Short Guide to using essential oils between sheets
Lucy was born when one woman decided to host a Valentine’s Day class to teach women how to use oils between the sheets. She got a brave group of women together, and they all used oils in the bedroom for several months. They agreed to share honest and vulnerable details with each other. These juicy results were divulged in Lucy’s Valentine’s Day Class “There’s an Oil for THAT”.

News of the online class spread like wildfire. Thousands of women around the globe assembled to learn how to rekindle their relationships. The outcome was heartwarming and tear jerking. Lucy received message after message about how the class had finally helped women to get over their emotional and physical blocks. For some, it was a defining point or saving grace in their marriages.

Not long after, Lucy published the class into a book and it flew through the roof to become Amazon’s #1 aromatherapy book.

When you discover something this good, you’re going to want to share. Friends don’t keep Lucy a secret.

This book will get you started on your journey with using Essential Oils between the sheets.
One of the first things that Lucy talks about is the importance of recognizing your own inner beauty. She speaks of two voices that we hear, the critical voice and the forgiving voice.

The critical voice finds ways to improve. We hear this voice when we choose to present ourselves in the best light to others. We wish to look, feel and act our best. We also hear a forgiving voice. This voice is kind and wise. This voice reminds us of our strength and value regardless of our shortcomings.
Both of these voices are normal and healthy when they are balanced. Too often we listen more to the critical voice than the forgiving voice. Remember to be kind to yourself and to listen to both voices equally. But, if you ever hear a voice that says you aren’t sexy enough or good enough to be with a partner, be aware that you are no longer listening to something that is a part of you. Those are external lies. You ARE enough and your beauty is inextricably bonded like your name.

Quality matters in any essential oil application. When we are talking about using oils for intimacy applications, it is ESPECIALLY imperative that you understand the importance of using a true Seed to Seal® therapeutic grade essential oil.

You must be super excited to discover which oils are the BEST for him and her. But first, let’s make sure that you are using them safely. Therapeutic Grade essential oils are very potent. It takes 150 pounds of lavender blossoms to make 1 pound of pure therapeutic grade lavender oil. For this reason, a 100% pure and therapeutic grade lavender will be more valuable than one that is cut with lavandin (a hybrid plant that has a similar smell to lavender but is cheaper) or oils that are pre-diluted with carrier oil, or worse, filled with “oils” that are altogether synthetic.

A true essential oil is the essence of the plant.
Oils carry valuable properties inherent to the plant.

Each plant has a different value based on its chemical makeup. When taken from the plant and used in the human body, this lifeblood bestows those same properties into the human body. It’s crazy cool. These properties are called chemical constituents and are what make essential oils living, bioavailable superstars.

Young Living is the only company that farms and distills their own oils themselves. Unlike every other brand, they are not a middleman who buys from other sources to rebottle, rebrand and then resell. I like knowing that they own or co-op their farms. They grow their flowers, plants and trees without harmful pesticides. They test with higher standards than any other company, and they ship them from the farm to your door. There is an abundance of chemical laden oils that are labeled as pure. Adulterating oils with unlabeled carrier oil and synthetic additives is almost the norm among cheaper brands. You will not get the constituent benefits of Therapeutic Grade Cypress or Grapefruit when using cut-rate oils.

Young Living oils can be used aromatically. Essential oils can have a profound effect on your mood. They are unique in that they get past that “thinking brain” and impact your “feeling brain.

Young Living oils can be used topically. Oils can be placed on vita-flex points, on the wrists, or on the bottoms of the feet. Inner thigh potions are blends that are designed to create excitement and preparation for the bedroom. Apply them from the inner mid-thigh to the leg crease and two inches below the navel.

Young Living is the only company that has a dedicated line of oils labeled for ingestion. Because their oils aren’t adulterated with alcohol solvents or synthetics, their oils that come from edible plants are safe for consumption. Every oil in Young Living’s Vitality line is labeled for ingestion.
There is some confusion as to whether or not hormones are healthy, and whether they increase or decrease the likelihood of disease. When natural hormone levels are high – women tend to have less issues with PMS, menstrual migraines and low libido.

However, when these levels are low, a woman may choose to supplement with a synthetic chemical hormone to ease her symptoms. While these chemicals do help to ease symptoms, they have been linked to high rates of other diseases. Phytoestrogens, like those found in Clary Sage, are plant hormones that are similar to mammal estrogens and are bioavailable in the human body. The wild yam extract found in Progessence Plus increases progesterone without synthetics.

