

#4: Chai Pecans & Beauty School

This class is designed to be run at home, gathered around the kitchen+dining table, with 5 to 20 attendees. It's recommended to charge \$20 per person to cover costs.

What you will need for the presentation

- Go to your virtual office. Click on “Member Resources”. In the Information Pages section you will find the “Culinary Essential Oils” flyer. Print in colour, one per guest.
- Required oils for the exercises:
 - The oils from your Premium Starter Kit (at the very least: Lavender, Frankincense, Copaiba and Stress-Away)
 - Orange oil
 - Cedarwood oil
 - Roman Chamomile oil
 - Blue Cypress (or normal Cypress) oil
 - Nutmeg oil
 - Cinnamon Bark oil
 - Jade Lemon oil
 - *Optional:* Rosemary oil
 - *Optional:* Clary Sage oil
 - *Optional:* Lemon Myrtle oil
 - *Optional:* Bath Gel Base
- You'll also need the following Young Living products:
 - V6[®] or coconut oil – just in case someone gets oil in their eyes
 - Thieves Foaming Hand Soap (at the kitchen sink)
 - Thieves waterless hand purifier
 - ½ can of NingXia Zyng per attendee
 - 30ml of NingXia Red (as sachet or bottle) per attendee
 - One ART skincare pack (Toner, Cleanser and Light Moisturiser)
- Ingredients for the Chai Pecans (these quantities are enough for 8 people, ie. 25g of pecans each – adjust according to the numbers attending)
 - 200g organic pecans
 - 30g of butter or coconut oil
 - 3 teaspoons of coconut sugar or maple syrup

- A frying pan and heat
- Measuring spoons (tablespoon and teaspoons)
- A set of kitchen scales (or have everything pre-measured)
- A plate for serving the Chai Pecans
- Glasses (not plastic cups) for the NingXia Zyng cocktails – if feasible, serve in champagne, wine or shot glasses so as to increase the pamper factor.
- 1 lime, thinly sliced (for putting on the edge of the glasses)
- 30ml full cream milk (for external use only)
- A large salad bowl for making up the eye compress mix (not plastic – use glass, ceramic or stainless steel)
- Some filtered water for the eye compress
- 4 cotton eye pads per guest (two for the eyes, two for the toner)
- *Optional:* Relaxing music and method of playing the music (eg. Through computer or sound system)
- 60ml glass jars or 100ml PET plastic jars (one per attendee) for the Luscious Bath Soak – available at cost price plus postage and handling in packs of 25 from book@healthgarden.com.au, or purchase in bulk from <http://www.plasdene.com.au> (code BC-60-043-AM - glass amber jar code, with black ABS 51mm lid code CL-51-2594-BK, OR code PL-100-3402-AM – for the 100ml PET plastic jar, and code CL-70-2852-BK for the matching black lid).
- 1 Tablespoon of Aluminium-Free Baking Soda (Bicarb of Soda) per guest
- 1 Tablespoon of finely ground Himalayan salt or Epsom salts per guest
- Dried lavender and/or rose petals (available in the tea section of some health food stores), and/or some finely sliced slivers of orange peel
- A printed copy of these notes for the presenter
- *Optional:* Labels for the Bath Soak, where guests can write on it what oils they put in
- *Optional:* Name tags and coloured pens for writing names on
- Calculator, stapler, pens
- Ask guests to bring a hand-towel each, for the beauty exercise (let them know they will be applying products to their face – they might prefer not to wear makeup)

Paperwork for helping your guests to order products:

- **Australian + Asian classes:** Price Lists, Product Guides, Order Forms, Application & Agreement Forms and Direct Debit Forms, and a computer with internet access if you wish to do online ordering
- Printouts of “Getting Started....it’s easy” document – only needed if you have guests attending who are not YL members (photocopy onto coloured paper, one per guest)

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Introductions and Safety

- As guests arrive, find out more about them (ie. what interested them in coming).
- Briefly introduce yourself to the group
- Remind guests of the safety protocols with essential oils:
 - If an oil burns your skin or you get it in your eyes, apply V6 or other good quality vegetable oil over the top
 - Citrus oils (and some other oils like Angelica and Ginger) are photosensitive. These oils have a sun symbol next to them in the product guide. Always apply under clothing. Don't expose that skin to UV light or sunlight for 24 hours.
 - We can't make therapeutic claims about the Young Living oils, because of the labelling laws in Australia. If you have questions about how essential oils may help you, do your own research using the internet and books.

