

# Lara's Young Living Recommendations for Gyms

Young Living Essential Oils, all-natural supplements, cleaning & personal care are now incorporated  
(your gym here!)

As Perfective's Partner of Young Living (Your Gym) will offer access to Young Living essential oils and merchandise thru online wholesale savings sign up (ask us how!) or select items at our retail price.

To learn more about Young Living and the benefits of essential oils checkout local workshops on [www.perfectives.net](http://www.perfectives.net) and find (Your name & your distributor's name's here) on the Member page.

The best way to get started is with a wholesale account that introduces you to 11 essential oils, a diffuser, 24% off retail price for 12 months and more. Our team is happy to share testimonials.

Go to [www.perfectives.net](http://www.perfectives.net) and sign up with the member who introduced under the member page. Speak with them first as they can assist in the process.

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(Now IF you sell retail items I would sell them at retail young living price (24% more than what you pay) and here are some items I would sell (as little or as many as you'd like ☺). The catalog shows retail costs. Remember any communication is without prescribing or curing. Share you testimonials and watch wording.

## **Oils (sell or use)**

1. Deep Relief – cheaper than Panaway and assists with sore muscles/aches.
2. Pan-Away – Same as above and good for any “itis” (i.e. tendinitis, arthritis) (\$\$)
3. Peppermint – Great for energy boost, getting more oxygen. One drop goes a long way (I do one in an 8 oz steal container at the gym). Good for digestion support, hot flashes, fever, nausea, headaches (with lavender)
4. Lavender – burns, cuts, calming, headaches (with peppermint)
5. Peace and Calming – 5ml are nice since they aren't very expensive. Nice calming diffuse. Sleep aide as well. Diffuse, topical.
6. Valor – 5ml – great for chakra alignment and balance. Diffuse, topical.

## **Nutrients/Drinks (sell or use)**

1. DRINKSNingxia red – I'd have the packets and sell them at \$4 each for nutrient boost. You can pinterest of google fun recipes with these as well. Ningxia shots with your favorite oil (lemon (alkalines as do most citrus). Slique oil is great for weight suppressant (in water or ningxia).
2. Ningxia Nitro – add these for natural caffeine plus nutrients without the caffeine crash of coffees and other stimulants.
3. Ningxia Zyng – wolfberry, white tea, black pepper oil – light hydrating drink.
4. Supplements (not sure if Herbalife has these but my favorite for a gym)
  - a. Alaklime – alkalimes the body
  - b. MegaCal – Calcium and Magnesium
  - c. Mineral Essence is great but tastes awful – is people pee a lot when they have water they are fighting mineral deficiency. Need your minerals....
  - d. Inner Defense – this is thieves in a capsule.
  - e. Sleep Essence – for sleep challenges
  - f. Omegagize – Omega 3's with essential oils to aid
  - g. Digest and Cleanse

## **Clean Your Gym & Diffuse (sell or use)**

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1. Get the Lowes generic 32 oz bottles and put 2 capfuls of Thieve's Cleaner with water – label the bottle so people know to ask you more about the cleaner (maybe you have the bottle on display or sell it retail) - [http://www.lowes.com/pd\\_366843-531-LOAPS30\\_0\\_\\_?productId=3531738](http://www.lowes.com/pd_366843-531-LOAPS30_0__?productId=3531738)
2. Diffusing for Yoga – see attached images. My room favorites are: Inspiration, Abundance, Peace and Calming, Harmony, Valor, Joy, and Grounding (some will be 5ml and other 15ml so check before you buy to know what you are getting).
3. Diffusing for entrance/café – thieves, purification and peppermint is great. I love citrus fresh and Christmas spirit too – you will get people asking.
4. Back of the catalog copy the information for those who want to get a starter kit...info is right there. If you sign someone up you want to know a few things to help build your line. Contact (call or text me – as you grow let me know who your distributors are (like Tracy) so we can start to build lines to help your bonus structure).
5. I'd have the catalog & pocket reference on display so when people are waiting they can look – you can put DO NOT REMOVE and a sticker to ask if interested in products....
6. There are mini Thieve's Sprays too (great to sell and if someone has a sore throat have them squirt in their mouth (clove numbs it a bit) – great to sooth throat and fight bacteria.
7. NOTE – there are safety precautions and special attention to pets, babies, children, pregnant mothers and those on medication. People should do their homework and learn the right tools (pregnant and babies – get the book Gentle Baby and there is a lot of information the www shares but can be overwhelming. Those interested in the pocket reference can contact me or if you want to sell them there let me know.

**HOPE YOU ENJOYED LARA'S QUICK GYM RECOMMENDATIONS!**

**LIKE MY TEAM ON FACEBOOK – PERFECTIVES**

**CONTACT ME AT 401-497-5421 OR [INFO@PERFECTIVES.NET](mailto:INFO@PERFECTIVES.NET)**

**CHECKOUT OUR WEBSITE [WWW.PERFECTIVES.NET](http://WWW.PERFECTIVES.NET)**

**Nectar of the Gods otherwise know as Ningxia NOG**

1. One shot glass of water – (free!)
2. Three squirts of MINERAL ESSENCE – (\$28.75 5 squirts is 24 servings so you could stretch out to 2 months) - \$14.38 per month
3. One scoop MEGACAL (calcium / magnesium (heart beat regulation) (\$39.75 – 90 servings; 3 months) - \$13.25 per month
4. One scoop ALKALIME (alkaline J) (\$35.75 45 servings 1.5 months) - @\$20 per month
5. One 2oz of NINGXIA RED (\$71 for two bottles or \$84.50 for 30 pack – @ 1 month servings)
6. Add oils of your choice! not included in pricing...

*Brought to you by [www.perfectives.com](http://www.perfectives.com)*

TOTAL - \$118.63 a month for wholesale members  
That's @\$4 a day plus shipping and handling

Start with all ingredients or start with some. The Ningxia and Oils add to flavor in addition to many other benefits!! Compare this to the things that dehydrate & provide negative reactions to your body - coffee, soda, fuel drinks, processed foods, etc...not sure what each item does for you then....contact the Young Living Perfective's Team members!

**Learn more from the Perfective's Young Living Team**  
**[www.perfectives.net](http://www.perfectives.net) [info@perfectives.net](mailto:info@perfectives.net)**



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FIND ME OR MY TEAM 'MEMBERS' ON [www.perfectives.net](http://www.perfectives.net) & Join healthy living with us & Young Living. All Prices are USA Prices taken from January 2015 Catalog addition – subject to change