质的好方法。这种方便携带的营养食品，是健康生活方式的有益补充。

如何使用：高蛋白小吃，请遵要求食用1条。

Essential Nutrition



Young Living is one of the first companies to infuse nutritional supplements with pure essential oils. Our nutritional line offers an effective, convenient way to get all of the benefits of essential oils daily, while also providing other necessary vitamins, minerals, and nutrients. These superior supplements provide a ready-to-go solution that increases overall health and vitality in the user. In addition, our innovative nutritional line offers targeted solutions such as enzymes and probiotics, meal replacements, cleansing programs, and digestion aids.

Young Living是把精油加入营养保健品的首几个公司之一。我们的保健系列产品提供了一种可以在日常生活中获得精油所有优益的有效而便利的方式，同时还提供了其它必要的维生素、矿物质和营养素。这些优越的营养保健品提供了一种可以增进使用者全面健康和生命活力的现成解决方案。此外，您很快就会看到，我们的创新型营养系列产品将提供定向解决方案，例如：酶、代餐、清洁组合和消化助剂。

AlkaLime

Item No. **319915** 8 oz.. Item No. **475315** 3 pack.



AlkaLime™ is a precisely balanced, effervescent, acid-neutralizing pH mineral complex formulated to regulate acid in the digestive system.* Infused with lemon and lime essential oils, AlkaLime also features biochemic cell salts.

How to Use: Stir 1 level teaspoon in 4–6 oz. of distilled water; let sit 20–25 seconds. Gently stir until thoroughly mixed and drink immediately.*

Alkalime 是个能调节消化系统酸性度的起泡式，中和酸性矿物综合体。注入了柠檬和酸橘精油，它也含有生物化工盐分。

如何使用: 在4–6 oz.的蒸馏水中调入一平整茶匙; 放置 20–25 秒. 轻轻搅拌直到彻底混合后，立即饮用。

BLM

Item No. **323415** 90 ct. Item No. **302415** 3 pack.



BLM™ combines Idaho balsam fir, clove, and powerful natural ingredients such as type II collagen, MSM, and glucosamine sulfate. These ingredients have been shown to support joints, tissue health, and cell function.*

How to Use: See product label for detailed usage instructions.

将爱达荷州香脂冷杉、丁香和具有一定功效大的纯天然成分（如：二型胶原蛋白、MSM和硫酸葡萄糖胺）完美结合。实践证明，这些成分都可以协助关节、组织健康和细胞功能。*

如何使用：请查看产品标签上的详细使用说明。

Blue Agave

Item No. **322115** 8 oz.



Blue Agave is an organic nectar from *Agave tequilana*. It is a safe, natural alternative to refined table sugar or artificial sweeteners.

How to Use: Use 1/2 to 3/4 cup in place of 1 cup sugar or honey.

Blue Agave 乃从 *Agave tequilana* 取得的有机花蜜，是精糖和代糖外的另一选择。

如何使用：1/2 到 3/4 杯的量可用来取代 1 杯糖或蜂蜜的量。

Digest & Cleanse

Item No. **329315** 30 ct. Item No. **302015** 3 pack.



Digest & Cleanse™ is formulated with essential oils like peppermint, lemon, ginger, and fennel to support the body's natural digestive process. Precision delivery softgels release in the small intestines for optimal absorption and benefits.

How to Use: Take 1 softgel capsule 1–3 times daily with water 30–60 minutes prior to meals.

由薄荷油、柠檬油、姜精油和茴香油等精油制作而成，可以支持身体的自然消化过程。*精密释药胶囊颗粒会在小肠里释放，达到最佳吸收效果和益处。

如何使用：每日1-3次，每次1粒，饭前一小时用水服下。

Inner Defense

Item No. **329515** 30 ct. Item No. **302615** 3 pack.



Using Young Living's protective Thieves essential oil blend, Inner Defense™ strengthens the body's systems and keeps the gastrointestinal tract in balance.

How to Use: Take 1 softgel daily in a.m. or take 1 softgel 3–5 times daily when stressed.

使用了我们的 Thieves 保护性复方精油，强化人体的各种系统并维持胃肠道的平衡。

如何使用：每日早晨服用1粒；或者每日3-5次，每次1粒（压力较大时）。

Longevity Softgels

Item No. **328915** 30 ct. Item No. **302115** 3 pack.



Longevity™ is a potent blend of cell-protecting essential oils like frankincense, clove, thyme, and orange. Ingredients in Longevity have been shown to provide optimal antioxidant protection.*

How to Use: Take 1 softgel 1 time daily with food or as needed.

强效融合乳香、丁香、百里香和柑桔等细胞保护性精油。实践证明，这些成分可以提供最理想的抗氧化剂。*

如何使用：每日1次，每次1粒，与食物一起服下，或按需服用。

OmegaGize³

Item No. **309715** 120 ct. Item No. **497715** 3 pack.