NingXia Zyng Spritzers

- Let's start our Soiree by revitalizing ourselves with NingXia Zyng® Spritzers
- NingXia Zyng is a high energy sports drink made by Young Living
- *Presenter: show guests the NingXia Zyng can*
- This is your healthy alternative to sports drinks like Red Bull®
- At only 35 calories per can, it contains:
 - Wolfberry puree – that's a type of Goji berry, and it's also contained in our NingXia Red juice
 - Sparkling water
 - Pear and blackberry juices
 - White tea extract
 - Lime and Black Pepper essential oils
 - And NO artificial flavours or preservatives
- It does contain natural caffeine from the white tea
- And it's sweetened with a combination of Stevia and evaporated cane juice
- We're then going to add 2 tablespoons of NingXia Red juice into the glass
- This is another healthy super-food from Young Living
- It's pureed goji berries from the NingXia Plateau – also called wolfberries
- The ancient Chinese used these wolfberries to maintain the health of their muscles, ligaments, bones, liver, heart, brain and eyes
- They are rich in vitamins and minerals – so you are about to get a wonderful health-kick!
- NingXia Red also contains other high antioxidant fruits - Blueberry, Plum, Aronia, Cherry and Pomegranate juice
- It's sweetened with Stevia, a natural sweetener
- And it even contains Orange, Yuzu, Lemon and Tangerine essential oils
- The combination of these 2 drinks is delicious!

- *Presenter: Before you start making the NingXia Zyng Spritzers, set a frying pan on the stove, with the heat on medium, so it can be heating up ready for the Chai Pecans*

Exercise: NingXia Zyng Spritzers

- Serve a half can of NingXia Zyng into a glass (preferably a fancy glass like a champagne or wine glass)
- Have guests taste it
- Then add 30ml of NingXia Red into the glass
- Have guests taste it
- Add 1 drop of Jade Lemon into the mix, to complete your cocktail

Cooking with oils

- Anyone hungry?
- Essential oils are wonderful as flavouring agents in our food, and so convenient
- Today we're going to make Chai Pecans
- This takes 5 minutes to make, and you'll wow your friends and family with how delicious it is
- First - a few reminders about cooking with oils
- You want to make sure your oils are produced organically, with no chemicals added – that's why we use Young Living's oils
- You also want to make sure your oils are compliant with Food Standards Australia and New Zealand, which our oils are (*Hand out the Culinary Oils flyer*)
- Because essential oils are so concentrated, start with tiny amounts and build up

Exercise: Chai Pecans

- *Presenter - This makes enough for 8 people (approx. 25g of pecans each) – adjust the quantities according to the number of guests.*
- Melt 30g butter or coconut oil in a fry pan on medium heat
- Add 8 drops of Cinnamon Bark oil and 8 drops of Nutmeg oil
- Add 200g organic pecans
- Stir occasionally, until the butter or coconut oil has coated the pecans
- Once the pecans are roasted and not blackened, add 3 teaspoons of coconut sugar or maple syrup
- Serve immediately
- Offer guests the Thieves Waterless Hand Purifier to cleanse hands
- Invite guests to use Thieves Foaming Hand Soap after eating

Natural skin care with essential oils

- So are you ready for some pampering?
- Essential oils have been around for thousands of years
- The ancient Egyptians used them in the embalming process, and also for maintaining health, for fragrance, and in their cosmetics
- For example, Kohl (the black eyeliner worn by Egyptians) was made of ground charred frankincense resin
- We're sometimes asked the shelf-life of an essential oil
- So long as it doesn't contain a carrier oil, it's about 5000 years!
- How do we know this?
- Essential oils were found in alabaster jars in King Tutankhamun's tomb, in near perfect condition (just a slight waxy build up around the lid).
- As soon as a carrier oil is added, the carrier oil itself can go rancid after a number of years, so the shelf life is reduced
- Who knows whether the Young Living oils contain a carrier oil? *Ask guests.*
- The answer is yes *and* no
- None of their single oils are diluted
- However some of their blends contain a carrier oil, so these won't have as long a shelf life

