



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

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Young Living Oil Blends™

Each **Young Living Oil Blend™** has been prepared with specific goals in mind and the name is often a good indicator as to how the oil may be used to help with the **emotional and physical** issues we face on a daily basis! Some blends are in a carrier base of organic oils such as: olive, almond, sesame seed, or sweet almond.

1. **Abundance** – Cinnamon Bark, Clove, Frankincense, Ginger, Myrrh, Orange, Patchouli, and Spruce.
2. **Acceptance** – Blue Tansy, Frankincense, Geranium, Neroli, Rosewood, and Sandalwood.
3. **Aroma Life** – Cypress, Helichrysum, Marjoram, and Ylang Ylang.
4. **Aroma Siez** – Basil, Cypress, Lavender, Marjoram, and Peppermint.
5. **Australian Blue** – Blue Cypress, Blue Tansy, Cedarwood, White Fir, and Ylang Ylang.
6. **Awaken** – *contains blends; Dream Catcher, Forgiveness, Harmony, Joy, and Present Time.*
7. **Believe** – Frankincense, Idaho Balsam Fir, and Rosewood.
8. **Brain Power** – Blue Cypress, Cedarwood, Frankincense, Helichrysum, Lavender, Melissa, and Sandalwood.
9. **Christmas Spirit** – Cinnamon Bark, Orange, and Spruce.
10. **Citrus Fresh** – Grapefruit, Lemon, Mandarin, Orange, Spearmint, and Tangerine.
11. **Clarity** – Cardamon, Rosemary, Peppermint, Basil, Bergamot, Geranium, Jasmine, Lemon, Palmarosa, Roman Chamomile, Rosewood and Ylang Ylang.
12. **Common Sense** – Frankincense, Ylang Ylang, Ocotea, Ruta, Dorado Azul and Lime.
13. **Di-Gize** – Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise and Patchouli.
14. **Dragon Time** – Clary Sage, Blue Yarrow, Lavender, Jasmine, Fennel and Marjoram.
15. **Dream Catcher** – Sandalwood, Blue Tansy, Juniper, Bergamot, Anise, Tangerine, Ylang Ylang and Black Pepper.
16. **Egyptian Gold** – Hyssop, Frankincense, Spikenard, Myrrh, Cinnamon Bark, Lavender, Rose, Cedarwood and Idaho Balsam Fir.
17. **EndoFlex** – Spearmint, Sage, Geranium, Myrtle, German Chamomile and Nutmeg.
18. **En-R-Gee** – Rosemary, Juniper, Lemongrass, Balsam Fir (Idaho), Clove and Black Pepper.
19. **Envision** – Sage, Geranium, Orange, Rose, Lavender and Spruce.
20. **Evergreen Essence** – Spruce, Fir and Pine.
21. **Exodus II** – Cassia, Hyssop, Frankincense, Spikenard, Galbanum, Myrrh, Cinnamon Bark and Calamus.



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22. **Forgiveness** – Rose, Melissa, Helichrysum, Angelica, Frankincense, Sandalwood and Lavender, Bergamot, Geranium, Jasmine, Lemon, Palmarosa, Roman Chamomile, Rosewood and Ylang Ylang.
23. **Gathering** – Galbanum, Frankincense, Sandalwood, Rose, Lavender, Cinnamon Bark, Spruce, Ylang Ylang and Geranium.
24. **Gentle Baby** – Geranium, Rosewood, Lemon, Lavender, Jasmine, Roman Chamomile, Bergamot, Ylang Ylang, Palmarosa and Rose.
25. **The Gift** – Frankincense, Balsam Fir, Jasmine, Galbanum, Cistus and Spikenard.
26. **GLF** – Grapefruit (rind), Helichrysum, Celery Seed, Ledum, Hyssop and Spearmint.
27. **Gratitude** – Idaho Balsam Fir, Frankincense, Myrrh, Galbanum, Ylang Ylang and Rosewood.
28. **Grounding** – Spruce, White Fir, Ylang Ylang, Pine, Cedarwood, Angelica and Juniper.
29. **Harmony** – Geranium, Rosewood, Lavender, Sandalwood, Frankincense, Orange, Lemon, Angelica, Hyssop, Spanish Sage, Jasmine, Roman Chamomile, Bergamot, Ylang Ylang, Palmarosa, Rose and Spruce.
30. **Highest Potential** – *Blends of Australian Blue, Gathering, Jasmine Absolute and Ylang Ylang.*
31. **Hope** – Melissa, Spruce, Juniper and Myrrh.
32. **Humility** – Frankincense, Rose, Rosewood, Ylang Ylang, Geranium, Melissa, Spikenard, Myrrh and Neroli.
33. **ImmuPower** – Cistus, Frankincense, Oregano, Idaho Tansy, Cumin, Clove, Hyssop, Ravensara and Mountain Savory.
34. **Inner Child** – Orange, Tangerine, Jasmine, Ylang Ylang, Sandalwood, Spruce, Lemongrass and Neroli.
35. **Inspiration** – Frankincense, Cedarwood, Spruce, Rosewood, Sandalwood, Myrtle and Mugwort.
36. **Into the Future** – Frankincense, Clary Sage, Jasmine, Juniper, White Fir, Orange, Cedarwood, Ylang Ylang, Idaho Tansy and White Lotus.
37. **Joy** – Rose, Bergamot, Mandarin, Ylang Ylang, Lemon, Geranium, Jasmine, Palmarosa, Roman Chamomile, and Rosewood.
38. **Juva Cleanse** – Helichrysum, Celery Seed and Ledum.
39. **JuvaFlex** – Geranium, Rosemary, Roman Chamomile, Fennel, Helichrysum and Blue Tansy.
40. **Lady Sclareol** – Rosewood, Vetiver, Geranium, Orange, Clary Sage, Ylang Ylang, Sandalwood, Spanish Sage, and Jasmine.
41. **Live with Passion** – Clary Sage, Ginger, Sandalwood, Angelica, Cedarwood, Helichrysum, Jasmine, Melissa, Neroli and Patchouli.
42. **Longevity** – Clove, Thyme, Orange and Frankincense.
43. **M-Grain** – Marjoram, Lavender, Peppermint, Basil, Roman Chamomile and Helichrysum.



