



# Seed to Seal™

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After the correct species of plant has been properly identified (Seed) and expertly sown, grown, and harvested (Cultivate), if it is not correctly distilled, the resulting essential oil will not produce the desired therapeutic results. This makes Distill—the third phase in Young Living’s Seed to Seal™ process—one of the most important steps in ensuring oil quality.

As the world leader in essential oils, Young Living is recognized as a distillation innovator and uses a gentle, proprietary technique for extracting the most potent essential oils. Founder and President, Gary Young, and other Young Living experts have decades of experience distilling essential oils. Today, Young Living operates distillation facilities in Utah, Idaho, Ecuador, France, and Oman.

## STEAM DISTILLATION

Essential oils can be distilled in a variety of ways, but the most common method is steam distillation—a process that has been used for thousands of years. Following this proven technique, Young Living utilizes vaporized water that travels through the plant material to gently extract the natural oil. Once the steam passes through the plant material, the oil is carried with the steam through a series of stainless-steel pipes where it condenses and separates from the water. The water is then drained off and the remaining essential oil is taken to the Young Living laboratory for quality testing.

With each batch of essential oil, Young Living takes into consideration the part of the plant used (leaf, stem, bark, resin, etc.), when the plant was harvested, and the temperature at the time of distillation. Even minor deviations in distilling the plant material can cause an imbalance in the optimal natural constituents.

**“Many people can and do distill essential oils—but no one in the world has been doing it as long and with as many varieties as I have. Distilling this long gives a perspective that is necessary to innovation and creating new oils.”**

—Gary Young, Founder and President

## DISTILLERIES AND CERTIFIED PARTNERS

When he distills, Gary Young treats each aromatic plant differently. He understands that frankincense resin must not travel long distances before it is distilled. This is one reason why Young Living built its own distillery in Oman. Gary also distills his own lavender in Utah, Idaho, and France, where he can personally monitor the plant’s chemical profile. Such is the case with hyssop, golden rod, ocotea, Palo Santo, and many other essential oils.

Young Living also uses its distillation expertise to certify partner distillers around the world. Gary Young and other sourcing specialists personally visit these global partners to certify their machinery and distilling methods. This summer, Gary and Young Living’s Director of Purchasing, Mary Lou Jacobson, traveled to Canada to inspect a long-time distillation partner who provides ledum and spruce—two important oils in the line-up of Young Living singles and blends; earlier this year the pair also traveled to Madagascar to help partner distillers complete the ylang ylang harvest and distillation; and Marc Schreuder, Director of Product Formulations, traveled to Australia to supervise the distillation of blue cypress.

Whether expertly distilling essential oils or certifying partner distilleries, the Distill portion of the Seed to Seal process is further evidence of the lengths Young Living goes to produce the highest quality essential oils available on the market. This means you can trust Young Living to produce quality, therapeutic products that work.



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**“Young Living thanks contributing bloggers Tracy Griffiths and Kaye Lynne for adding their thoughts on how to use essential oils. For more tips, check out <http://blog.youngliving.com/product>.”**

### SIMPLE YOGA TECHNIQUE WITH FRANKINCENSE

Yogis throughout the ages have practiced pranayama, the art of breathing well. Prana means “breath,” “vitality,” or “energy,”; ayama means “to stretch.” Pranayama extends and regulates the energy flow throughout the body. As regular users of Young Living essential oils, we probably all know the importance of being able to breathe unencumbered, deeply, and fully. As we inhale essential oils, the tiny molecules of the oils enter through our nasal passages, into our lungs, and then into our bloodstream, helping increase the uptake of oxygen, among the many benefits the oils provide.

When we practice special breathing techniques such as pranayama combined with using essential oils, we have the ability to clear our minds, calm our nervous systems, and restore balance in our emotions in a very profound way.

Try this simple pranayama technique with frankincense essential oil, which is known as the “holy anointing oil.” Frankincense can help ground us into a physical experience on the earth plane while also helping lift our consciousness to higher states of being.