OmegaGize³™ combines the power of three core daily supplements—omega-3 fatty acids, vitamin D3, and CoQ10 (ubiquinone). These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA-rich fish oil supplement that may support general wellness. Used daily these ingredients work synergistically to support normal brain, heart, eye, and joint health.

How to Use: Take 2 capsules 2 times daily or as needed.

脂肪酸配方胶囊结合了3种基本日常营养 – omega-3脂肪酸，维生素D3和辅酶Q10的强效。它融合了我们专有的精油配方，创造一个omega-3，富含DHA的鱼油补充剂，可支持整体健康。每天使用的话，这些成分可联手支持正常的大脑，心脏，眼睛和关节的健康。

如何使用：每天2次或有需要时，服用2颗。

Slique Bars *New!*

Item No. **502415** 6 bars



Slique Bars' dual-targeted satiety approach and medley of exotic fruits, nuts, and science creates the perfect functional, nutritious snack to help you feel fuller, longer.

How to Use: Consume before or between meals with 12 oz. of water to help control hunger.

结合了异国风味的水果，各种坚果和科学创造了完美功能性的营养零食，Slique Bar 能帮你达到饱足感。

如何使用：餐前或两餐之间服用，配上12毫升的饮水，以控制饥饿感。

Slique Tea Cinnamon Oolong Cocoa

Item No. **4572523** 25 ct. Item No. **507715** 3 pack.



Slique Tea is a delicious, rare blend of natural ingredients chosen for their impressive phytonutrient content.

The tea features an exquisite blend of delicious cacao powder, cinnamon bark, flavourful ground nutmeg, and pure, proprietary vanilla essential oil.

How to Use: Bring 8 oz. of water to a boil. Place 1 pouch in a cup and add water. Steep for at least 3 minutes.

Slique Tea 美味又独有的配方，是来自许多含有良好植物营养素的天然成分。这独特的茶叶配方，含有美味的可可粉，肉桂皮，豆蔻粉和纯香草复方精油。

如何使用：煮滚8oz开水后，把茶袋放入杯中，加入热水。泡三分中。

Sulfurzyme

Item No. **324315** 180 ct. Item No. **455715** 3 pack.



Sulfurzyme® offers the powerful effects of MSM, which is a natural form of dietary sulfur known to support normal metabolic functions, circulation, and aid in the body's natural defense system. Wolfberry is added to promote the absorption of sulfur.

How to Use: Take 2 capsules 2 times daily 1 hour before or after meals.

Sulfurzyme 有特强的MSM（一种饮食中的自然物质，硫）效力，能支援正常代谢功能，循环，和帮助身体的自然防御功能。

如何使用：每日两次，餐前或餐后的一小时服用两颗胶囊。

Super C

Item No. **324215** Super C 120 ct. Item No. **475715** 3 pack.



Super C™ provides the body with the powerful antioxidant vitamin C.* This supplement contains 2,166 percent of the recommended dietary intake of vitamin C and is enhanced with minerals, bioflavonoids, and pure orange, lemon, and other essential oils.

How to Use: To reinforce immune strength, take 2 tablets daily. For maintenance, take 1 tablet daily. Best if taken before meals.

Super C 能为身体提供特强抗氧化维生素C。此补充剂已添置了矿物质，生物类黄酮，纯柑橘，柠檬和其他精油。它能提供高达所建议的维生素C摄入的百分之2166。

如何使用：每日服用两片剂以增强免疫力。每日服用一片剂作为保养保健。餐前服用最佳。

Super C Chewable

Item No. **325115** 90 ct. Super C Chewable



Super C™ Chewable is a wonderful and delicious way to get your daily dose of vitamin C. Even better, it's the most complete, biologically utilizable vitamin C supplement available, as it is derived from a whole food source: acerola cherries. Designed for those who have difficulty swallowing pills, Super C's tangy citrus flavor goes down easily and starts working immediately.

How to Use: Take 1 tablet three times daily or as needed.

Super C Chewable 是一个得到每日所需维他命C的美味方法。此外，由于它是萃取自全果食；针叶樱桃，Super C Chewable 也是最齐全和在生物上可设取的维他命C。Super C的微酸果味，能让平时不善于吞食药丸的人，容易服用。

如何使用: 每日三次，或按所需服用一片。

Super Cal

Item No. **324415** 120 ct. Item No. **475415** 3 pack.



SuperCal™ combines minerals, calcium, and magnesium with potassium and zinc to help maintain proper health. Wintergreen, lemongrass, and other essential oils enhance the synergistic effects of this specially blended supplement.

How to Use: Take 2 capsules before each meal or as needed.

SuperCal結合了礦物質,鈣,鎂,鉀和鋅,以維持身體健康。它也添加了Wintergreen, Lemongrass 和其他精油,來加強此獨特配方的協同效益。

如何使用: 每日或按所需在餐前服用 2 顆膠囊。

Thieves

Thieves® essential oil blend was inspired by the legend of four 15th-century French thieves, who formulated a special aromatic blend composed of clove, rosemary, and other botanicals to use while robbing the dead and dying.