The Ancient Egyptians

- The ancient Egyptians loved fragrances
- They believed the more beautiful they smelt, the more blessing their gods would bestow on them
- So they'd wear wax cones on their heads, fragranced with essential oils
- The sun would melt the cone, covering them in essential oils

Luscious Bath Soak

- A really nice way to fragrance your skin is to bathe in essential oils
- This was very popular in ancient Egypt
- If you don't have a bath, you can do a foot soak instead
- We could add the essential oils straight into the bath water
- But essential oils are fat-soluble, meaning they don't mix with water
- When you step into the bath, the essential oils are floating on top
- The pores of your skin will be open thanks to the heat of the bath
- So you get concentrated essential oils onto your pores –it can feel like it's burning
- What would you do if this happened? *Ask guests?*
- Yes, you'd use V6 or another vegetable oil over the top
- But a better solution is to mix the oils into some type of dispersing agent
- You could use *Young Living's Bath Gel Base*, and then add whatever combination of oils that you want to that
- *Optional: Pass around Young Living's Bath Gel Base*

- Alternatively we can use some Bicarb of Soda mixed with some Himalayan or Epsom salts, and this will do the same trick
- I'd like you to be able to take something home with you from today, so you're going to be making up your own Luscious Bath Soak

😊 **Exercise: Make your own "Luscious Bath Soak"**

- Into a 50g jar, place:
 - 1 tablespoon of Baking Soda (Bicarb of Soda)
 - 1 tablespoon of Himalayan Sea Salts (or Epsom Salts)
 - Then add your essential oils (12 drops in total) – either pick your own combination, or use:
 - 4 drops Lavender oil
 - 4 drops Orange oil
 - 4 drops Rosemary or Frankincense oil
 - Add some dried flowers like lavender or rose, or some orange peel
- Put the lid on the jar, and shake well
- The Baking Soda is wonderful for detoxifying our body, and the Salts help to relax our muscles

- Now, we've made this with Baking Soda and Salts
- But Queen Cleopatra used almond oil
- She'd mix this with the milk from a young donkey and some fresh honey
- So wherever she travelled, she'd always take a couple of donkeys with her, in case she wanted to take a bath
- If you wanted to mimic this, you could use half a cup of honey, 3 cups of milk and 5 tablespoons of almond, olive or Young Living's V6® oil
- Then just add your essential oils to this mix, with or without the Baking Soda and salts

Dilution Ratios

- Essential oils played a key role in the Ancient Egyptian's beauty care and anti-aging formulas
- In fact, they were their secret weapon against time and gravity
- To use essential oils on the skin, you'd normally mix it with a carrier oil base such as Young Living's V6 oil, or coconut or almond oil
- This serves two purposes
- It allows you to cover more of the skin surface with essential oils when they are diluted like this
- It also prevents the essential oils from irritating sensitive skin, like the skin on your face

- If you wanted to use the oils for massage, you'd use 12 drops of essential oil to 30ml of vegetable oil (that's about 6 drops to a tablespoon)
- That's about a 1 to 50 dilution ratio
- If you want to use the oils for beauty care, you could use this same ratio (1:50), or you could go stronger – up to a 1 to 4 ratio
- 1 to 4 means 1 drop of essential oil to 4 drops of vegetable oil
- So play around with your dilutions to work out what suits your skin the best
- Remember that if you've made it too strong and it starts to burn, you just need to add some extra V6 or carrier oil over the top

