

Companion Oils

There is an opposite to everything and that's part of what keeps things in balance—the sun has the moon, the light has the dark, all things have their companion. In nature we find that some plants thrive when planted together, they strengthen each other. Plants and humans are such a team that strengthens with its opposite. We need oxygen to survive, plants need carbon dioxide. We give off carbon dioxide as a waste product, plants give off oxygen. This relationship is there with essential oils, too. Using two (or more) essential oils that complement each other can create a synergistic effect, strengthening their potency. This is what happens when you create a blend. A master blender (such as Dr. Dana Clay Young) understands how these oils complement each other and how to blend them together to enhance certain properties. In order to create a successful blend you balance when you add an oil, how much to add, and in some cases you even add part of an oil now and later in the blend add more of it to create the magic you are seeking. You don't have to be a master of the art to take advantage of this harmony. Dana has released a series of complimentary oils. Telling us which two oils or oil blends to use together as companions to create a more effective pairing.

Be Young Companion Oils:

Acne Away: Tea Tree, Juniper Berry

Regular \$85.00, Set \$68.75, Wholesale \$55.00, pv 37

Tea Tree is the go to oil for any blemish, quickly clearing it up and leaving no scar. The Juniper Berry oil addresses the root of the problem—the liver. If your liver isn't taking care of all the toxins in your system those toxins will be eliminated through the skin resulting in acne, rashes, etc. Juniper Berry helps rebuild the liver and strengthen its ability to do its job.

Aggression Modulator: Coriander, Mars

Regular \$72.50, Set \$56.00, Wholesale \$44.80, pv 29

The Mars blend helps balance out testosterone hormones (yes women have those hormones, too). These are the hormones that make us more aggressive. Essentially, if your response to a challenge is to destroy or wipe it out you need to work on balancing out these hormones. Coriander promotes an openness to communication and cooperation. Used together these oils can balance the emotions and allow some good communication to occur.

Bacteria Buster: Defence, Blossom

Regular \$87.50, Set \$70.00, Wholesale \$56.00, pv 32

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This is a fun set. The Defence blend was designed to take out bacteria. The Blossom blend's presence in this set makes you stop and think. It's really quite sneaky. Our natural reflex when we are exposed to floral scents is to inhale deeply. When we do this with the Blossom blend we are inhaling the essential oils which carry 21% of oxygen with them. Oxygen feeds our cells. When we inhale this air that's supercharged with essential oils and oxygen we are taking that directly from the lungs into the bloodstream strengthening our cells and giving them the tools they need to do their jobs better. Additionally, when we inhale deeply our muscles relax; this eases tension and allows our bodies to flush toxins (and bacteria and other garbage) out of the system in a more efficient manner. Finally, just in case we have some people out there who are allergic to flowers, this blend contains the essential oil Ylang Ylang which has an antihistamine effect. Wow! This is a fabulous combination!

Bone Repair: Physical Touch, Birch

Regular \$55.00, Set \$44.00, Wholesale \$35.20, pv 21

The Physical Touch blend supports muscles, quiets nerves, reduces swelling, and relaxes tendons. By using Birch oil with the Physical Touch blend you are supercharging the effect on bones. You may have heard someone say, "Birch is for bones." That is because Birch works directly with bones, it has the same frequency level as healthy bones.

Calm, Cool & Collected: Quiet Scent, Chamomile (German)

Regular \$136.25, Set \$109.00, Wholesale \$87.20, pv 43

The Quiet Scent blend is just fabulous for when you are stressed and your mind is whirling like crazy. It helps your mind slow down, enabling you to concentrate and put thoughts together in a sensible fashion. German Chamomile is just relaxing. Chamomile tea has been a time-honored beverage for calming and relaxing. The essential oil carries these properties with it.

Circulation Freeway: Bay Laurel, Cypress

Regular \$52.50, Set \$42.00, Wholesale \$33.60, pv 17

Bay Laurel is great for circulation! It stimulates the lymphatic system, which is what moves many of those trapped fluids in your body that are stopping circulation. You may have heard someone say, "Cypress is for circulation," and they were right! Cypress gives your body what it needs to eliminate toxins and excess fluids.

Clean & Sanitize: Dill, Lemon

Regular \$37.50, Set \$30.00, Wholesale \$24.00, pv 12

All of the commercials that tell us "Lemony fresh" means clean aren't lying. Lemon is a fabulous disinfectant, cleaning and purifying any surface it is used on. Dill is an all natural preservative and is also a very strong anti-fungal.

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Digestion & Flow: Di-gest, Fennel

Regular \$51.25, Set \$41.00, Wholesale \$32.80, pv 21

Whenever you have any sort of digestive issue you want to reach for the Di-gest blend. Fennel helps tone the digestive tract and release toxins.

Emotion Stabilizer: Chamomile (German), Geranium

Regular \$115.00, Set \$92.00, Wholesale \$73.60, pv 35

German Chamomile is just relaxing. Chamomile tea has been a time-honored beverage for calming and relaxing. The essential oil carries these properties with it. Geranium essential oil is an emotional balancer. When you are one extreme or the other it helps bring you back in line. From hyperactivity to shock, from fear to unstoppable tears, geranium helps you find and return to your emotional center.