Young Living's one-of-a-kind Thieves blend, crafted in the spirit of that legendary blend, can be found in many of our most popular products and is a safe, natural alternative to harsh chemicals and cleaners.

Thieves blend combines pure clove, cinnamon bark, rosemary, lemon, and eucalyptus (*E. radiata*) essential oils and has been university tested and proven to be 99.9 percent effective at killing airborne bacteria. The antibacterial properties of Thieves inspired an entire line of natural home and body products, including oral care, hand care, and household cleaning solutions.

Thieves® 盗贼复方精油的灵感是从四个十五世纪法国盗贼，在抢劫已死和将死的瘟疫受害者时，用了个特别的配方，包括丁香，迷迭香和其他草药而来的。

Young Living基于这一古老记载推出独一无二的盗贼复方精油，可在一些我们最受欢迎的产品中找到，是个那些烈性化学品和清洁剂的安全并天然代替品。

盗贼复方精油结合了纯正丁香，肉桂皮，迷迭香，柠檬和澳洲桉树精油，是经过大学实验证实可以有效杀死空气中99.9%的细菌。在盗贼复方精油抗菌特性的启发下，公司开发了家庭和身体护理的全线产品，包括口腔护理，手部护理和居家清洁方案。



Thieves Cleansing Soap

Item No. **367915** 3.45 oz. Item No. **867915** 3 pk.



Thieves® Cleansing Soap offers ultracleansing benefits plus the power of pure essential oils. Containing the legendary Thieves oil blend, this bar soap is ideal for purifying the skin.

How to Use: Rub liberally over body during a bath or shower.

Thieves润肤皂结合了极度洁净功能和纯正精油的威力。内含的传说中Thieves复方精油，是净化肌肤的最佳选择。

如何使用: 在泡澡或洗澡时随意涂抹在全身。

Thieves Dental Floss

Item No. **446315** single Item No. **446415** 3 pk.



Infused with Thieves and peppermint essential oils, Thieves® Dental Floss is a natural alternative to commercial floss. 131 feet.

How to Use: For daily use as needed.

已注入了Thieves复方精油和薄荷精油的Thieves牙线，是您使用商业行牙线外的另一纯天然选择。直径131尺。

如何使用: 适合每日使用。

Thieves Fresh Essence Plus Mouthwash

Item No. **368315** 7.2 fl. oz.



Thieves® Fresh Essence Plus Mouthwash blends Thieves, peppermint, spearmint, and vetiver essential oils for an extra clean mouth and fresh breath. It contains only natural ingredients and uses a patented, time-release technology for lasting freshness.

How to Use: Rinse mouth with 1 tablespoon or capful of Fresh Essence Plus for 30–60 seconds or as needed.

一种混合Thieves、薄荷油、绿薄荷和香根草等各种精油，使您的口腔格外清洁，口气倍加清新。由纯天然成分制作而成，采用获得专利的延时释放技术，实现持久的鲜度。

如何使用：用1汤匙/瓶盖新精华液漱口30至60秒，或者按需使用。

Thieves Dentarome Ultra Toothpaste

Item No. **374415** 4 oz.



Thieves® Dentarome Ultra Toothpaste is an advanced formula of all-natural ingredients that gently cleans and whitens your teeth while harnessing the power of pure, therapeutic-grade Thieves essential oil blend for fresh breath. Dentarome Ultra is preferred by those concerned with the appearance of whiter teeth.

How to Use: Brush teeth and gums thoroughly morning and night.

全天然成分的升级配方，可以温和地清洁和美白您的牙齿，同时利用纯治疗级Thieves精油混合物的功效，带给您清新口气。如果您期望自己的牙齿看起来更加美白，这款产品是您的首选。

如何使用：每日早晚彻底地洗刷牙齿和牙龈。

Thieves AromaBright Toothpaste *New!*

Item No. **303915** 0.25 oz.



This premium, all-natural toothpaste is made with pure, therapeutic-grade essential oils, including the cleansing and protective benefits of Thieves essential oil blend. Its safe and effective formula provides a fortress of support for healthy gums, strong teeth, and a confident smile. It is the optimal choice for health-minded consumers.

How to Use: Brush teeth every morning and night and preferably after each meal.

这个优质，全天然的牙膏是用最高品质精油，包括有净化和防护效益的Thieves复方精油。它安全和有效的配方给予健康的牙龈，坚固的牙齿，和自信的笑容支撑。它是有健康意识的消费者的最佳选择。

如何使用：每天早晚刷牙，最好在餐后也刷牙。

Thieves Foaming Hand Soap

Item No. **367415** 8 fl. oz. Item No. **364315** 3 pk.



