



Essential Oils & More for a Healthy Pregnancy & Childbirth

(If there is 1 presenter, start the meeting as follows)

HOST/ESS –

O.K., we are going to go ahead and get started. I am so happy to see each of you here tonight, and want to thank you for coming! We are going to have some fun for the next hour as my trainer (if host is a distributor)/friend (if host is a friend), (NAME), a (RANK) with Young Living Essential Oils, shares something that has completely changed his/her life, and blessed the lives of thousands of others, including mine! _____ is not only a great friend of mine, and not only has s/he seen tremendous results with what s/ he is going to share tonight, but much more importantly, s/he has also been able to help countless others as well! In the next hour, _____ will educate you on the products that have helped women all over the world have smoother pregnancies and more support in labor and delivery! You are definitely going to want to take notes, so get out your pen and paper. And at this time, please give your undivided attention to _____.

PRESENTER –

Thank-you, HOST/ESS! My name is (NAME), and I'm a (Rank) with Young Living Essential Oils, and it's my pleasure to welcome you here to (HOST/ESS)'s home to learn about some products that have helped many women have a smoother, more natural pregnancy and childbirth! Prior to getting started with Young Living, I . . . *(tell product story – build in lot's of "me-too's". Can anyone here relate to this?* Raise your hand. . – take out all the "so-what's", also you may tell your business story. Also, you can customize this introduction based on who the guests are and what you know about

about them. Listen to “Instant Customer Goldmine” from Dani Johnson for more detailed information).

(If there are 2 presenters, start the meeting this way –)

O.K., we are going to go ahead and get started. I am so happy to see each of you here tonight, and want to thank you for coming! We are going to have some fun for the next hour as (NAME OF OTHER PRESENTER) and myself share something that has completely changed our lives, and blessed the lives of thousands of others! In the next hour, we will educate you on the products that have helped women all over the world have smoother pregnancies and more support in labor and delivery! You are definitely going to want to take notes, so get out your pen and paper.

My name is (NAME), I’m a (RANK) with Young Living Essential Oils, and it’s my pleasure to welcome you here to (HOST/ESS)’s home to learn about some products that have helped smoother, more natural pregnancy and childbirth! Prior to getting started with Young Living, I . . . *(tell product story – build in lot’s of “me-too’s” by. Can anyone here relate to this?” Raise your hand. . – take out all the “so-what’s”, also you may tell your business story. Also, you can customize this introduction based on who the guests are and what you know about them. Listen to “Instant Customer Goldmine” from Dani Johnson for more detailed information).*

Let me start with a few comments about pregnancy and childbirth. Women have been giving birth as long as mankind has been around, and they have been using secrets from Mother Nature to help them during this time probably for about as long!

Most anyone who has ever had a baby can recall the inconveniences and discomforts – both emotional and physical - that often accompany pregnancy, and the wonderful but almost incomprehensible challenge of bringing a new life into the world.

In our day, more and more women are looking for natural support during pregnancy and labor. They think twice about using drugs and chemical preparations. After all, modern science confirms that whatever the mother puts into her body will be transferred to her baby through the umbilical cord!

Also, many women today are looking for a more natural childbirth experience. They are aware of the risks of unnecessary medical interventions during birthing that can not only cost more, but keep the mother hospitalized and in recovery for longer and come with their own set of complications for both mother and baby.

If there was a way for you to enjoy more optimal health during pregnancy as well as enjoy greater support for a normal labor and delivery using natural products that are SAFE for the baby too, would you *at least* want to *know* about it (*raise hand*)?

Young Living is a 25-year-old, billion dollar company that has been founded on the principle that nature has powerful, natural substances from PLANTS to meet the needs of the 21st Century family! Young Living owns and runs hundreds of acres of sustainable, organic farmland and essential oil distilleries in Utah, Idaho, Canada, France, Ecuador, Croatia, and Oman! Young Living is currently doing business in almost *every nation* around the globe, and is rated the *fastest growing* direct sales company in the U.S. with about 100,000 joining each month in the U.S. alone! Our company was founded by essential oil pioneer, the late Gary Young, who invested over 35 years in the research and development of essential oils and other natural products. His wife and company CEO Mary Young, continually travels the world to promote the ongoing success and development of Young Living.

