

# THE SEED PLANTERS

# April Newsletter



- April Ditch & Switch
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## Ditch & Switch ...your skincare!

Six years ago, my two oldest daughters were struggling with horrible skin irritations. They were toddlers and I was trying EVERYTHING I could to relieve them and improve their symptoms. Nothing was working. I dug a little deeper into what was in the products and creams I was using on them and slowly started to switch them out with DIY recipes and Young Living oils. What happened was, not only was their skin clearing up, but they had less mood swings, slept better, and got sick a lot less often.

What we put on our skin matters. The ingredients found in common lotions, creams, and washes can be secretly wreaking havoc on our immune and hormonal systems.

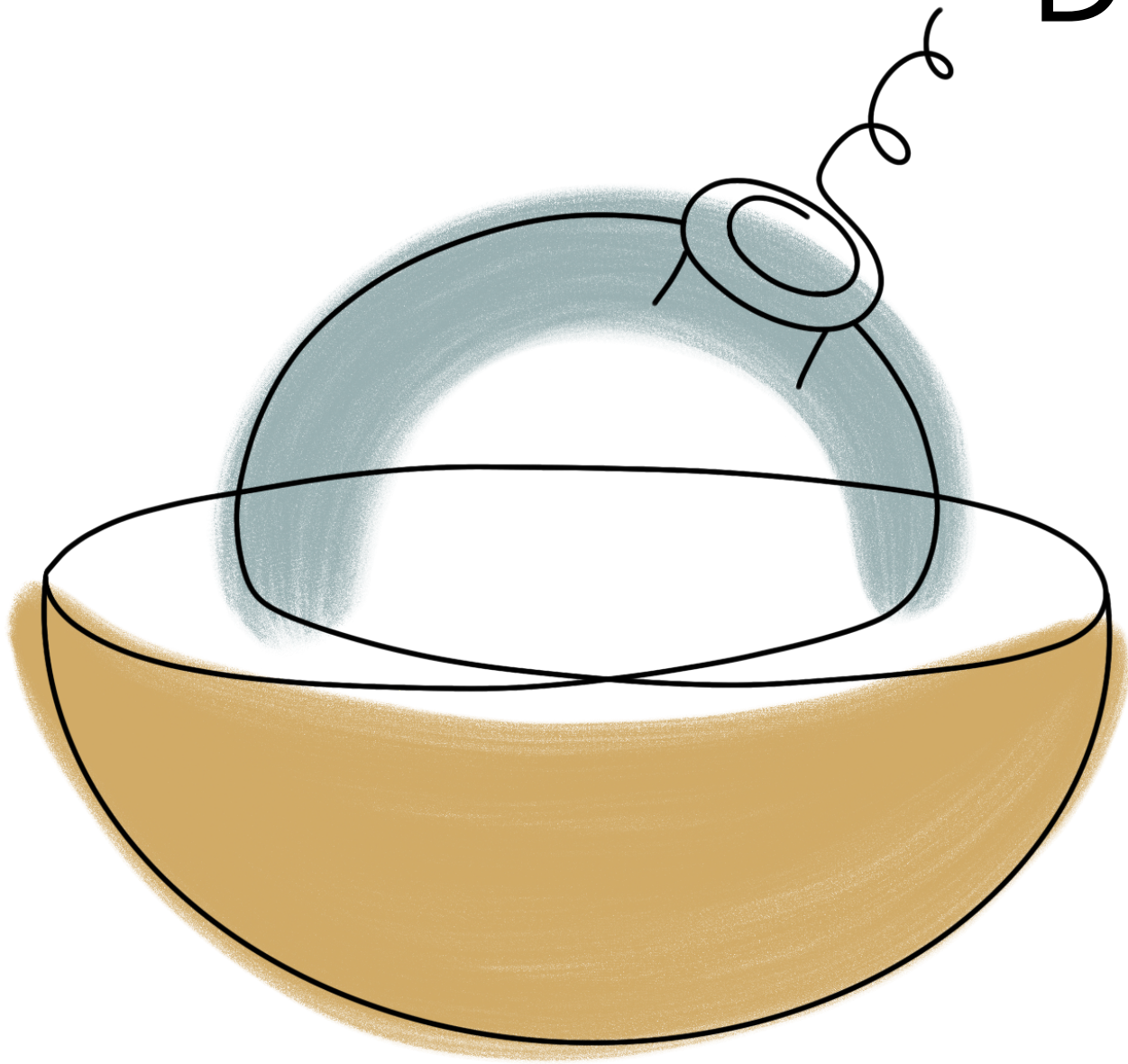
**Quick fact: There is a published list of 2,000 acceptable ingredients that can be grouped under "fragrance" wording. The list includes problematic ingredients, including carcinogens.**