Ideal Oils to Use

- Some of the gentler essential oils can even be applied neat to the skin without requiring dilution
- Cedarwood and Sandalwood oils would be a fantastic choice for this
- Both of them are very gentle on the skin
- And they have a secondary benefit
- They relax us so much that our breathing deepens as they carry us into a theta state of consciousness, like a meditative state
- Apply them as you go to bed, and notice what an amazing night's sleep you have
- You'll never want to go to bed without them!!!!
- Myrrh is another oil that can be applied directly to the face without dilution
- It is great for skin elasticity
- In fact, it's a great oil to rub on the perineum each day for several weeks before giving birth
- By improving skin elasticity in that area, it reduces the likelihood of tearing
- And another one is Copaiba oil (*pronounced "Ko-pie-eeba"*)
- It helps to make the skin more firm and tight – like a natural facelife!
- So if your skin is sagging, it's a great one to use
- When you are making up your mixture for your face, you can then add other oils in such as:
 - Helichrysum (if you have visible capillaries)
 - Frankincense (on age-related blemishes)
 - Patchouli or Carrot Seed oil (on scars or wrinkles)
 - Clary Sage (makes the skin look radiant and youthful)
- Geranium is another oil that is *amazing* for the skin!!!!
- It tones the skin, so it helps to reduce sagging and wrinkles
- It helps to slough-off dead skin (*"Slough" is pronounced "Sloff"*)
- And it's an ultra-moisturiser for the skin!!!
- Whatever oils you end up using, make sure you test the essential oil on a small patch of skin first (as some of these oils can be a bit warming on sensitive skin).
- Providing there is no discomfort, it can be applied to a wider area

An Essential Oil Eye Compress

- So let's look at one of the fun things you can do with oils for the skin
- In 1 litre of cool water, add:
 - 1 drop **Lavender** (for healthy skin)
 - 1 drop **Roman Chamomile** (to minimize dark circles)
 - 1 drop **Blue Cypress (or Cypress)** (supports skin circulation)
 - 1 drop **Copaiba** (soothing to inflamed skin)
 - 1 teaspoon of **V6** (to help disperse the essential oils in the water)
 - 30ml of full cream milk

Presenter: Show attendees how you take a cup with the milk in it, and add the V6 oil and the 4 essential oils listed above into the milk. Swirl it around, so the V6 oil and milk mixes with the essential oils, and pour into a bowl containing a litre of water.

Choose a bowl made out of glass, ceramic or stainless steel, and not plastic. Essential oils can digest plastic.

Do not do the eye pad exercise just yet (it will come a little bit later). Simply explain it to students in the following bullet points.

- Then all you have to do is to dip two cotton pads into the water, wring them out and place over your closed eyes for 3 to 5 minutes.
- (Optional: *Demonstrate to attendees how to wring them out*).
- You'll have the chance to try this shortly
- Before we do that, I want to introduce you to one of YL's most beautiful skincare products

☺ Age Refining Technology (A.R.T.®)

- YL has an advanced skincare system using essential oils, called ART®
- It stands for Age Refining Technology, and consists of a foaming cleanser, a light moisturising cream and a facial toner
- ART contains two powerful essential oils – Sandalwood and Frankincense
- It also has purple orchid extract in it, which is soothing and moisturizing to the skin
- And it contains goodies like enzymes, Aloe Vera juice and other antioxidants
- This combination gives you a holistic skincare system suitable for all skin types
- It's so gentle it can be used on the most sensitive skin
- There was an Italian study done in 2010, using Boswellic acids extracted from Frankincense resin⁷
- Scientists made up a cream with a 0.5% dilution of Boswellic acids in it.
- 15 female volunteers applied this to half of their face once daily for 30 days.

- The scientists noticed that the side of the face where the boswellic acids were applied showed significant improvements in the photoaging, tactile roughness (ie. wrinkles), and fine lines, as well as an increase in skin elasticity and a decrease in oil excretion.

1. "Topical Boswellic acids for treatment of photoaged skin" by P. Calzavara-Pinton, C. Zane C, E. Facchinetti E, R. Capezzeria and A. Pedretti. *Dermatology and Therapy*. 2010 Jan-Feb;23 Suppl 1:S28-32. Doi: 10.1111/j. 1529-8019.2009.01284.x.

☺ Cedarwood as well....

