



## **Hello Oily Family,**

Happy New Year!

Are you ready for 2022? Are you optimistic, already goal setting or have the events of the past year left you feeling a little discouraged?

I have talked to fellow team members who are on both ends of the spectrum and some who are in between. If you are feeling less than optimistic or if some of the negative events or personal losses of the last year have left you unmotivated and maybe even a little down, don't worry we're here for you.

We've included some tips below to help....And as always feel free to reach out. Whether you need prayer or an encouraging word I'm here.

Blessings,

Karen

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## **Here are some great tips for moving forward into the New Year:**

#1 No more New Year's Resolutions! I gave myself permission years ago to stop the "everything begins on January 1st insanity." I realized my body needed rest after the busy holidays and I have granted myself that ever since. I actually just ease into the New Year, I take my time setting realistic mindful goals and I just start working on them once they're set. I have been way more consistent when I do.

#2 Find your Motivation! Yep, you can find motivation by listening or reading something motivational. Maybe your goal is to incorporate more exercise, to eat better, start a business or to clean out your closet. There are tons of videos and blogs to inspire you.

#3 A Consistent Spiritual Walk. I have found over the years that being consistent in my spiritual walk has helped me greatly in terms of motivation, direction and dealing with the winter blahs. Setting aside personal study time in the morning and my group Bible study have been lifesavers.

Lastly, get outside, create a routine and incorporate self care. Remember you're not alone. Reaching out to others and finding support is another key to success.

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This month's edition of The Oilr is great!. We are happy to send this E Zine to you each month. The January edition has some exciting articles like; Oils and Affirmations, Mental Wellness, a great Winter Skin Balm DIY recipe and the E zines' first giveaway on pages 8 and 9. Check it out, it has something for everyone!



January E-Magazine

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Did you hear the great news!? We are having an in-person convention this year. Our annual Young Living Convention will be available both virtually and in person! See below for details.



## REGISTRATION AT A GLANCE

### Initial Registration Launch

- In-person
  - Cost: \$250.
  - Tickets will remain available through April 30, or while availability lasts.
  - Tickets will be held for NA members only. We have held a certain number of registrations aside for our international families that will be redeemed after the North American slots have been taken.
- Virtual
  - Cost: \$50.
  - Tickets will be available globally, without limitation. Registration for virtual tickets will remain open through June 10.

NEW YEAR  
KICKOFF

[Register Here](#)



# Business



Step 1: Seed

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Step 2: Cultivate

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Step 3: Distill

Step 4: Test

Step 5: Seed

Promotion



## **GIFT WITH PURCHASE:**

△ **100 Pv** | Free Shipping

△ **190PV** | Retail value: \$71.71 + free shipping

### **Eucalyptus Radiata, 15 ml**

- This is one of the key ingredients in Thieves, but it also has a lot of great benefits and uses on its own. You can add Eucalyptus Radiata to a relaxing massage, or diffuse it for an afternoon pick-me-up.
- Along with helping support a healthy immune system, you can also apply it to your chest before a workout to feel energized and to support healthy respiratory function.

### **Rosemary, 15 ml**

- This is a powerhouse oil - it's in some of our most beloved YL blends! Also so good in diffuser blends! Love it with lavender and lemon, or rosemary and lime.
- A drop of rosemary in a neti pot with salt is a sinus bestie!
- Mermaid Hair Growth Recipe:
  - 30 drops each rosemary, cedarwood, lavender , mix in spray bottle with alcohol-free witch hazel and fill the rest with water. Spray on scalp each day and massage in.

### **Grapefruit essential oil, 15 ml**

- One of the best ways to start your morning! Grapefruit is also a Vitality oil, and this capsule blend is amazing for waking up our metabolism!
- Add 3 drops each of Lemon, Peppermint, Grapefruit, plus add 2 drops of Frankincense to a capsule for an all over healthy boost - top with a little olive oil and down the hatch it goes!
- Put a few drops Grapefruit and Northern Lights Black Spruce in the diffuser for a calming and mood lifting day!

△ **250PV** | Retail value: \$88.82

### **Lime essential oil, 15 ml**

- (Also a vitality oil) Everything tastes better with Lime Vitality! Guacamole. Water. Ningxia. Add it!
- Did you know that Lime Essential oil is 100 % Bioflavonoid? Yep! That means it not only supports the immune system, but it stimulates the detox pathways and helps with the absorption of Vitamin C. Emotionally, Lime is linked to feeling unmotivated.

Also included:

- Eucalyptus, 15ml
- Rosemary, 15ml
- Grapefruit 15ml

△ **300PV** | Retail value: \$152.31

### **Cedarwood essential oil, 15 ml**

- Encourages the body to produce melatonin - needed for sleep! Also wonderful for oxygenation
- Keep this with you in high altitudes it when you need to make sure you are getting enough oxygen. (So good for these times we are in!!) Feeling like the room is spinning? Drop Cedarwood on your crown! Also a key oil for promoting hair growth!
- It is also very high in sesquiterpenes - so good for the BRAIN and focus! Very calming and grounding.

### **Seed to Seal Collection**

- This is an exclusive collection of 10-ml bottles of Lavender, Peppermint, and Tea Tree.
  - **Lavender essential oil, 10 ml**
    - An oil you simply can't live without peeps. Support your skin and hair. Wear it before you go to bed. Freshen up the air. Diffuse before bed.
    - This also comes in a Vitality version, so a drop of Lavender Vitality in a big pitcher of lemonade.



- Really need to unwind? Add a few drops into an empty veggie capsule before bed.
- **Peppermint essential oil, 10 ml**
  - Cooling and refreshing! Love it in a roller or a capsule with lemon and lavender for going outside happily.
  - Cooling when diluted down spine and under arms, especially when toasty. Adds a fresh burst of amazingness added to any diffuser blend.
- **Tea Tree essential oil, 10 ml**
  - Top notch cleansing qualities, it's great for skin, helps with booboos, and has a crisp, purifying scent.
  - Add a drop to your nightly moisturizer, or diffuse it with Lavender for a clean, delightful aroma filling your home.

Also included:

- Lime, 15ml
- Eucalyptus, 15ml
- Rosemary, 15ml
- Grapefruit 15ml





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**Happy to help!**

Have any questions? Want to learn more?

Be sure to check out the Stellar Wellness [website](#) and [facebook](#) pages!

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**YOUNG LIVING™**  
ESSENTIAL OILS  
Independent Distributor

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Facebook



Website

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