Cleanse, defend, and condition your skin with Thieves® Foaming Hand Soap. Blending Thieves, lemon, and orange essential oils with other natural ingredients, it is a gentle yet effective alternative to chemical soaps.

How to Use: Pump foam onto hands, lather, and then rinse thoroughly.

清洁、保护并调理您的肌肤状况。由Thieves、柠檬和柑桔等精油同其它天然成分混合而成，是化学肥皂的一种温和有效的替代品。

如何使用：将泡液挤到手上，揉搓起沫，然后彻底冲洗。

Thieves Waterless Hand Purifier

Item No. **362115** 1 oz. Item No. **362215** 3 pk.



Convenient, portable, and long-lasting, Thieves® Waterless Hand Purifier is enhanced with natural peppermint oil to cleanse and purify hands.

How to Use: Use daily as often as necessary to purify hands.

方便携带并功效持久。含有天然薄荷油和乙醇等增强成分以清洁和净化双手。

如何使用：日常生活中需要洁手时皆可使用。

Thieves Household Cleaner

Item No. **374315** 14.4 fl. oz.



Thieves® Household Cleaner is an all-purpose, concentrated cleaner formulated with 100 percent plant- and mineral-based ingredients. Thieves Household Cleaner is biodegradable and complies with EPA standards.

How to Use: Use for household cleaning purposes as needed. Dilute or use straight for extra strength. Dilution ratios are listed on the label.

百分之百基于植物和矿物成分的一种通用型强效清洁剂配方。可生物降解。

如何使用：根据需要用于居家清洁。稀释后再用，或者直接使用以得到额外的清洁功效。标签上列有稀释比例。

Thieves Spray

Item No. **326515** 1 fl. oz. Item No. **326615** 3 pk.



Thieves® Spray is a portable cleaning spray ideal for purifying small surfaces. Thieves Spray can be used on doorknobs, handles, toilet seats, and more.

How to Use: Spray on surfaces to clean as needed.

Thieves Spray 是個容易攜帶的清潔噴物，可為小面積進行淨化的最簡易方法。適用於門把，手把，馬桶座，等。

如何使用：按所需直接喷洒在表面来进行清洁。

Essential Living

Natural plant extracts have long been regarded for their tremendous skin-rejuvenating benefits. Young Living's premium face creams, cleansers, and toners combine the highest quality constituents available, including plants, botanicals, and the added benefit of pure essential oils. These exclusive skin-care products offer a wide range of benefits, including reduced signs of aging, deep conditioning, cleansing, hydration, relief from multiple skin irritations, and much more. Young Living has the perfect natural skin-care solution for every skin type, and each product is expertly formulated to help keep your skin healthy, smooth, and looking great.



天然植物萃取早以它的肌肤活化效益为名。Young Living 的特级面霜，洗面乳和收缩水结合了最高品质的要素，如植物类和纯正精油的有益功效。这一系列的独家护肤产品能提供极为广泛的效益，包括减缓老化迹象，深层护理，清洁，锁住水分，舒缓多种皮肤刺激，等。Young Living 有着适合各种肌肤的纯天然完美护肤专业配方，而任何一种都能帮助您保持肌肤健康，光滑和美丽。

AromaGuard Meadow Mist Deodorant

Item No. 375215 1.5 oz.



Young Living's natural deodorants are an aluminum-free alternative to commercial products. Meadow Mist™ deodorant contains coconut oil, beeswax, vitamin E, and pure essential oils like lemon and lavender for their skin-care benefits.

How to Use: Apply daily.

Young Living 的除臭剂是商业除臭剂外，不含铝的最佳替代选择。Meadow Mist 除臭剂含椰子油，蜂蜡，维生素E和含有护理皮肤效益的纯正精油如lemon和lavender。

如何使用: 每日涂抹。

A·R·T Gentle Foaming Cleanser

Item No. 517215 4 fl. oz.



A·R·T® Gentle Foaming Cleanser supports healthy skin by gently cleansing away impurities without irritating or overdrying. This cleanser uses frankincense, sandalwood, and lavender essential oils to moisturize, soothe, and help balance pH levels in the skin.

How to Use: Massage gently over face and neck and rinse.

A.R.T 温和性起泡式清洁乳在温和地清除杂质的同时，不会刺激到皮肤，或使皮肤过干。此清洁乳利用Frankincense，Sandalwood 和Lavender 精油来滋润，舒缓和平衡肌肤的pH指数。

如何使用: 轻轻地按摩于脸部和颈部后，冲洗干净。

A·R·T Purifying Toner

Item No. 517415 4 fl. oz.



A·R·T® toner is an advanced formula that minimizes shine and reduces the appearance of pores. Pure frankincense, sandalwood, and peppermint essential oils soothe, revitalize, and energize the skin.

How to Use: After cleansing skin, sweep toner across face and neck with a cotton ball. Use morning and evening as needed.