The products we are focusing on tonight are pure, therapeutic-grade essential oils and nutritional supplements enhanced with essential oils. Has anyone ever heard of essential oils before? (*raise hand*) Great! For those who aren't quite sure, essential oils are the lifeblood of aromatic plants. Have you ever broken open the leaf or stem of a plant and seen a fluid come out? (*raise hand*) Well, when you take the precious fluid from aromatic plants containing the plant's therapeutic properties and you super-concentrate it, what you end up with is an essential oil! Young

Living is the largest worldwide distributor of therapeutic-grade essential oils, and has a reputation of providing some of the most pure and powerful essential oils available!

What can essential oils do for you and me? As you're about to see, they do a LOT more than just smell good!

There are 3 ways to harness the power of essential oils, and you will get to experience each of these tonight! First, essential oils can have a powerful impact when inhaled. Second, essential oils can be applied to the skin, either straight (or "neat") or diluted in a carrier oil like olive oil. Third, Young Living has a line of essential oils labeled for internal use called the Vitality Essential Oil line. The Vitality essential oils can be used internally in cooking or by putting a drop in a glass of water, or in capsules. And lastly, essential oils can greatly enhance the power of nutritional supplements, personal care products, and household products and also make them much safer to use during pregnancy.

(If there are 2 presenters, the second presenter should take over here after the first presenter introduces him/her.)

(First Presenter) I'm going to go ahead and turn the time over to (NAME OF OTHER PRESENTER), a (RANK) with Young Living. _____ is not only a great friend of mine, and not only has s/he seen tremendous results with what s/he is going to share tonight, but much more importantly, s/he has also been able to help countless others as well! *(You might add a few additional words of edification.)*

(Second Presenter) Thanks, (NAME OF FIRST PRESENTER), for that introduction! It's a pleasure to work with you and I appreciate . . . *(edify the first presenter here.)*

Now go ahead and get that pen and paper out, and draw a line down the center of your paper, and another line across the center to make four quadrants. In the upper

left quadrant, write “Notes”. In the upper right, “Things I need”. In the bottom left quadrant, write “Questions”, and in the bottom right, “Friends and Family”. This will help you organize your thoughts and ideas on the information we are about to share.

[NOTE: You should display each of the products discussed in this script if you have them, and then either hold them up or pass them around as you discuss them.]

Relatively early in pregnancy, women can start to experience digestive stress. There are several essential oils and supplements from Young Living that can help **support digestive health** and are safe for both mom and baby. Peppermint Vitality, Ginger Vitality, and Spearmint Vitality essential oils are all renowned for their positive impact on digestive health. Peppermint Vitality oil is extremely soothing to the digestive system and helps the bowels to move more easily. Spearmint Vitality oil may be especially soothing for the esophagus. A woman can add a couple drops of Peppermint or Spearmint Vitality essential oils to a glass of water and drink as needed. It not only tastes great but it makes a refreshing drink. Make sure to use glass or ceramic, not a plastic cup.

Add a drop or 2 of Ginger Vitality oil to a quart of water, 1-2 Tbsp. of raw apple cider vinegar, and either 1-2 Tbsp of raw honey or stevia to taste to make a delicious, healthy, and stomach-soothing gingerale.

Another oil that supports the digestive system is DiGize Vitality oil. It has peppermint, ginger, and several other oils known for their positive impact on digestive health. Put a drop or two in glass of water and drink. You can also add a few drops of DiGize Vitality oil to a blank capsule along with an equal amount of olive oil, and take the capsules with water as needed.

Peppermint, DiGize, spearmint, and ginger essential oils may also be applied topically on the bottoms of the feet or over the stomach.

Lastly, you can support overall digestive health during pregnancy and otherwise with Young Living’s Life 5 probiotic and EssentialZymes digestive enzymes.

Take a Life 5 probiotic capsule after your evening meal to help populate the gut with health-promoting bacteria. Take the digestive enzymes with meals or as needed to help promote proper digestions. YL digestive enzymes also include digestion-enhancing essential oils.

(share relevant testimonials here)

Pregnancy can be a very exciting, and also a somewhat stressful time for a woman. Fluctuating hormone levels combined with the uncertainty of pregnancy and future motherhood can take their toll on women. Certain essential oils can be a huge **support for a happy mood**, and are totally safe for expectant women.