Just for Mom: Black Cumin, Loving Care

Regular \$75.00, Set \$60.00, Wholesale \$48.00, pv 29

Black Cumin helps restore balance to the blood. It has been proven in clinical tests to increase bone marrow production up to 250%. During and after childbirth a mother can often find herself low in this or that. By going to the source (the bone marrow) and increasing production her body can increase production of whatever it is lacking. The Loving Care blend was created especially for mothers (but it works great for anyone). It affects the emotions and hormonal balance, creating stability and a feeling of security.

Anti-Fungal Armor: Guardian, Thyme

Regular \$90.00, Set \$72.00, Wholesale \$57.60, pv 36

The Guardian blend is one designed specifically to combat fungi. Thyme is a very powerful oil that fights fungus, virus, and bacteria. Remember, Thyme is a hot oil, never apply it to the skin undiluted.

Heart Song: Charity, Frankincense

Regular \$116.25, Set \$93.00, Wholesale \$74.40, pv 56

The Charity blend was created to help release bound emotions. If you are carrying around emotional baggage you will find it difficult to have a happy song in your heart. Frankincense is a marvelous calming oil that allows you to free yourself from negative thoughts. Additionally, Frankincense has incredible value to the heart muscle itself.

Aromatic Germ Protection: Harvest, Holiday Gift

Regular \$80.00, Set \$64.00, Wholesale \$51.20, pv 36

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The Harvest blend was created for the autumn season, to assist during a time when our bodies begin the strengthening of the immune system prior to the cold and flu season. The Holiday Gift blend was created for the winter season, to assist during a time of respiratory challenges and stagnant air. Both of these blends are suitable for use at all times of the year.

His & Hers Hormonal Balance: Mars, Venus

Regular \$75.00, Set \$50.00, Wholesale \$40.00, pv 40

The Mars blend was created specifically to address a man's hormones (however, there are times when a woman would want to use this blend) and the Venus blend was created specifically to address a woman's hormones (again, there are times when a man would want to use this blend).

Healthy Hygiene: Hairline, Shine+

Regular \$56.25, Set \$45.00, Wholesale \$36.00, pv 23

The Hairline blend was created to clean the hair follicles. Our hair is like a wick, taking what it comes into contact with down through the hair, to the follicles, and into the brain. We want to keep these *wicks* clean and clear of toxins. Note: the Hairline blend can be used on more than just hair follicles. It is also great for clearing pores and in helping clear clogged areas that may become boils or sebaceous cysts. The Shine+ blend was designed to be used as tooth drops (add a drop or less to your regular tooth polish) or a mouth rinse (add a drop to a mouthful or your oral rinse).

Anti-inflammation: Copaiba, Eye Vision

Regular \$166.25, Set \$133.00, Wholesale \$106.40, pv 87

Copaiba contains Beta-Caryophyllene, which has manifested a significant anti-inflammatory effect. Eye Vision is one of my favorite blends which is often overlooked as being simply an emotional blend because it is used in the Emotional Aromatic Touch program. However, the Eye Vision blend contains several conifer essential oils that are known to be anti-inflammatory that also have a cortisone action. This blend is great for reducing pain, supercharge it with some Copaiba and you have a pain killer to be reckoned with.

Joint Discomfort: Clove Bud, Rose

Regular \$155.00, Set \$125.00, Wholesale \$100.00, pv 58

Clove Bud essential oil contains eugenol, a known pain reducer. It balances the autonomic nervous system; this enables it to shut off the hyper nerve response allowing relief from persistent nerve pain. Rose essential oil is the most expensive in our lineup, but it is worth every penny. It lessens the pain of muscle aches, but has greater impact on nerves and tissues. It has even been shown to straighten fingers gnarled by rheumatism.

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Liver Cleanse: Lemon, Peppermint

Regular \$37.50, Set \$31.25, Wholesale \$25.00, pv 20

Lemon detoxifies tissues and cells. Peppermint tones the entire digestive system.

Menstrual Modulator: Clary Sage, Venus

Regular \$87.50, Set \$70.00, Wholesale \$56.00, pv 42

Venus is a blend designed for the female hormone system. Clary Sage contains Linalyl acetate, which has an estrogen-type effect on the body. It is a powerful ally when dealing with the reproductive system.

Muscle Maintenance: Basil, Marjoram

Regular \$52.50, Set \$42.00, Wholesale \$33.60, pv 17

Basil and Marjoram are a highly effective muscle maintenance team. Basil can halt a muscle spasm (think cramps and Charley Horses) in seconds and doesn't leave the residual pain behind. Marjoram simulates the body's natural way of relieving pain by retracting overstretched muscles. Use these oils before and after a workout to help prevent pain and muscle soreness.

