



Hello Oily Family,

It's the second week of October, and the holiday season is quickly approaching. Maybe you already have your holiday shopping done and you plan early or perhaps you are much later with your preparations. Ready or not here they come!

Don't fret we have you covered. Use the link below to register for Young Living's Holiday Launch on Saturday October 23. You'll get a preview of the Holiday Gift Guide products, participate in giveaways and learn more of the science behind our wonderful products. Directly after the Holiday Launch ends, Young Living will host a Business Training. This training is for both customers and Brand Partners. To join, simply mark that you're interested on the Holiday Launch registration form. Both events are FREE.

Let's continue to focus on our health goals this time of the year. The holidays can be stressful and overwhelming for many reasons, financial stress, unrealistic expectations and packed calendars are a few. So we've added some quick tips below to help make yours a success.

Abundant Blessings,

Karen



1. **Set realistic goals for the holiday season.** Each year is different for us, so taking the time to access realistic goals for our time and budget is important. Make sure not to compare yourself to what someone else is doing. Do the right fit for you and your family.
2. **Plan ahead!** I am so lucky to have a grown daughter who loves the

holidays as much as I do. She is an excellent holiday activity planner and early decorator. It works for us to have her research the holiday activities and then we vote on a few of them to do throughout the season. Plan early so you can enjoy the holidays!

3. **Take care of yourself.** Assess how you're feeling on a weekly basis. Stressed? Overwhelmed? You can remove something from your to do list. Can tasks be delegated? Even the best planning sometimes needs revision according to your needs.
4. **Shop early, keep it simple.** Ok, to be perfectly honest I'm not always the best at shopping early. I have been guilty of just buying gift cards for most of the people on my list. But honestly the gift giving and shopping can be one of the most stressful things. I like to keep it simple. :)
5. **Do something for someone else.** It's true about what they say about serving others. Any stress or holiday anxiety you feel is immediately alleviated and a spirit of gratefulness immediately takes over. And shouldn't that be what the holidays are all about?

This month's The Oiler Ezine is packed with lots of fun articles and product information. DIY bath salts, Pumpkin pie play dough, great uses for Thieves vitality and more. Oily education, yes please!



October E-Magazine

Celebrate the Season
OCTOBER 23

Join us on October 23 for the event of the season: [the 2021 Holiday Launch!](#)

The virtual event pre-show starts at 9:30 a.m., MT, and the launch starts at 10 a.m., MT. It is free to attend, so share the news with anyone and everyone.

Be there as we launch new oils, holiday collections, and exciting new products. Plus, join us to learn about the YL difference and what sets us apart, how to create a healthy home, fun and easy DIYs, and to stock up on giftable goodies for everyone on your list!

Register and qualify for a free reflexology ring (valued at \$10; limit one per account) with any order from October 23 through the end of November.

We're so excited to celebrate with you!

[Click Here](#)





Step 1: Seed

Step 2: Cultivate

Step 3: Distill

Step 4: Test

Step 5: Seed



GIFT WITH PURCHASE:

△ **100PV** | Free shipping

- Treat yourself. Stock up on gym-ready favorites and let us cover the cost of your deliveries.
- Get easy savings. Reach our 100 PV tier and we'll ship your order for free.

△ **190PV** | Retail value: \$62.17

Cinnamon Bark essential oil, 5 ml

- Unwind and relax. Mix 3 drops of Cinnamon Bark oil with some and use it for a warming foot massage. Then put on a pair of warm socks to keep your feet cozy and moisturized!
- Spice it up. Make a room spray by filling a spray bottle with 3 ounces of water and 4 drops of Thieves® essential oil blend, which features Cinnamon Bark as a main ingredient.

Clove essential oil, 5 ml

- Spice up a soak. After a day of outdoor adventure, draw up a warm bath, dilute drops of Clove oil in the tub, and allow yourself to sit back and soak up all the Clove essential oil benefits.
- Feel forest fresh. Add 3–4 drops of Clove to a glass spray bottle to bring in a warm, woody scent that simply sings of the outdoors.

Bonus Subscribe to Save: Nutmeg essential oil, 5 ml

- Freshen up fall. Make a homey linen spray by combining a few drops of Nutmeg, Clove, and Bergamot in a spray bottle filled with 2 cups of water. This cozy scent will make guests feel right at home!
- Work in bliss. Refresh your home office with a diffuser blend of Nutmeg and Eucalyptus Radiata for a spicy-fresh scent that will make your upcoming meeting a little brighter.

△ **250PV** | Retail value: \$86.18

Patchouli essential oil, 5 ml

- Warm up indoor workouts. Cold weather got you indoors? Diffuse Patchouli oil to add a comforting atmosphere to a calming yoga session or as you stretch before bed.
- Moisturize, moisturize, moisturize. With cold weather coming in, skin can get drier and drier. Add a drop or two of Patchouli oil to your favorite face lotion for extra moisture your skin will love.

△ **300 PV** | Retail value: \$149.01

ImmuPro™

- Amp up antioxidants.
- Support your body with an extra boost of antioxidants with this chewable, healthy tablet.
- Update evening routines. Take 1–2 ImmuPro™ chewable tablets in the evening as you prep for a healthy night's sleep

△ **400 PV** | Retail value: \$220.80

Bonus Subscribe to Save: Spiced Turmeric Herbal Tea

- Brighten your morning. Pour yourself a cup of cozy first thing in the morning and enjoy the benefits of warm, comforting Spiced Turmeric.
- Kick back and relax. After a long day of overcast weather, settle into the evening with a dash of delish by pouring a mug of this spiced wonder.

Bonus Subscribe to Save: Young Living Foundation mug

- Make something memorable. Mix up some low-sugar hot chocolate with some Cinnamon Bark Vitality™ oil for a healthy treat. Pour your delightful blend into your new Young Living Foundation mug to feel good about what you're drinking—and what you're drinking it from!
- Celebrate your community. Sip and smile knowing you are supporting the Young Living Foundation and the good it does in your community and

communities around the world as you sip!



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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Independent Distributor

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