Uplift feelings of the “blues” with the aroma of a variety of essential oils. Geranium oil promotes balance in one’s feminine energies, which can be a great help to an expectant mother. Inhale, diffuse, or apply over the heart. Joy oil can be used in the same way. Apply a drop or 2 of lavender and/or frankincense over the temples and brain stem area. Calm feelings of anxiousness with Peace & Calming. Valor can help promote feelings of personal empowerment. Gentle Baby helps both mom and baby feel more relaxed. Apply any of these oils on the feet and shoulders.

Each of these oils is fantastic to diffuse or inhale right out of the bottle, to use in the bath with some Epsom salts, or dilute with V6 oil and apply in a full body massage. In the bath, mix about 6 drops of your chosen oil in 1-2 cups of Epsom salts, then add to a warm bath. For massage, mix about 6-8 drops of your chosen oil in 2 Tbsp. of V6 or another high-quality carrier oil.

Soothe stresses and tensions with Stress Away. Apply over the tops of the shoulders. Is anyone feeling stressed right now – would anyone like to try Stress Away on? *(have them take off their shoes and give them a couple of drops of either oil to rub on their feet)*

(share relevant testimonials here)

Anyone who has ever carried a baby knows that pregnancy creates a number of

challenges for **deep and rejuvenating sleep**. While essential oils may not be able to remove all these challenges, they can help the mind and body relax and help you sleep more soundly than otherwise possible.

Diffuse Peace & Calming, lavender, or cedarwood essential oils at bedtime. Their aroma can help provide a peaceful atmosphere conducive to sleep. Apply Peace & Calming or lavender on the bottoms of the feet and tops of shoulders to help the body release tensions and help you drift off to sleep more quickly. Rub a couple of drops of cedarwood oil on the tips of the big toes and back of neck to help promote deeper sleep.

For serious relaxation and preparation for deep, peaceful sleep, use 6 drops of any of these oils in a warm Epsom salt bath like we just talked about.

These oils are also great to diffuse in the baby's room and can be a huge benefit to baby's quality sleep!

(share relevant testimonials here)

Pregnancy can be notoriously challenging to a woman's **muscles, joints, and connective tissue**. AgilEase is a fantastic supplement from Young Living that supports normal bone and joint health. Among its ingredients are clove and wintergreen essential oils, which are also found in PanAway essential oil blend. Apply a few drops of PanAway diluted 50/50 in olive or coconut oil topically on the low back, calves, and other areas of the body for a soothing effect. Peppermint oil is another ingredient in PanAway, and can be applied just as PanAway. It's also great to apply on the temples, forehead, and neck for a fantastic cooling sensation that soothes tensions away.

AgilEase and PanAway oil are most needed and most appropriate to use in the second half of pregnancy or third trimester.

Sulfurzyme is another supplement from Young Living that supports the health of connective tissue. And Super Cal is a wonderful calcium supplement from Young Living that is another important part of the puzzle for optimal connective tissue

health – especially during pregnancy.

Lastly, Lemon Vitality and Citrus Fresh Vitality oils are wonderful to add to water or in Young Living's nutrient infusion NingXia Red to help many aspects of the body function optimally. Citrus essential oils are known for their delicious flavor and ability to add some extra “zing” to beverages.

(share relevant testimonials here)

As a woman's skin must stretch and strain to accommodate her growing baby, supporting the **elasticity and health of the skin** can help alleviate a lot of problems. Myrrh, frankincense, lavender, Gentle Baby, and geranium essential oils are all fantastic for helping promote healthy skin both for pregnant women and anyone with skin! Myrrh and Gentle Baby oils are particularly helpful to improve skin elasticity. Geranium is deeply moisturizing. Lavender is well-known to help condition and support all types of skin troubles. Frankincense is also a top skin- conditioning essential oil that you will want to experiment with!

Dilute any of the essential oils above in a carrier oil such as coconut oil and apply to the skin to help condition and tone skin. You can also make your own skin conditioning salve with ingredients such as shea butter, cocoa butter, coconut oil, and olive oil with the essential oils added in.

Gentle Baby or myrrh can be used to prepare the mother's body for childbirth. Dilute 50/50 in coconut oil and massage on the perineum to help it stretch for easier birthing.

Cel-Lite Magic and Citrus Fresh essential oil are great to help minimize unsightly dimpling of the skin during pregnancy and otherwise. Apply topically to trouble areas before bed. One word of caution – don't apply either of these products to the

skin right before spending significant time in direct sunlight as they can sensitize the skin to sun.