We challenge you this month to take a look at what is REALLY in the ingredients of your daily skincare products. Trade one of those products for something from Young Living's plant based options. They even have Makeup! By switching products one at a time, we easily transition our products out and make the most out of our budget.

There is not a "standard normal" state for your skin, as it will change as you age and pass through different phases. Your skin can also change with the outside climate, or with sickness or ailments. By taking note of this, we can adjust our routine and help our skin look better than ever....and FEEL better than ever too!

# April Recipes

## DIFFUSE THESE



### *Spring Rain*

4 Lemongrass  
4 Eucalyptus  
5 Lemon

### *Breathe Easy*

4 Lavender  
4 Lemon  
4 Peppermint

### *In Bloom*

2 Sage  
2 Ylang  
Ylang  
3 Lavender  
3 Lime

## ROLL THIS

Spring is the birth of NEW.  
Welcome it with ABUNDANCE!



*Tangerine is a "happy" oil. The bright + uplifting properties is EVERYTHING!*

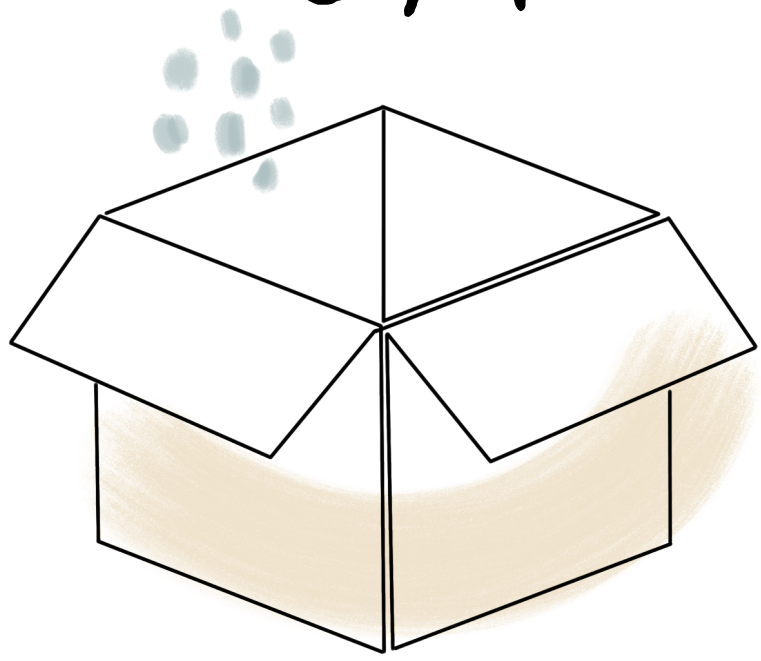
### *Be Blessed Roller*

10 Drops Abundance  
10 Drops Tangerine

Add to a roller bottle and fill to the top with a carrier oil you love.