A.R.T 净化收缩水的特级配方能减少油光和毛孔粗大的现象。纯Frankincense，Sandalwood 和Peppermint 精油的成分能舒缓，活化与强化肌肤。

如何使用: 清洁肌肤后，以粘有爽肤露的棉花球轻轻滑过脸部和颈部。按所需早晚使用。

A·R·T Day Activator

Item No. 517015 30 ml



A·R·T® Day Activator uses light-activated enzymes and essential oils like frankincense and sandalwood to repair DNA and reduce the appearance of fine lines, wrinkles, and sun damage.

How to Use: After cleansing and toning skin, apply gently over face and neck. Use in the morning.

A.R.T Day Activator利用光激活酶和精油如Frankincense 和Sandalwood 来修复DNA（脱氧核糖核酸），减少细纹，皱纹和受阳光照射所伤的现象。

如何使用: 肌肤清洁和爽肤后，温柔地涂抹在脸部和颈部。在早上使用。

A·R·T Night Reconstructor

Item No. 517115 30 ml



A·R·T® Night Reconstructor is an advanced antiaging cream that contains energy-activated enzymes to repair skin's damaged DNA segments. Frankincense and sandalwood essential oils plus the antioxidant-rich wolfberry seed oil moisturize and condition skin at night.

How to Use: After cleansing and toning skin, apply nightly over face and neck.

A.R.T Night Reconstructor是个特级抗老化霜，富含修复DNA（脱氧核糖核酸）的能量活化性酶。Frankincense 和Sandalwood 精油，加上富含高抗氧化剂的枸杞子油，能在夜间滋润与护理您的肌肤。

如何使用: 每晚肌肤清洁和爽肤后，涂抹于脸部和颈部。

A·R·T Renewal Serum

Item No. 517515 20 ml



A·R·T® Renewal Serum is an intricate blend of exotic orchids and essential oils that helps soothe and protect the most delicate areas of the face. These premium ingredients are formulated to deeply nourish, hydrate, and help restore youthfulness to skin.

How to Use: Wash face. Apply A·R·T Renewal Serum to delicate areas of face twice daily and allow to absorb. For best results, combine with A·R·T Beauty Masque or A·R·T Creme Masque.

A.R.T Renewal Serum精心调配于特级兰花和不同的精油，可舒缓与保护脸部最为细质的部分。它的特级成分能深层滋养，锁住水分和帮助肌肤恢复青春。

如何使用: 清洁脸部。每日两回将 A.R.T Renewal Serum 涂抹在脸部娇嫩的地方，并得以吸收。与 A.R.T Beauty Masque 或 A.R.T Creme Masque 一同使用可达到绝佳的效果。

A·R·T Creme Masque

Item No. 517315 1 fl. oz.



The A.R.T.[®] Creme Masque is formulated to deeply moisturize and protect skin using an exclusive blend of hyaluronic acid and pure essential oils. Other natural, spa-quality botanicals are added to help soothe, tighten, and restore the look of youthfulness to the skin. Suitable for all skin types.

How to Use: Wash and dry face. Apply evenly to face. Let it sit 20 minutes. Remove excess residue with moist towel.

A.R.T Crème Masque (乳性面膜) 是调配了透明质酸与纯精油的独家配方能深层地滋润和保护肌肤。它也添加了其他顶级植物药来帮助舒缓和紧实肌肤，使肌肤更显年轻。适用于各种肌肤。

如何使用: 清洁脸部后擦干。均匀地涂抹在脸上。放置 20 分钟。可用湿毛巾擦掉过多的残留物。

A·R·T Beauty Masque

Item No. 516815 8 pk.



The A.R.T.[®] Beauty Masque is a premium, orchid-based formula designed to soothe skin and leave it feeling healthier and more radiant. Our blend of exotic orchid petals and pure essential oils nourishes and fortifies the most delicate areas of the face, helping to promote a more vibrant and youthful appearance. Suitable for all skin types.

How to Use: Wash face, apply mask to face, leave for 20 minutes, and then gently remove. For optimum results, combine with A·R·T Renewal Serum.

A.R.T Beauty Masque (美肤面膜) 是个以兰花为主的特级配方，能舒缓肌肤，使皮肤感觉更健康 and 容光焕发。我们这款兰花瓣和纯精油的调配能滋润与强化肌肤最脆弱的部分，以促进充满青春活力的外观。适用于各种肌肤。

如何使用: 清洁脸部，敷上面膜，放置 20 分钟，然后轻轻地拿掉。与 A.R.T Renewal Serum 一同使用，可达到最佳效果。

A·R·T Skin Care System

Item No. 313115



Young Living's Age Refining Technology™ uses essential oils and advanced DNA repair enzymes to renew damaged skin cells, while a peptide complex helps increase skin density and reduce the appearance of fine lines, wrinkles, and sun damage. System includes cleanser, toner, day cream and night cream.