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44. **Magnify Your Purpose** – Sandalwood, Nutmeg, Patchouli, Rosewood, Cinnamon Bark, Ginger and Sage.
45. **Melrose** – Melaleuca Alternifolia, Naouli (Melaleuca quinquenervia), Rosemary and Clove.
46. **Mister** – Blue Yarrow, Sage, Myrtle, Fennel, Lavender and Peppermint.
47. **Motivation** – Roman Chamomile, Spruce, Ylang Ylang and Lavender.
48. **PanAway** – Helichrysum, Wintergreen, Clove and Peppermint.
49. **Peace & Calming** – Blue Tansy, Patchouli, Tangerine, Orange and Ylang Ylang.
50. **Present Time** – Neroli, Ylang Ylang and Spruce.
51. **Purification** – Citronella, Lemongrass, Lavandin, Rosemary, Melaleuca and Myrtle.
52. **RC** – Eucalyptus globulus, Eucalyptus radiata, Eucalyptus citriodora, Myrtle, Pine, Spruce, Marjoram, Lavender, Cypress and Peppermint.
53. **Raven** – Ravensara, Eucalyptus Radiata, Peppermint, Wintergreen and Lemon.
54. **Release** – Ylang Ylang, Lavandin, Geranium, Sandalwood and Blue Tansy.
55. **Relieve It** – Spruce, Black Pepper, Peppermint and Hyssop.
56. **RutaVala** – Lavender, Valerian and Ruta graveolens.
57. **Sacred Mountain** – Spruce, Idaho Balsam Fir, Cedarwood and Ylang Ylang.
58. **SARA** – Geranium, Lavender, Rose, Blue Tansy, Orange, Cedarwood, Ylang Ylang and White Lotus.
59. **SolarEssence** – Clary Sage, Peppermint, Spanish Sage and Fennel.
60. **Sensation** – Ylang Ylang, Rosewood and Jasmine.
61. **Surrender** – Lavender, Roman Chamomile, German Chamomile, Angelica, Mountain Savory, Lemon and Spruce.
62. **3 Wise Men** – Sandalwood, Juniper, Frankincense, Myrrh and Spruce.
63. **Thieves** – Clove, Lemon, Cinnamon Bark, Eucalyptus radiata and Rosemary.
64. **Transformation** – Lemon, Peppermint, Sandalwood, Clary Sage, Frankincense, Balsam Fir, Rosemary, Cardamom.
65. **Trauma Life** – Valerian, Lavender, Frankincense, Sandalwood, Rose, Helichrysum, Spruce, Geranium, Davana and Citrus hystrix.
66. **Valor** – Spruce, Rosewood, Blue Tansy and Frankincense.
67. **White Angelica** – Ylang Ylang, Rose, Melissa, Sandalwood, Geranium, Spruce, Myrrh, Hyssop, Bergamot and Rosewood.



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Roll-on Blends:

68. **Breathe Again** – Eucalyptus staigeriana, E-globulus, E-radiata, Eucalyptus Blue, Peppermint, Myrtle and Copaiba.
69. **Deep Relief** – Peppermint, Wintergreen, Palo Santo and Copaiba.
70. **RutaVala** – Lavender, Valerian and Ruta Graveolens.
71. **Stress Away** – Copaiba, Lime, Cedarwood, Vanilla, Ocotea and Lavender.
72. **Tranquil** – Lavender, Cedarwood and Roman Chamomile.
73. **Valor** – Spruce, Rosewood, Frankincense and Blue Tansy