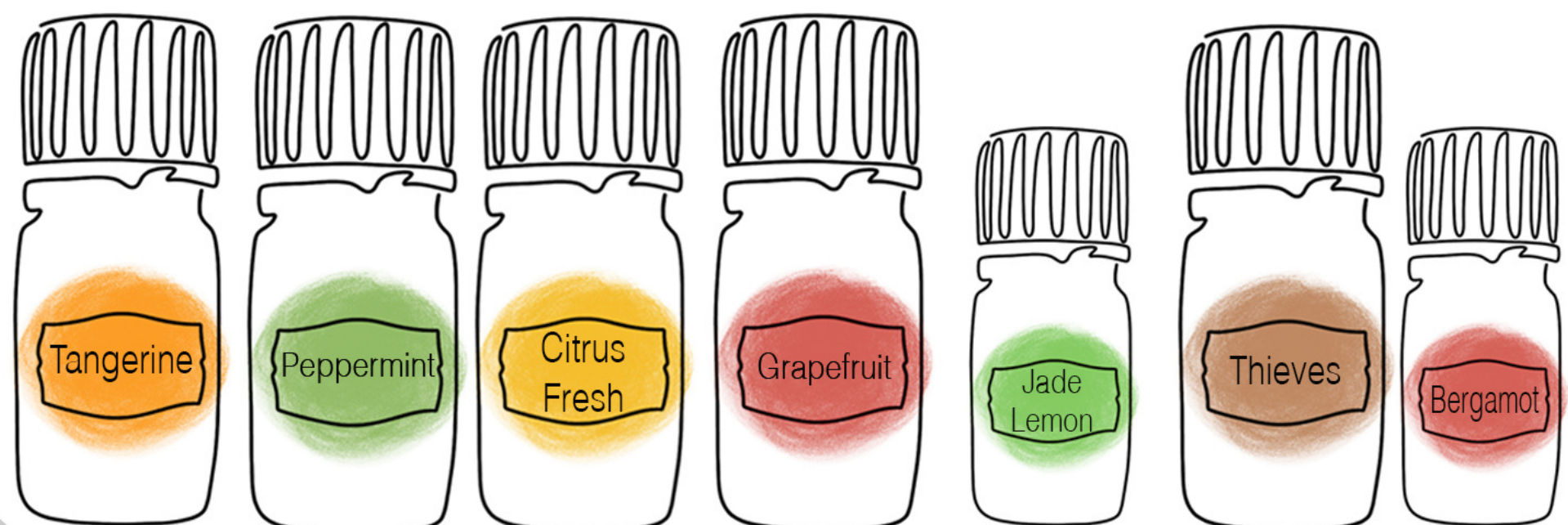
# Gifts With Purchase



Heads up friends! If you haven't heard the buzz, Young Living is making some incredible updates for us...full of amazing opportunities!

Currently, our monthly wellness orders, or **Essential Rewards Orders**, AND our **individual orders** include promotions and free product Young Living gives us at different volumes. These products change each month and are incredible and amazing! The term we use for these right now is, "Promos" and we will eventually hear this switch to, "**Gifts With Purchase.**" Everything is the same (Including FREE SHIPPING on orders 100PV+)...just a different name. This is an incredible change because that is EXACTLY what they are...GIFTS!

Enjoy your monthly *Gifts With Purchase* going forward!



Promotions can be earned on Essential Rewards orders and One-Time Orders!

\*Included on Essential Rewards

100PV

Free Shipping

190PV

Free Shipping  
Tangerine  
\*Peppermint  
\*Citrus Fresh

250PV

Free Shipping  
Grapefruit  
Jade Lemon  
Tangerine  
\*Peppermint  
\*Citrus Fresh

300PV

Free Shipping  
Thieves  
Bergamot  
Grapefruit  
Jade Lemon  
Tangerine  
\*Peppermint  
\*Citrus Fresh

# April Promos



# Dig a little deeper....

Take a look at April's feature class all about skincare!



Take this Beauty Quiz to find out which products are right for YOU!

MODERN Oiler  
WELLNESS FOUND

## Mint Sprig Bath Tea

- 5 drops Peppermint
- 15 drops Lime
- 10 drops Stress Away
- 5 drops Spearmint
- 1/2 cup Epsom Salt
- 1/2 cup Coarse Himalayan Salt
- 1/2 cup Dried Mint Leaves
- 1 cup Whole Dried Oats
- 4x5 Muslin Cotton Pouches



### Directions

Grind oats to a fine powder in a food processor. Mix ingredients in a glass bowl. Scoop Mixture into pouches. Fill Pouches 1/2 way. Store in a cool dry place. Will stay fresh for about 3 months.

### To Use

Hang pouch over the spout while tub fills with hot water. Let pouch float in the tub after it is filled.

## April Diy Recipes

### Fresh Blossoms Perfume

- 1 Glass Atomizer Spray Bottle
- 5 drops Magnesium Oil
- 5 drops Jasmine
- 5 drops Stress Away
- Fill the rest with Water

### To Use

Shake before each use. Spritz your hair, and skin for a fresh floral scent. You can try different scent combos too!