How to Use: See individual products for usage.

A.R.T 护肤配套的 Young Living Age Refining Technology 包含了精油和先进的 DNA (脱氧核糖核酸) 修复酶，增生受损的皮肤细胞。同时，它的肽综合物能提高肌肤的密度，减少细纹，皱纹和受阳光照射所伤的现象。此配套包括了洁面乳，收缩水，日霜和夜霜。

如何使用: 察看各自产品的使用方式。

Bath & Shower Gel Base

Item No. 375115 8 fl. oz.



Young Living's Bath & Shower Gel Base is the perfect way to nourish and cleanse the skin with a custom-made bubble bath or shower gel. Add a few drops of a favorite essential oil single or essential oil blend to the gel base for a luxurious cleansing experience.

How to Use: Add 5–15 drops of one or more essential oils to 8 oz. of gel base.

Bath and Shower Gel Base 是您自家调配泡泡浴或沐浴露的最佳皮肤滋养与清洁的方式。您只需添加几滴您心仪的精油单品或精油调配，便可享受到及奢华的清洁过程。

如何使用: 在 8 oz. 的 Bath and Shower Gel Base 加入 5–15 滴的一种或以上的精油。

Boswellia Wrinkle Cream

Item No. 514115 2 oz.



Boswellia Wrinkle Cream contains pure essential oils like frankincense and sandalwood that moisturize the skin while minimizing shine, relaxing facial tension, and reducing the effects of sun damage.

How to Use: After cleansing skin, apply gently over face and neck.

Boswellia 除皱霜包含了Frankincense和Sandalwood纯精油，能滋润皮肤，减少油光，放松脸部紧张和减低阳光照射所带来的伤害。

如何使用: 清洁肌肤后，温柔地涂抹在脸部和颈部。

Copaiba Vanilla Moisturizing Shampoo

Item No. 5194550 10 fl. oz.



Plant-based, safe, and environmentally responsible, Copaiba Vanilla Moisturizing Shampoo is a rich, hydrating cleanser for dry or damaged hair.

How to Use: Use daily to hydrate dry or damaged hair.

植物性，安全和环保性的Copaiba Vanilla 滋润洗发精是针对干燥与受损发质的保湿清洁液。

如何使用: 每日使用可帮助干燥或受损发质恢复及锁住水分。

Copaiba Vanilla Moisturizing Conditioner

Item No. 5195550 10 fl. oz.



Plant-based, safe, and environmentally responsible, Copaiba Vanilla Moisturizing Conditioner is a rich, hydrating conditioner for dry or damaged hair.

How to Use: Use daily to hydrate dry or damaged hair.

Copaiba Vanilla护发霜是针对干燥与受损发质的植物性，安全和环保性保湿护理霜。

如何使用: 每日使用来清洁和滋养头发。

Lavender Bath & Shower Gel

Item No. 5202500 8 fl. oz.



Infused with pure lavender oil, Lavender Bath & Shower Gel will cleanse and rejuvenate your skin while it soothes and relaxes your mind. It's free of chemicals and synthetic preservatives and contains plant-based ingredients like coconut oil and star anise.

How to Use: Pour in water for a luxurious bubble bath or place on a bath sponge and lather. Use Young Living's lavender lotion afterwards.

Lavender Bath and Shower Gel所注入的纯Lavender 精油在舒缓与放松身心的同时，也能清洁与活化肌肤。无任何化学添加物或合成防腐剂，它是以植物性成分如椰子油和八角为主。

如何使用: 在水中倒入沐浴乳，来制造一个豪华的泡泡澡体验或把沐浴乳倒在海棉上使用。在沐浴后使用Young Living薰衣草乳液。

Lavender Hand & Body Lotion

Item No. **5201500** 8 oz.



Infused with lavender essential oil and other plant-based ingredients, Lavender Hand & Body Lotion moisturizes and protects skin from overexposure for long-lasting hydration. This formula is eco-friendly and all natural.

How to Use: Use as needed to moisturize dehydrated skin.

Lavender手部与身体润肤液中的lavender精油和其他植物性成分，能滋润与保护肌肤的过于曝晒，长久保湿。此配方及环保又纯天然。

如何使用: 所需时使用来滋润干燥的肌肤。

Lavender Mint Daily Shampoo

Item No. **5191550** 10 fl. oz.



Plant-based, safe, and environmentally responsible, Lavender Mint Daily Shampoo is an invigorating daily cleansing blend suitable for all hair types.

How to Use: Use daily to cleanse and nourish hair.

植物性，安全和环保性的Lavender Mint日常洗发精是适合各种发质的振奋型的清洁调配。

如何使用: 每日使用来清洁和滋养头发。

Lavender Mint Daily Conditioner

Item No. **5192550** 10 fl. oz.



Plant-based, safe, and environmentally responsible, Lavender Mint Daily Conditioner is an invigorating daily moisture blend suitable for all hair types.