#### THREE-PART YOGA BREATHING TECHNIQUE:

Get your bottle of your frankincense essential oil and lie on the floor on your back with your knees bent. Place a drop of frankincense into your left palm and gently rub your hands together clockwise to spread the oil evenly onto your palms.

**STEP 1:** Bring your oiled palms up to your nose and inhale deeply; first concentrate on lifting your navel and lower abdomen for ten breaths. After the first three or five inhalations, you may rest your hands on your lower abdomen to focus on sending the air to your lower abdomen. Exhale completely before the next inhalation.

**STEP 2:** Apply another drop of frankincense to your palms, rub your hands together as described above, and bring your palms to your nose and begin another round of ten breaths; this time focus your breath into your middle abdomen and mid rib cage area. Rest your hands on your rib cage to help you focus your breath there. At the end of the tenth breath, fully exhale all the air out from your lungs and feel your navel draw up toward your spine.

**STEP 3:** Reapply the frankincense to your palms and inhale for another round of ten breaths, this time focusing on filling your upper chest and upper lungs. Place your hands on your collarbones to help you focus your breath in the upper region of your lungs.

Now put all the steps together for the three-part yoga breath so you breathe evenly into all three sections of the torso: lower abdominal area, middle rib cage, and collarbones. Feel free to apply more essential oil to your palms and inhale if needed. Try to keep each inhalation and exhalation equal in length. Follow the breath and the scent of the frankincense, imagining the oil and the air washing through you. Your steady breath and the frankincense oil will help calm your mind and bring harmony to your whole body.

Tracy Griffiths



### RAINDROP TECHNIQUE FOR CHILDREN

Children exchange germs with each other every day. They pick them up on the playground, in the classroom, or wherever they are near other children. So what can we do as parents and grandparents to protect our families from winter bugs? Give your kids the incredible benefits of Young Living's Raindrop Technique® to keep their immune systems healthy.

If you have any concerns about using essential oils on children, try the oils on their feet first. If they handle the oils well, try them sparingly on the back as indicated below. Keep an eye out for reddening of the skin and let children know to tell you if they feel any burning. If this happens, you can easily add V-6™ Enhanced Vegetable Oil Complex immediately to cool down the skin.

To perform the Raindrop Technique, have the child lay quietly on a bed or a massage table:

- 1.** Start with Valor® essential oil blend. Put a drop of Valor in each hand. Cross your arms and apply Valor to the child's feet. Hold the feet and wait for an energy change in the body.
- 2.** One at a time, apply oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint essential oils (in this order) up the spine of the foot. Use the Vita Flex Technique for this. Remember: Children can be more sensitive to the oils; only use one drop of each oil on the feet.
- 3.** Have the child roll onto his or her tummy to put the oils on the back. Rub your finger over the essential oil bottle to get a little bit of oil on your finger, then rub the oil up the spine starting from the lower back up. A full drop of oil may be too much if the child is fair skinned. Lightly feather stroke each oil up the spine. Start with oregano and continue with thyme the same way. Watch for any redness or discomfort and apply V-6 if necessary.
- 4.** Rub your finger over the bottle of basil essential oil. Rub basil up both sides of the spine, then feather stroke it in. Now do the spinal pull three times up the spine.
- 5.** Rub your finger over the bottle of wintergreen essential oil. Rub it up both sides of the spine, then feather stroke it in. Now do the thumb roll, called Vita Flex Technique, three times up the spine.
- 6.** Next, rub your finger over the bottle of marjoram essential oil. Rub it up both sides of the spine, then feather stroke it in. Now, with big circles, massage up the side of the back on both sides three times.
- 7.** Apply a very small amount of Aroma Siez™ essential oil blend to the areas of the back and feather stroke it in. Then do the glide stroke, going back and forth across the back working up the back three times. You can do a light massage to release any tension or tightness in the back.
- 8.** Now rub your finger over the bottle of peppermint essential oil. Rub it up both sides of the spine, then feather stroke it in up the sides of the spine. Watch for any burning or hot areas and add V-6 massage oil if necessary.

The Raindrop Technique is a great way to prepare kids for the winter and help them fight off germs. It also gets them even more used to using Young Living's essential oils at an early age.

Peace be with you,

Kaye Lynne