The good news is that all of these oils that are beneficial for the skin also smell amazing and their aroma helps promote a happy mood!

(share relevant testimonials here)

During pregnancy there is nothing more important than **good nutrition**. And Young Living doesn't skimp one bit in the quality and naturally-delicious flavor of their nutritional supplements. We don't have time to go into a lot of details, but besides the supplements I already mentioned, some of the most highly- recommended supplements during pregnancy include Young Living's delicious NingXia Red nutrient infusion, whole food vitamin Master Formula, amazing Pure Protein shakes that come in chocolate and vanilla spice, OmegaGize Omega 3 supplement, Super C Vitamin C supplement, Super B - B vitamin complex, and Mineral Essence liquid mineral supplement.

Along with a diet rich in protein, healthy fats, and plenty of vegetables and fruits, you can be sure to fill in any gaps in your prenatal nutrition with Young Living nutritional supplements!

(share relevant testimonials here)

During pregnancy, women can struggle with **oral health**. Thieves oil is an ideal oil to help promote healthy teeth and gums. Dilute in coconut oil and apply right on the gums as needed. And a pregnant woman can add Thieves toothpaste and mouthwash to her oral care regimen with great results!

(share relevant testimonials here)

In recent years, it has come out that pregnant women should avoid the use of cold and flu medicines because they may not be safe for the baby. Thieves Vitality oil is also a fantastic, safe essential oil blend for **immune system support** during pregnancy and otherwise. Take a drop or 2 of Thieves Vitality oil in a glass of

water if you start to feel a scratchy throat. Take a few drops of Thieves oil in homemade capsules every few hours when stronger immune support is needed. Apply a few drops of Thieves oil on the bottoms of feet, or dilute and apply over the throat. Lemon Vitality oil is another highly recommended immune supportive essential oil that can be added to tea and water. Or apply lemon oil over throat. Diffuse Thieves and lemon oils to promote a healthy and sanitary environment in your home.

Young Living's Inner Defense softgels are also a powerful, user-friendly addition to anyone's immune support arsenal. They contain Thieves oil along with oregano, thyme, and lemongrass essential oils.

Another oil very useful during pregnancy is Raven, a blend of oils that includes eucalyptus and peppermint oils. Diffuse, inhale out of the bottle, dab on sinuses, and apply a drop or two on the chest to enjoy the rich, soothing aroma.

(share relevant testimonials)

As a woman goes into labor, all the oils we already talked about to support a healthy mood will help her feel more peaceful. A few other oils are especially helpful to have on hand during labor. Joy oil can be diffused, inhaled, and applied over the heart, sacrum, and belly to **uplift the laboring mother's spirits** and support her in the process of labor.

Apply Valor on the laboring mother's feet, shoulder, low back, and belly for an aroma that helps instill confidence.

She can inhale Idaho Balsam Fir right out of the bottle during contractions. The aroma of this powerful oil has a special ability to soothe at this time.

A particularly powerful essential oil to use in labor is SclarEssence – a blend that supports normal glandular function and includes clary sage oil. Clary sage contains phytoestrogens from plants that may naturally help a mother-to-be

maintain proper hormone levels to sustain labor. Take SclarEssence Vitality oil orally right in the mouth or in homemade capsules.

Labor can be an intense process. Though there is no essential oil that will magically remove all the discomfort of childbirth, there are several that can help **make childbirth more bearable**. Apply PanAway, vetiver, helichrysum, or Idaho Balsam Fir on a woman's inner ankles, low back, and/or belly. And a woman can make an oil blend ahead of time with valerian, Clove Vitality, and Peppermint Vitality essential oils and take drops by mouth every few minutes or as needed to help relax the nervous system and alleviate tensions.

A woman might consider having 2 oz. sachets of NingXia Red as well as tubes of NingXia Nitro handy during labor to help her sustain energy levels.

(share relevant testimonials)

In the immediate **postpartum** time, the new mother needs to be replenished in body and spirit. She can use a few drops of Progence Plus daily, which contains wild yam extract. She can continue to take NingXia Red, OmegaGize, and any of the other Young Living supplements she was taking during pregnancy. The aroma of essential oils such as Joy, lavender, frankincense, and lemon will continue to help her feel more peaceful and relaxed during this transition time. And she can use Young Living's ClaraDerm spray or essential oils such as myrrh, lavender, and frankincense, diluted, on her perineal area to deeply nourish and soothe the skin and tissue.

