

Pain Relief & Essential Oils

YOUNG LIVING W/ DR. BRANDI JOHNSON

YL SINGLES:

Peppermint
Lemongrass
Marjoram
Wintergreen
Idaho Blue Spruce
Copaiba
Rosemary
Lavender
Vetiver
Frankincense
Eucalyptus radiata
Helicrysum

YL BLENDS:

Deep Relief
PanAway
Cool Zaul
Aroma Siez
Northern Lights Black Spruce

YOUNG LIVING MASSAGE OILS

Ortho Ease Massage Oil (Wintergreen, Peppermint, Juniper and Marjoram)

Ortho Sport (Wintergreen, Peppermint, Thyme, and Oregano)

Cool Azul Pain Cream (Wintergreen, Peppermint Dorado Azul, Sage, Copaiba, Oregano, Tea Tree)

YOUNG LIVING SUPPLEMENTS

Ningxia Red (AMAZING for everything)

Antioxidant power shot
Wolfberries, Blueberries, Cherries, Pomegranates,
YLEOs Orange Lemon Tangerine

BLM (Collagen, MSM, Wolfberries, Glucosamine, Maganese and YLEOs)

Agilease (Collagen, Hyaluronic acid, calcium Wintergreen, Copaiba, clove and NLBS)

Sulfurzyme (wolfberry, Coenzymes, minerals, sulfur...)

Alkalyme (Ph balance, Lemon Lime, mineral cell salts)

RECIPES

Dilute all blends 50:50 with massage oil

Extra- Strength Muscle Soothing Body Oil

Frankincense 50 Peppermint 50 Marjoram 20
Lavender 20 Wintergreen 10
Fractionated Coconut Oil 5 ounces

Inflammation Soothing Roll On

Peppermint 5
Frankincense 5
Lavender 3
Fractionated Coconut Oil for Carrier

Sore Muscle Blend

Rosemary 2
Marjoram 4
Lavender 4
Wintergreen 5

Ligament Sprain or Tear

Lemongrass 5
Aroma Siez 15

Tendonitis Blend

Vetiver 4
Valerian 4
Wintergreen 8

Cartilage Ingury Blend

Lemongrass 9
Marjoram 10
Wintergreen 12

Morphine Bomb

5 drops each in a capsule add carrier oil
Frankincense
Balsam Fir
Copaiba

Epsom Salts Bath or Foot Soak

Epsom Salts
Baking Soda
Borax (for detox 20 minutes only!)
Bentonite clay
Sea Salt

Essential Oils of choice (add the oils to the sea salts before putting in the bath, 10 drops per cup of mixed salts. Get in hot water before adding healing salts to the water)

HOLLY DRAKE

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