How to Use: Use daily to cleanse and nourish hair.

Lavender Mint日常护发霜是个植物性，安全和环保性的保湿护理霜；适合各种发质的振奋与滋润性清洁调配。

如何使用: 每日使用来清洁和滋养头发。

Lip Balm Trio (Cinnamint, Grapefruit, Lavender)

Item No. **448815** 0.16 oz. each



Moisturize and protect your lips with an all-natural lip balm. Featuring pure cinnamon bark and peppermint essential oils, Cinnamint Lip Balm helps prevent skin dehydration for soft, smooth lips.

Infused with grapefruit essential oil, wolfberry seed oil, and antioxidants, Grapefruit Lip Balm seals in moisture to prevent dehydration for smooth, supple lips.

Lavender Lip Balm soothes dry lips, harnessing the power of lavender essential oil and the moisturizing benefits of jojoba oil and vitamin E.

How to Use: Apply to lips as needed.

滋润与保护嘴唇的纯天然的润唇膏。主要成分为纯肉桂树皮和薄荷精油，Cinnamint Lip Balm可防止脱水，保持柔软和顺滑的嘴唇。

Grapefruit Lip Balm以注入了葡萄柚精油，枸杞子油和抗氧化剂，可保湿，防止脱水和保持嘴唇的柔软与顺滑。

薰衣草润唇膏结合了Lavender精油的威力与Jojoba油和维生素E的滋润特质，来舒缓干燥的嘴唇。

如何使用: 按所需涂抹在唇部。

Progressence Phyto Plus

Item No. 458115 15 ml



Progressence™ Phyto Plus is a pure, harmonizing serum formulated specifically for women and designed to balance natural levels of progesterone in the body. It contains progesterone from wild yam; frankincense, bergamot, and peppermint essential oils; and vitamin E.

How to Use: Apply 2–4 drops 2 times daily on neck area. For added effect, apply 1–2 drops along forearms 2 times daily.

Progressence Phyto Plus 是个纯正，协和性精华液，特别为女性所调配，能平衡体内的自然黄体激素。富含野生芋的黄体激素，维生素E和精油如Frankincense, Bergamot 和Peppermint。

如何使用: 每日两次在颈部涂抹 2–4 滴。为增添更佳的效果，每日两次在手臂上涂抹。

Wolfberry Eye Cream

Item No. 514515 0.5 oz.



Wolfberry Eye Cream is a natural, water-based moisturizer. Containing the antiaging and skin-conditioning properties of wolfberry seed oil, this cream soothes tired eyes and minimizes the appearance of bags, circles, and fine lines.

How to Use: After cleansing, massage gently onto soft skin under the eyes. Use in the evening.

Wolfberry 眼霜纯天然水性滋润剂，富含了抗老化和皮肤护理特质的枸杞子油，可舒缓眼睛疲劳，减少眼袋，黑眼圈和细纹现象。

如何使用: 清洁肌肤后，温柔地按摩于眼下的娇嫩皮肤部位。在晚上使用。

KidScents Bath Gel

Item No. 368415 7.2 fl. oz.



KidScents® Bath Gel is a safe, gentle soap that cleanses and protects sensitive skin. Formulated with MSM, aloe vera, antioxidants, and pure lemon, cedarwood, and other essential oils, this liquid soap is pH balanced for children's skin.

How to Use: Apply a small amount of KidScents Bath Gel to washcloth or directly to the skin. Rub gently and rinse.

KidScents沐浴露是个安全，温和的沐浴露，能洁净和保护娇嫩的肌肤。包含MSM，芦荟，抗氧化剂，以及纯正柠檬，大西洋雪松和其他精油，此沐浴露的pH值对小孩的皮肤是平衡的。

如何使用：把小量的KidScents沐浴露放在浴巾或直接放在皮肤上。轻揉然后冲洗干净。

KidScents Lotion

Item No. 368215 8 oz.



KidScents® Lotion contains safe, gentle ingredients to moisturize and soften sensitive skin. The premium blend of MSM, shea butter, aloe vera, and pure cedarwood, geranium, and other essential oils promotes healthy skin for children of all ages.

How to Use: Apply liberally to skin as needed.

KidScents润肤乳含有安全，温和的成分，可滋润和软化娇嫩的肌肤。这优质的配方包含MSM，乳木果油，芦荟，和纯正的大西洋雪松，天竺葵以及其他精油，提升各个年龄的孩童的肌肤健康。

如何使用：根据需要涂在皮肤上。

KidScents Shampoo

Item No. **368615** 7.2 fl. oz.

KidScents® Shampoo contains no synthetic perfumes, colors, or toxic ingredients. The natural components in this shampoo—aloe, MSM, chamomile, and tangerine and lemon essential oils—effectively yet gently cleanse without causing irritation.