- Are you keen to try it?
- You'll have the chance to do that shortly
- And we're going to do something really special, and apply some Cedarwood oil to our face as well
- Cedarwood oil is *amazing!*
- (*Presenter – hold up the bottle to show everyone*)
- It is thought to be one of the first essential oils ever extracted from nature, and it's mentioned 25 times in the Bible!
- It is made up of 98% sesquiterpenes
- This is a natural compound that binds to oxygen
- So Cedarwood oil is one of the most oxygenating oils available
- You've probably heard how beauty therapists use oxygen to help skin glow with health
- Well, that's what Cedarwood oil does!
- It also tightens the skin and improves muscle tone
- So if you use it each day on your skin, it keeps you looking younger!
- And it has one other great benefit – it helps deepen our breathing!
- This makes it a wonderful oil for meditation and prayer
- Just put a drop under your nose, on your face, or on your third eye
- And if you use it on your skin before bed, just notice how you sleep!
- Many people find this oil helps them have the deepest, most rejuvenating night's sleep!
- So it's a really versatile oil – yet it's also one of our least expensive oils
- It's only AUD\$19 for a large bottle, which contains about 300 drops
- Make sure you add it to your next order, so you can experience it for yourself – you'll never want to be without it
- (*Presenter: read out from the next exercise, then you will have the guests do the exercise. You can put on some peaceful music while the exercise is taking place.*)

A.R.T.® and Eye Compress Exercise

We're about to do an exercise with this, and it's going to pamper your face on a few different levels. I've put some ART cleanser, toner and light moisturiser in the bathroom.

Step 1: First, wash your face with the cleanser, and pat it dry using the hand towel that you brought with you.

Step 2: Then use the cotton pads provided and apply a small amount of toner to your face. This will help remove any makeup, dirt and grime. After applying it, pat your face dry with your hand towel.

Step 3: Apply one squirt of light moisturiser to your face.

Step 4: Take 2 drops of Cedarwood oil, and rub it over your face or throat, making sure you keep away from the eyes (ie. stick to forehead and cheeks).

Step 5: There is a bowl here with some of the eye compress mixture in it. Dip two cotton pads into the mix, wring them out, and then go back to your seat and put them over each eye, and relax for 10 minutes.

(Presenter: Just as a precaution - if any student were to find that the oil mix in the compress stung their eyes, give them some V6® or carrier oil to rub around their eyelids when their eyes are closed, to reduce the heat.)

Thank you and Goodbye's

- So that brings us to the end of today's class
- What did you most enjoy about the class? *Group sharing*
- Please write down your email address, so I can send you a copy of these notes

If non-members were present in the class

- Once the class is finished, find out whether these guests are interested in ordering some oils for themselves
- If so, encourage them to start with one of the Premium Starter Kits, as these are the best value for money
- If this doesn't suit them, the Basic Starter Kit or Basic Starter Kit Plus make good alternatives, and they can add additional items to their order according to what they fell in love with today
- Use the "How to Order" document to step them through their ordering options, and to explain the Essential Rewards program

Background Research

Presenter: This information is included here for education purposes only, and is not intended to be read out at classes. Have it available in case anyone asks for more info on the science quoted in the class.

Topical Boswellic acids for treatment of photoaged skin by P. Calzavara-Pinton, C. Zane C, E. Facchinetti E, R. Capezzeria and A. Pedretti. *Dermatology and Therapy*. 2010 Jan-Feb;23 Suppl 1:S28-32. Doi: 10.1111/j. 1529-8019.2009.01284.x.

Boswellic acids (BAs) are pentacyclic triterpenes extracted from the gum resins of the tropical tree *Boswellia serrata*. They are orally administered in traditional Indian medicine for the treatment of several inflammatory disease and cancer because of their anti-inflammatory and immunomodulatory activities as well as stimulatory effects on fibroblasts. The present authors have investigated efficacy, tolerability, and safety of a base cream containing 0.5% BAs in the treatment of clinical manifestations of photoaging of facial skin with a randomized, double-blind, placebo-controlled, split-face study. Fifteen female volunteers applied the creams with or without BAs on the half sides of the face once daily for 30 days. [Significant improvements of the Dover's global score for photoaging, tactile roughness, and fine lines, as well as, with noninvasive diagnostic techniques, an increase of elasticity, a decrease of sebum excretion, and a change of echographic parameters were observed with topical \[Boswellic Acids\] BAs in comparison with placebo.](#) The treatment was always well tolerated without adverse effects. The present findings seem to indicate that topical application of BAs may represent a suitable treatment option for selected features of skin photoaging.