Nerve Regenerator: Brain Gem, Helichrysum

Regular \$225.00, Set \$180.00, Wholesale \$144.00, pv 96

The Brain Gem blend was assembled primarily for its positive effect on the nervous system. As the name implies, it was designed to affect the brain, but research has shown it is marvelous for the entire body. Helichrysum is your go-to essential oil for nerves. It contains both neryl acetate and alpha-pinene constituents. These two constituents can work together to regrow nerve cells!

Parasite Control: Oregano, Ticaboo

Regular \$61.25, Set \$49.00, Wholesale \$39.20, pv 20

Oregano increases the secretion of the good digestive juices. Parasites such as roundworm and tapeworm inhibit the secretion of the good digestive juices because those juices have the ability to kill them. By increasing the good juices you create an inhospitable environment to these parasites. The Ticaboo blend was designed to assist with parasitic challenges. The essential oils contained in this blend have been proven to kill over 100 different internal and external parasites that are found primarily in the digestive system. It is not limited to the digestive system, though. The constituents in this essential oil blend are able to travel throughout the body, just as parasites do. They seek out and destroy those unwanted invaders.

Peaceful Persuasion: Bliss, Gratitude

Regular \$118.75, Set \$95.00, Wholesale \$76.00, pv 48

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The Bliss blend was designed to remind us that there are moments in the summertime when we just need to slow down, sit back, take it easy, and relax in the summertime bliss. The Gratitude blend was designed to be a sort of mental decongestant. It assists in letting go of the hectic things and stop and be thankful, it encourages you to focus on the positive and enables you to see reality.

Easy Respiratory: Breathe, Ravensara

Regular \$110.00, Set \$88.00, Wholesale \$70.40, pv 54

The Breathe blend was designed to open the respiratory system and promote deep breathing; this enables your whole body to benefit from the additional oxygen taken into the system. Ravensara contains 1.8 cineole which is well known for attacking bacteria and viruses, especially in the respiratory system.

Romance Revolution: Romance, Spearmint

Regular \$52.50, Set \$42.00, Wholesale \$33.60, pv 19

The Romance blend was designed to open communication. Additionally it works with pheromones and the reproductive systems. Spearmint relaxes and cools us mentally allowing us to let go of stress. It also tones the reproductive system.

Close-Up Skin Care: Palmarosa, Sandalwood

Regular \$147.50, Set \$118.00, Wholesale \$94.40, pv 62

Palmarosa works on all skin types. It hydrates the skin and softens it (this makes pores smaller). It contains the constituent geraniol which helps build collagen fiber and has an antibacterial action on the skin. Sandalwood prevents skin dryness, rashes, flakiness, and common skin diseases. It also assists in removing and preventing scar tissue and spots.

Stress Stabilizer: Emotion, Quiet Scent

Regular \$100.00, Set \$75.00, Wholesale \$60.00, pv 33

The Emotion blend was designed to encourage proper hormone circulation in the body. As we all know, if our hormones aren't in balance, neither are our emotions and our stress will increase. The Quiet Scent blend was designed to quiet our minds, to stop the constant neurological chatter that sometimes occurs and allow us to have peace.

Skeletal Structure: Chiro Touch, Lavender

Regular \$62.50, Set \$50.00, Wholesale \$40.00, pv 22

Chiro Touch is referred to by some as "Chiropractor in a Bottle," however it was designed to do far more than that. The Chiro Touch blend was designed to realign the energy of the entire body. Lavender is often referred to as the "universal oil." Part of that designation is because it has the

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ability to work to one degree or another on all ten of the body systems! Lavender helps address the skeletal structure by helping to release tension, aiding in cellular regeneration, reducing inflammation, and more.

Tendon & Cartilage: Cedarwood, Lemongrass

Regular \$50.00, Set \$36.00, Wholesale \$28.80, pv 15

Cedarwood addresses inflammation, irritation, and infections. It reduces arthritic and rheumatic pain. Additionally it assists with moving fluids, reducing swelling and water retention. You may have heard someone say, "Lemongrass is for ligaments." It contains the constituent geraniol which helps build collagen fiber in the tissues, this allows for regeneration of tendons, cartilage, and other connective tissues. Additionally, it contains neryl-terpenoid which fortifies the muscle fibers!

Carrier Oils Skin Revitalizer Slow Absorption: Message, Gergelim & Baru

Regular \$42.50, Set \$34.00, Wholesale \$27.20, pv 22

Our often overlooked carrier oils do far more than simply dilute an essential oil for use. They both feed the skin vital minerals and nutrients. They can be used by themselves to soften and restore skin vitality.

Energy: Cinnamon Bark, Peppermint

Regular \$60.00, Set \$48.00, Wholesale \$38.40, pv 16

Cinnamon bark contains constituents that work with the entire body from fighting illness to removing excess mucous, from assisting with digestion to balancing the nervous system, from regulating the metabolism to regenerating cells. Peppermint can assist in concentration and fighting fatigue. It can increase circulation giving you a boost of energy that is needed to finish what you started.

To order, for class information, or if you have questions contact:

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