



Essential oils, known as nature's living energy, are the natural, aromatic volatile liquids found in shrubs, flowers, trees, roots, bushes, and seeds. The distinctive components in essential oils defend plants against insects, environmental conditions, and disease. They are also vital for a plant to grow, live, evolve, and adapt to its surroundings. Essential oils are extracted from aromatic plant sources via steam distillation, and are highly concentrated and far more potent than dry herbs.

While essential oils often have a pleasant aroma, their chemical makeup is complex and their benefits vast—which makes them much more than something that simply smells good.

Historically, essential oils have played a prominent role in everyday life. With more than 200 references to aromatics, incense, and ointments throughout the Bible, essential oils are said to be used for anointing and healing the sick. Today, essential oils are used for aromatherapy, massage therapy, emotional wellness, personal care, nutritional supplements, household solutions, and much more.

Young Living Essential Oils, the leading provider of essential oils, offers more than 300 essential oil singles and blends. All Young Living essential oils meet the YLTG™ standard. This means that every essential oil Young Living distills or sources has the optimal naturally-occurring blend of constituents to maximise the desired effect. Only Young Living Therapeutic Grade essential oils should be used for the primary methods of application, which include inhalation and application.

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