

The Oily Oracle™

Twinssential Oils™ Group

• Oily Wellness Newsletter, Volume 1, Issue 4

Facebook: "Twin-ssential Oils Group"; Editor's E-mail: Liz@LizCasey.com

Welcome, Oilers!

The Oily Oracle monthly newsletter is brought to you by twin sisters and oilers, Liz Casey and Kristen Guzman. So glad you're here! We're independent Young Living™ Distributors with a deep love of using essential oils to support physical and emotional well-being, promoting clean living, and spreading happiness. Each issue brings you information about the monthly promo, articles about wellness, EO recipes, business information, and more. Let's oil!

October PV Promo



This month's promo is to die for (get it, it's Halloween month)! FREE 15 ml Frankincense? Are you kidding me?

400 PV Retail value: \$235.19

Frankincense 15 ml

- Soak in scented suds. Mix 5 drops of Frankincense with 1 tablespoon of V-6™ Vegetable Oil Complex and pour it in your bathwater for a relaxing dip.

- Reconnect with your purpose. Rub a drop or two of Frankincense into your hands, cup them lightly over your nose, and breathe in the grounding scent.

Bergamot 5 ml

- Diffuse the tension. Life's daily hassles are no match for the tart, tranquil scent of Bergamot.

Oct., 2019



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October Promo, Continued

- Cleanse your complexion. Add Bergamot to your night cream or toner for fresh-faced confidence.**

Cedarwood 15 ml

- Tame your mane. Massage into your scalp for healthy-looking, touchable tresses.
- Keep calm and say om. Breathe in Cedarwood's grounding and relaxing aroma.

Life 9, 30 capsules

- Go with your gut. Get on track for smooth digestion with a capsule a day of Life 9*
- Welcome wellness. Support a strong immune system with 17 billion live cultures from nine types of good bacteria.*

Orange 15 ml

- Trick and treat your senses. Diffuse 5 drops Orange, 2 drops Cinnamon, and 1 drop
- Nutmeg for that warm cookie scent.
- Reveal your inner radiance. Dab Orange essential oil onto blemishes before bed!
- This beauty secret will have you waving goodbye to bad skin days.**

Cinnamon Bark 5 ml

- Indulge in some TLC. Add a few drops to your favorite massage oil and rub over achy muscles and joints.
- Rock scentsational spice. Blend Cinnamon Bark with a carrier oil and dab onto your wrist or neck for an enticing personal fragrance.

Nutmeg 5 ml

- Nestle up to nutmeg. On cool, rainy days, pair this oil's warm and uplifting aroma with a good book and a cozy blanket.
- Pamper your belly. When your tummy is feeling crummy, treat yourself to a soothing stomach massage with equal parts Nutmeg essential oil and V-6.

300 PV Retail value: \$85.85

- Frankincense, 15 ml
- Bergamot, 5 ml
- Cedarwood, 15 ml
- Life 9, 30 capsules
- Orange, 15 ml

250 PV Retail Value: Retail value: \$103.29

- Life 9, 30 capsules
- Orange, 15 ml

- Cinnamon Bark, 5 ml
- Nutmeg, 5 ml

190 PV Retail value: Retail value: \$64.47

- Orange, 15 ml
- Cinnamon Bark, 5 ml

100 PV Retail value: \$17.43

- Nutmeg, 5 ml





Kristen, Droppin' Some Oily Wisdom



Well, wouldn't you know it, fall is here. I absolutely love when the weather turns and it's much more comfortable to work outside and ride Harleys with my sister. I appreciate all of the seasons, but summer in the desert becomes a bit brutal so I'm happy it's cooled off.

Speaking of cool, I'm looking forward to trying the Life 9 probiotic in the promo this month. I'm hoping it helps me with some of my digestion issues. It's crazy how age kind of sneaks up on ya and what you could once get away with in terms of lifestyle no longer works. I used to be able to eat piles of spicy foods with nary a hitch. Well, that is all changing for me.

But, I'm thankful; we have these amazing products to support us in our wellness. I also use Digize a great deal and while I don't love fennel, per se, this blend helps me so much with any tummy troubles.

So, the Life 9 will be a nice addition to the family, so to speak. I looked it up and here are the oils and products that support digestive wellness:

- Digize Vitality
- Life 9
- Digest & Cleanse
- Ginger Vitality
- Fennel Vitality
- Tarragon Vitality
- Peppermint Vitality
- JuvaCleanse
- TummyGize
- ICP
- ComforTone
- Detoxzyme
- MegaCal
- Mineral Essence
- Balance Complete
- Essentialzyme
- OmegaGize
- JuvaPower
- JuvaSpice





Liz, Droppin' some diffuser fun!

How is it October already? Seriously. How did the last six months go by so fast? I'm sure many of you, our friends are feeling the same way.

Before you know it, the holidays will be upon us and then it's a slippery slope into the new year. 2020. Wow!