Essential oils also have a place with the new little baby. Frankincense or myrrh are traditionally used on the new baby's umbilical stump immediately after the cord is cut. The new baby will inhale small amounts of essential oils that are applied to the mother, which can be soothing and calming.

Documentation beats conversation – our products really *do* change people's lives, and we have a 100% money-back guarantee.

Today, you can get many of the oils we talked about today – that’s lavender, Peppermint Vitality, Lemon Vitality, Citrus Fresh Vitality, frankincense, Thieves Vitality, PanAway, Di- Gize Vitality, Raven, Peace & Calming, and Valor– in a kit called The Premium Starter Kit. Young Living will give you an additional FREE 5 ml bottle of Stress Away oil, 2 samples of our amazing antioxidant nutrient infusion NingXia Red, a bottle of Thieves spray, and a FREE Desert Mist essential oil diffuser valued at \$83.88 when you purchase this kit! *(if you want to promote the Dewdrop or Aria diffusers, you may also do so here)*

Those who get this kit will also have the privilege of getting wholesale pricing on any Young Living products they purchase in the future, and it is the first step to take for those who are concerned with the economic trends in our country, and would like to explore the Young Living business opportunity.

This kit costs \$165 *(same price with the Dewdrop diffuser or \$265 with the Aria diffuser)*, and either you *will* see dramatic results in your home and with your family with these essential oils and save money by not having to purchase a ton of new chemically-manufactured products for your body and home, or we will give you your money back!

Alternatively, essential oils may be purchased individually at the full retail price.

Now, I want to thank each of you again for being here in HOST/ESS’S home tonight. And we want to show our gratitude to you by doing a raffle for this FREE GIFT *(some YL product – make sure it was something mentioned and promoted during the class so people know what it is, and have a desire for it).*

No matter what we say, there are 3 types of people here tonight. The first type is thinking “NO. Thanks, but no thanks, this probably isn’t for me”. We understand – don’t feel bad about saying no. We want to thank you, regardless, for taking time out of your busy schedule to be here tonight! You still want to have better health using natural products, right? I recommend that you test out any of our products, and I promise you that if you don’t get the results you expect, you will get your money back.

The second type of person is a little more serious, and is thinking “This sounds pretty good.” For you, I highly recommend our Premium Starter Kit, resting assured that if you aren’t 100% satisfied, you will get your money back. With an order of this kit, you will be able to get powerful results naturally whether you are pregnant or not. You will have the privilege of getting 24% off all future Young Living purchases, and you can get \$50 for each person you refer who buys this kit. You will also receive detailed information on how to use each oil, as well as the free Stress Away oil and essential oil diffuser.

The third type of person is not only serious about using natural solutions for their pregnancy and childbirth, but is ready to maximize their results for a smoother, more natural experience. If this is *you*, then congratulations! You will want to get our Premium Starter Kit, as well as some of our other essential oils and supplements for expectant mothers for 24% off the full price! You will also get the free Stress Away oil and essential oil diffuser!

HOST/ESS is now passing out your forms – go ahead and fill out the raffle forms so you can be in the running for this free gift, and fill out your order forms to place your orders!

I want to take this opportunity to thank HOST/ESS for hosting this class tonight. (*Edify the host/ess here*). I want to thank him/her by giving him/her this GIFT (*it can be a deodorant, lip balm, Thieves foaming hand soap, or if you are a holistic practitioner, it can be a gift certificate for your services*).

Folks, go ahead and fill out your forms!

Be quiet while people are filling out the forms. Your presentation is over. Make sure they have product guides handy while they fill out order forms. You may go around one-by-one and ask people “What did you like about what you saw tonight?”

OK – pass your order forms up to the front! And if HOST/ESS will do the honors, we will go ahead and see who the winner is! (announce the winner).

Thanks, folks, and have a great night! *(collect order forms, you can go around and ask people what they liked most about what they saw, and close them on what is best for them right now)*

What You Need for the Class

- Oils from the Premium Starter Kit
- Essential oil diffuser
- Other YL products mentioned here for display and to pass around
- Order forms (you can download these from YL Virtual Office)
- Price lists (in the pocket of YL Business Tools)
- 1-2 product guides
- List of testimonials to share
- Gift for host/ess
- Something to raffle off
- Table for display with tablecloth – HOST
- OPTIONAL – extra products to sell retail