

Zia's Essential Connection

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Stress soothers take center stage at Grand Convention 2009

The timing couldn't be better for the introduction of Young Living's® newest stress-soothing products, as we're in the midst of a challenging season that calls us to be healthy, strong and able to contribute our best.

Four of the six products launched at the Grand Convention are formulated specifically to combat chronic stress, the type of stress that can have a negative impact on our health. They offer relief, improved relaxation and better sleep, all which can help us break out of the chronic stress cycle in which many can find themselves.

Stressed-out statistics

- Stress plays a part in health problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions as well as anxiety and depression. From 75 to 90 percent of all doctor's office visits are for stress-related ailments and complaints.
- The lifetime prevalence of an emotional disorder is more than 50 percent, often due to chronic, untreated stress reactions.

As always, these new products are made with Young Living therapeutic-grade essential oils, so they work WITH our body systems to rebuild and revitalize. They don't mask or suppress symptoms.



Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

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Stress soother #1 Ocotea essential oil

This brand new essential oil is from Young Living's farm in Ecuador. Distilled from the leaves and stems of a large tree, **Ocotea** has a history of use dating back over 500 years.



- Natural cleansing and purifying properties.
- Helps combat the negative effects of stress on the body with the highest levels of alpha-humulene of any known essential oil.
- Dilute with V-6® Oil for internal or topical use to avoid possible skin sensitivity.

Ocotea is a key ingredient in the new Young Living essential oil blend that follows.

Stress soother #2 Stress Away™ essential oil roll-on

Calming and relaxing scents of lime, vanilla and ocotea are available at a moment's notice when you have **Stress Away** essential oil roll-on. Portable and spill proof, Stress Away is a must for road warriors and everyday heroes alike.



Combine the use of essential oils with stress management activities such as yoga, meditation and exercise.



Stress soother #3
SleepEssence sleep aid

SleepEssence is a natural way to enable a full night's rest. It contains four powerful Young Living Therapeutic Grade™ essential oils which have unique sleep-enhancing properties:

- **Lavender** affects the body similarly to powerful sedatives.
- **Valerian** has a long history of reducing stress and anxiety.
- **Vetiver** has been shown to improve sleep quality.
- **Ruta**, another Ecuadorian oil, helps promote the onset of sleep.



Sleep Essence also contains **melatonin**, a naturally-occurring sleep aid. When combined with essential oils, melatonin is also good for restless leg syndrome.

Stress soother #4
RutaVaLa™ essential oil roll-on

This the roll-on to reach for when sleep is elusive. All three ingredients – Lavender, Valerian and Ruta – are known to increase relaxation and drowsiness.

Now there are four new, all-natural products to ensure you are calm, well-rested and feeling your your best every day. Share this important news with your friends, co-workers and neighbors, too.



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Updated Product
Home Diffuser

This is Young Living's answer to toxic air fresheners! The Home Diffuser is specially designed to cleanse the air in your home or office by atomizing your chosen essential oil, which then destroys the odor-causing molecules. Using ultrasonic technology, the Home Diffuser safely eliminates odors and replaces them with the healthy, revitalizing scents of Young Living essential oils.



- Now with a deeper well, which enables longer, more continuous diffusing without frequent refilling.
- Ultrasonic technology can atomize any essential oil, no matter how thick, by using water and ultrasonic vibration to disperse the oil into the air.
- Features a timer with five different cycle options.
- A soothing light system guaranteed to set a calming mood.
- Three different diffusion rates for easy control.
- For a limited time only, **Christmas Spirit** and **Orange** essential oils (5 ml size) are included with every purchase of a Home Diffuser.

All of these features make the Home Diffuser a great choice for your home or office.

NEW CONVENTION PRODUCTS		
Product Name	Code # Size	Prices Wholesale Pref Cust Customer
RutaVaLa roll-on essential oil blend	#4711 10 ml	US\$29.75 \$34.45 \$39.14
StressAway roll-on essential oil blend	#4472	\$22.75 \$26.34 \$29.93
SleepEssence sleep aid	#4760 30 caps	\$22.75 \$26.34 \$29.93
Ocotea essential oil	#3556 5 ml	\$29.00 \$33.58 \$38.15
Home Diffuser plus Christmas Spirit & Orange essential oils	#4468 5 ml each	\$85.00 \$98.42 \$111.84