Okay, so in order to have a little "Halloween fun", I scoured the oily interwebs to drum up some diffuser recipes for you guys. They follow.

Please tell us if you try any of these here and what you think.

I made up my own blend that I called "Candy Corn". Needless to say, it smelled so dang good it forced me to go buy some actual candy corn.

I'd like to say that I was lady like and had only a few pieces, but who am I kidding? I strapped on the feedbag and went to town on those things. Yeah, the whole bag. Gone. Just like that!

This is the Candy Corn diffuser blend



I made: 3 drops orange, 2 drops grapefruit, and 3 drops StressAway. OMGosh! Total heaven!

Happy Halloween to you, friends. Keep using those oils and let us know if you come across any more super-fun blends for the diffuser!



HAPPY Halloween

DIFFUSER BLENDS

TRICK OR TREAT

2 Drops Tangerine
3 Drops Cinnamon
3 Drops Orange

CORN MAZE

3 Drops Orange
2 Drops Clove
2 Drops Ginger
1 Drop Frankincense

VAMPIRE'S LAIR

4 Drops Orange
2 Drops Sage
2 Drops Patchouli

WITCHES BREW

2 Drops Fennel
2 Drops Cedarwood
1 Drop Ginger

JACK-O-LANTERN

2 Drops Cinnamon
2 Drops Ginger
2 Drops Cardamom
2 Drops Clove

BLACK CAT

3 Drops Bergamot
2 Drops Cypress
1 Drop Juniper
1 Drop Patchouli

SPOOKY SKELETON

3 Drops Frankincense
2 Drops Tangerine
2 Drops Orange
2 Drops Black Pepper
1 Drop Nutmeg

SCARY MONSTER

3 Drops Frankincense
2 Drops Fennel
1 Drop Clove



How exactly do Young Living

Essential Rewards work?

- You must be a **wholesale member** to join. If you don't know how to become a member, reach out. We're happy to help.
- You must place an **ER order of at least 50 PV every month**. If you're a business builder, you might want to make your orders 100 PV per month so you get all of your commissions. But, this isn't a requirement.
- You earn reduced shipping rates on your monthly ER order, faster order processing, and **REWARDS** back on every purchase, depending on how long you've been a part of the program:

Months 1 – 3, Earn 10%
Months 4 – 24, Earn 20%
Months 25 +, Earn 25%



Members also receive a gift at months 3, 6, and 9 **PLUS** a special "Loyalty Oil Blend" at 12 months!

Twin Essential Oils Group;

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Twin👉ssential Oils Group has one guiding principle for everything we do: Love. If it's from Love, it's from the right place, intention, and energy.

Twins, Kristen and Elizabeth (Liz) are Independent Young Living distributors dedicated to sharing our love of Young Living essential oils and wellness with the world. We're committed to raising the energy frequency of humankind one oil and person at a time.



We're dedicated to continuing our personal educational and wellness journeys using Young Living essential oils and sharing our experiences with others who can benefit from the products and lifestyle.

We work to build solid, communicative, hard-working teams who equally love the products and enjoy helping others succeed. We work with bright, articulate, loving, patient, and kind people only. This means that we attain the greatest wellness and prosperity that's possible *together*.



Upcoming Oily Wisdom Gatherings!

Bust the Crud!

with essential oils that keep you & your fam in tip-top shape all winter!

I don't wanna brag, but I'm an excellent "crud-buster."

🌿Oily Wisdom Gathering🌿

Day: Sun., October 20, 2019

Time: 2 - 3:30 PM

Place: Village Acupuncture, 50 Bell Rock Plaza
Village of Oak Creek, AZ

RSVP: (Liz) 928-274-6436 or (Clinic) 928-284-4038

Join us for a fun, informative gathering about the most powerful essential oils that promote winter (really, year-round) wellness for you and your whole family.



Yes, I'm kinda a big deal!

Oh, and we'll have handouts and talk a bit about the YL business, too. Bring a pen if you want to take some notes. Class is \$5 for non-YL members, FREE for YL members. See you there!



Lovingly brought to you by Twin-sential Oils™ Group



Make the most of your memory with acupressure and essential oils!

🌿 **Day:** Sun., November 10, 2019

🌿 **Time:** 2:00 - 3:30 PM

🌿 **Location:** Village Acupuncture, 50 Bell Rock Plaza
Village of Oak Creek, AZ

🌿 **RSVP:** The clinic (928) 284-4038

Join us for a lively, entertaining discussion (and demo) on using essential oils with acupressure to support cognitive function, memory, and brain health.



We'll be talking about how quick and easy it is to improve memory and brain function using pure, therapeutic-grade essential oils and simple acupressure techniques.

Feel free to invite a friend, but please RSVP by 11/8 because we'll have handouts.

Thanks!



Oh, and we'll talk a little bit about business, too. Bring a pen and paper if you want to take some notes.



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Contact Us:

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