



Stellar Wellness

Enlightening - Empowering - Educating



*Happy Holidays Young Living
Family,*

*This is a busy time of year with all
of the endless tasks that must be
done. Shopping, baking,
decorating and holiday parties can*

sometimes feel endless. I hope you take time to enjoy the holidays and make special memories. Creating a handmade gift can provide a wonderful opportunity for family bonding and memory making. You can choose to bake a gift for someone or create a personalized bath salt, sugar scrub or room spray using our wonderful essential oils. Grab your family members or some friends and take time out to make one of the easy DIY recipes below. Give your gifts some personal pizzazz by decorating with colorful ribbon, labels, and string. Choosing different essential oils will allow you to customize your scent. Handmade gifts are always appreciated and special.



Karen Douglas

Month of December Challenges

Week of December 3 Challenge



FRANKINCENSE

in your Beauty Routine

This gift from the Magi at the time of Christ's birth is a wonderfully calming oil and great for the skin. Find a way to incorporate this exceptional oil into your beauty routine and you will not be disappointed. How do you use Frankincense in your beauty routine?

facebook.com/StellarWellness 

YOUNG LIVING
ESSENTIAL OILS
Independent Distributor

FRANKINCENSE
Vitality
100% Pure, Therapeutic-Grade
Essential Oil Supplement
0.17 fl oz (5 ml)

FRANKINCENSE
100% Pure, Therapeutic-Grade
Essential Oil Supplement
0.17 fl oz (5 ml)

Join the conversation, and earn a chance to win a free gift with each challenge!

[Click to read more](#)

Week of December 10



PROMOTE *spiritual connectedness with* FRANKINCENSE

- Wellness & Relaxation
- Spiritual Grounding
- Calms Anxiousness

facebook.com/StellarWellness 

YOUNG LIVING
ESSENTIAL OILS
Independent Distributor

FRANKINCENSE
Vitality
100% Pure, Therapeutic-Grade
Essential Oil Supplement
0.17 fl oz (5 ml)

FRANKINCENSE
100% Pure, Therapeutic-Grade
Essential Oil Supplement
0.17 fl oz (5 ml)

Join the conversation, and earn a chance to win a free gift with each challenge!

[Click to read more](#)

Week of December 17

Happy Holidays



Christmas time is truly my family's favorite time of the year. It is a time full of traditions and fond memories. Share with us your family traditions.

facebook.com/StellarWellness 

Join the conversation, and earn a chance to win a free gift with each challenge!

[Click to read more](#)

DIY Ideas





Frankincense Bath Salt

2 cups of Epsom salt
15-25 drops of Frankincense
essential oil
1 pint jar

Add Epsom salt to a mixing bowl;
add the essential oil and mix.



Christmas Spirit Room Spray

1 tsp. witch hazel
4 to 6 drops of Christmas Spirit
essential oil
distilled water
glass spray bottle

Fill a glass spray bottle almost to
the top. Add 1 tsp of witch hazel
and 4 to 6 drops of Christmas spirit. Shake and spray! (shake before each use)



Peppermint Sugar Scrub

2 ½ cups brown or white sugar
8 oz. Almond oil
25-30 drops Peppermint Oil

Add the sugar to a mixing bowl.
Gradually pour in the oil and stir.
You may not need all of the oil,
just enough to make all of the
sugar moist. Add the essential oil

and mix well. Makes 4 half pint jars

YOUR HOLIDAY GIFT GUIDE

2018 HOLIDAY CATALOG



[Click Here to View.](#)



A Jolly Christmas

DECEMBER'S FREEBIES



100PV

Bonus ER Exclusive:
5mL Lemongrass Vitality

190PV

5mL Joy
Bonus ER Exclusives:
15mL Pine
5mL Lemongrass Vitality

250PV

5mL White Angelica
5mL Joy
Bonus ER Exclusives:
15mL Pine
5mL Lemongrass Vitality

300PV

5mL Gathering
5mL White Angelica
5mL Joy
Bonus ER Exclusives:
15mL Pine
5mL Lemongrass Vitality

400PV

15mL Frankincense
D. Gary Young:
The World Leader in
Essential Oils book
5mL Gathering
5mL White Angelica
5mL Joy
Bonus ER Exclusives:
15mL Pine
5mL Lemongrass Vitality

GET FREEBIES WITH YOUNG LIVING'S LOYALTY PROGRAM!

Log into your Young Living Virtual Office and sign up for Essential Rewards (ER). You will receive FREE PRODUCT with a minimum 100 (PV) purchase! Check out the graphic above. The more you buy, the more FREE products you'll receive! Also, earn a percentage back in ER points for future purchases and get discounted shipping. [Click to watch video](#)

Stellar Wellness is on

You  **Tube**

Check out Karen's Keys



[Click to view](#)

WHAT SETS YOUNG LIVING APART

Our unique Seed to Seal® commitment and its three pillars—Sourcing, Science, Standards—ensures that the cultivation, wild-crafting, distillation, quality testing, and legal compliance of the essential oils and products produced by Young Living are done without compromise.



SOURCING

Sourcing guides the process by which we obtain essential oils from our corporate farms, partner farms, and Seed to Seal-certified suppliers by ensuring that the production of these products is of the highest quality.



SCIENCE

Science guides the formulation and stringent testing of our essential oils, products, and ingredients to deliver pure, effective essential oils and innovative wellness products that meet our rigorous quality standards.



STANDARDS

Standards guides the compliance measures taken throughout our sourcing process to ensure all domestic and international legal guidelines are adhered to as part of our effort to protect plant species throughout the world.

EXPLORE OUR COMMITMENT TO QUALITY AT
SEEDTOSEAL.COM

Get Plugged In!



Thank you all for your positive responses to our weekly text messages. We want to ensure that we contact you in a manner that is acceptable to you.

[CLICK HERE](#) to sign up for our weekly text messaging.

If you no longer wish to receive these text messages, please reply to the next text with "STOP," and your phone number will be promptly removed.



YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor

Karen Douglas
STELLAR WELLNESS, INC.

Young Living Diamond #733259
e-mail: karen@stellarwellness.com

Copyright © 2018 Stellar Wellness, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