How to Use: Apply a small amount of shampoo to hair. Lather, then rinse.

KidScents 洗发精不含任何人造芳香剂，色素或毒物。其天然成分如芦荟，MSM，Chamomile, Tangerine 和 Lemon 精油，能以温和，有效和非刺激性地洗净肌肤。

如何使用: 在头发上涂抹少量的洗发精。搓揉出泡沫，然后冲洗干净。



KidScents Tender Tush

Item No. **368915** 2 oz.

KidScents® Tender Tush™ is a safe, gentle ointment that moisturizes and nourishes dry, chapped skin. Formulated with natural vegetable oils and pure Young Living sandalwood, blue tansy, and other essential oils, Tender Tush is soothing and protective for delicate skin.

How to Use: Apply liberally to diaper area as often as needed to help soothe and protect skin.

KidScents Tender Tush 是能滋润与滋养干燥，龟裂皮肤的安全，温和性药膏。它的独特配方含有天然菜油，纯正 Young Living Sandalwood 精油, Blue Tansy 和其他精油，能舒缓和保护脆弱的肌肤。

如何使用: 按需要随意涂抹于尿布所接触的地方以舒缓和保护皮肤。



KidScents Toothpaste

Item No. **457415** 4 oz.

This new formula is an all-natural toothpaste for kids that uses Thieves® and Slique™ Essence essential oil blends to gently clean and protect teeth. This safe, yet effective, blend promotes healthy teeth without the use of fluoride, dyes, synthetic colors, artificial flavors, or preservatives.

How to Use: Use daily to help young smiles stay healthy and vibrant.

KidScents 全天然牙膏的全新配方转为儿童而制。它使用了 Thieves 和 Slique Essence 精油调配来温和地清洁与保护牙齿。这安全又有效的调配能在不含任何氟化物，染料，人造色素，人工香料和防腐剂的情况下，促进健康牙龈。

如何使用: 每日使用可帮助儿童们保持健康和充满活力。



Essential Education

Young Living's products and business opportunity provide an excellent benefit and lifestyle that you will love sharing with your friends and family. Educating yourself is the first step in changing your life and the lives of others. The tools in these pages provide valuable information on everything from top-selling products to structuring your organization. The more you know, the easier it is to help yourself and others reach wellness, purpose, and abundance.



Young Living公司的产品和商机能为您提供丰厚利益和生活方式让您乐于向朋友和家人分享的。自我培训是改变自己与他人生活的第一步。以下工具会给您提供关于畅销产品到如何架构您的组织的重要讯息。您获得的知识越多，就越容易帮助自己和他人获得健康、达到目标和获得丰裕的收获。

Everyday Essentials Brochure

Item No. **492115** 10 pk.



Everyday Essentials introduces our most popular essential oils and highlights ways to incorporate them into your daily routine. Novice and advanced users alike will find a wealth of usage information, including a convenient application chart for all single and blended essential oils.

Everyday Essentials介绍我们最受欢迎的精油和把它们融入您日常生活的方法。无论是新用户或长期用户都可以找到丰富的使用资料，包括一个方便使用单方和复方精油的图表。

NingXia Red Booklet

Item No. **411015** 10pk



Contains everything you need to know about the power of NingXia Red. Great for meetings and friends, it's sure to interest people in the health benefits of the NingXia wolfberry.

包含您需要了解的NingXia Red功效方面的所有信息。很适合在会议和朋友聚会时使用，一定会吸引人们对NingXia枸杞的健康功效倍感兴趣。

Thieves Booklet

Item No. **349015** 10 pk.



A comprehensive look at Young Living's Thieves line, complete with a history of the oil blend, and how to use each Thieves product.

Young Living Thieves 系列产品综述，涵盖精油生产的整个历史，以及如何使用各种 Thieves 产品。

2014 Product Guide

Item No. **384915** 1 pk.



The *Product Guide* is an A-to-Z reference for all Young Living products. With informative features, how-to-use tips, and detailed descriptions, the *Product Guide* makes it easy for you to learn about and share Young Living's products.

产品指南包含所有关于 Young Living 产品的所需资料。含有有用的小信息，和详细的产品描述，能让您更容易的和大家介绍 Young Living 产品。

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Sacred Mountain	29	Thieves Dental Floss	45	Wintergreen	23
Sandalwood	22	Thieves Essential Oil Samplers	34	Wolfberry Crisp	40
SclarEssence	29	Thieves Foaming Hand Soap	46	Wolfberry Eye Cream	53
Sensation Massage Oil	32	Thieves Fresh Essence Plus Mouthwash	46	Wolfberries, Ningxia (Dried)	40
Slique Bars	43	Thieves Household Cleaner	46	Y	
Slique Essence	29	Thieves Spray	47	Ylang ylang	23
Slique Tea	43	Thieves Waterless Hand Purifier	46		
Spearmint	23	Three (3) Wise Men	30		

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