### Refreshing Zyng Bomb

- 2oz NingXia Red
- 1 Can NingXia Zyng
- 1 tube NingXia Nitro
- 2 drops Jade Lemon Vitality Ice

### To Use

Fill Glass with Ice, pour in Zyng, Nitro & NingXia Red. Add your 2 drops of Jade Lemon. Stir and Enjoy!

### Benefits

Ningxia Products are loaded with antioxidants. Antioxidants destroy free radicals. Antioxidants are reducing agents, so they limit oxidative damage. Because Ningxia wolfberries are so high in antioxidants, they can play a big role in helping slow the aging process for people living healthy lifestyles.



# Body Glow

+ Choose 3-5 oils + Add 10-20 drops each to a lotion bottle + Fill with carrier oil + Apply to clean skin

## Smoothing

Juniper  
Cedarwood  
Grapefruit  
Tangerine  
Peppermint  
Citrus Fresh  
Lavender  
\*Cel-Lite Magic  
Massage Oil

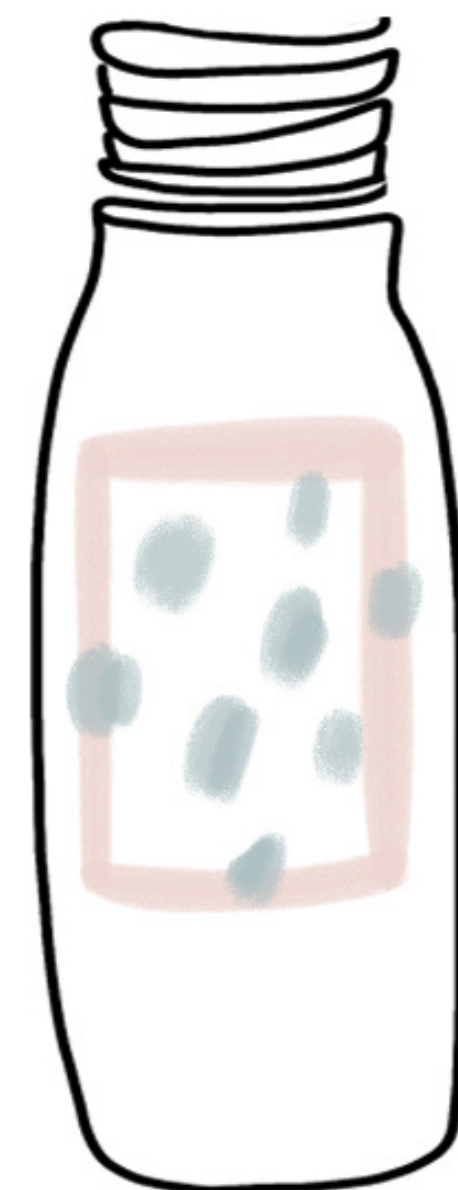
## Circulation

Cypress  
Juniper  
Lavender  
Frankincense  
\*OrthoEase Massage Oil

+TIP: Citrus oils are photosensitive so use sparingly for sun exposure.

## Dry Skin

Lavender  
Frankincense  
Northern Lights Black Spruce  
Gentle Baby  
\*Coconut Lime Replenishing  
Body Butter, Genesis Hand and  
Body Lotion



# Glow Up!

## BUILD YOUR CUSTOM GLOW MOISTURIZER

+Choose 3-5 oils + Add to a dropper bottle + Use Jojoba oil for your carrier + Apply to a clean face

### Blemish-Prone Skin

Geranium

Lavender

Tea Tree

Purification

Copaiba

\*Maximum Strength Acne

Treatment, Charcoal Bar Soap

+TIP: Find a blend that has oils with skin benefits like Valor and Juvaflex

### Dry Skin

Geranium

Myrrh

Ylang Ylang

Lavender

Frankincense

\*Bloom Essence, ART Intensive Moisturizer, CBD Beauty Boost

### Sensitive Skin

Sandalwood

Frankincense

Lavender

Neroli

\*Sandalwood Moisture Cream

### Dark Spots+Uneven Skin

Orange

Frankincense

Blue Tansy

Sandalwood

Carrot Seed

\*Bloom Essence, Sheerlume Cream, Wolfberry Eye Cream

### Mature+Ageing Skin

Carrot Seed

Geranium

Frankincense

Lavender

Myrrh

Rose

Ylang Ylang

\*Boswellia Wrinkle Cream, Bloom Essence