So, when you are considering the safety of hormones think of it this way:
Human hormones: GREAT. Plant hormones: GOOD. Synthetic hormones: BAD.

Now that that’s clear, let’s talk about oils that balance your hormones.
Progessence Plus is an oil-infused serum developed JUST for women. The doctor who developed Progessence Plus created it for Young Living based on his findings that most women have very little natural progesterone. This is a problem because progesterone is a hormone that impacts libido, mood, and overall wellness. Progessence Plus contains USP progesterone from wild yam extract, Vitamin E, Sacred Frankincense, Bergamot, Copaiba and Peppermint to soothe the crazies and calm your mind. Wear it daily on your wrists, or several times a day during times of hormonal distress. Progesterone levels tend to drop the lowest a few days before and during menstruation.

Lucy says that it supports her lady-crazy and always wears this before and through her cycle. This can also be worn daily to prevent irritability and to keep your “happy hormone” levels high every day.

When your hormones are happy – you are more likely to feel happy as well!
Lady Sclareol is a fantastic lady hormone balancing oil. It contains oils known to decrease negative emotions, boost confidence, and help the wearer to feel more peaceful and grounded. Geranium aids in hormonal balance and Clary Sage aids with cramps, PMS and agitation.

Ylang Ylang helps to balance male-female sexual energy and encourages feelings of sensuality.

Sage Lavender has been shown to support the body’s estradiol levels which equates to being more regular.

In the Lucy research group, Lady Sclareol was loved by women of all ages, but especially by women between the ages of 40 and 50. This age group loved Lady Sclareol the most because the properties in this blend support the body’s natural transition through menopause. It can be worn daily as a perfume to support healthy estradiol levels which is increasingly important for this life change. You can continue wearing this blend lifelong to feel cool, calm and collected. Lucy recommends wearing it like a perfume because it smells delicious while keeping your hormones in balance. Not only will you smell as amazing as you are, but you will feel more balanced and in tune with your partner.
Thank you Young Living! Dragon Time is chalk-full of the best oils known to support happy emotions leading up to, and throughout your period. Nobody wants to deal with wicked PMS or unnecessary menstrual woes. This blend works primarily by supporting healthy estradiol levels in the body which also drop during menstruation. It also contains oils that ease cramped muscles, improve the mood, and calm the mind. Apply this oil all over your abdomen several times a day. Lucy loves it in Epsom salts during a nice warm bath. Dragon Time is gentle enough that even teens can use it!

Don’t you wish you had this when you were a teenager?!
Libido Oils
for Her
Clary Sage a girl’s best friend. Clary Sage is one of the main oils that helps with PMS in our beloved Dragon Time blend, and to balance hormones in blends like SclarEssence and Lady Sclareol.

Right around that red time of the month, estrogen levels drop quickly and drastically. This is part of the reason why you may feel the need to break down crying when your eyeliner doesn’t go on straight. Everything is tragic when your estrogen levels are low.

K- so how does this all tie in with libido???? This is REALLY cool. You see, a woman naturally feels more “in the mood” when her estrogen levels are higher. This is because our estrogen levels are highest when we are ovulating. We are designed to feel more in the mood when we are fertile. It’s how we were made.

As we age, our estrogen levels drop. One sign of low estrogen is “dryness” down there. Applying Clary Sage to the inner thighs and below the navel helps to increase natural lubrication. Clary Sage Vitality is also GRAS to be used internally. Lucy says that if you want to be naturally juicy and more frisky, add a drop of Clary Sage to your daily routine.
Let’s talk Cypress.

It can be used for men and women, but we talk about it here because it is a MUST-HAVE to help the ladies get swollen in the flood gates.

The reason Lucy loves Cypress so much for in-between-the-sheets is because Cypress stimulates blood flow and circulation in the body. Blood flow is kinda a big deal when you are talking about squirming beneath the covers. If you need help getting engorged, Cypress is your friend. Lucy says if you want him standing at attention like a saluting navy seal, then guess what?! That’s going to depend a LOT on blood flow. And likewise, SUPER-DUPER-O-MY-WOW explosions for women depend a lot on blood flow as well.

See the pattern? Cypress = blood flow and blood flow = magic. Apply it on your inner thighs. Apply it on his inner thighs. Mix it with your other favorites. But DON’T forget the Cypress. For the love of Lucy’s favorite... Don’t forget the Cypress.
Libido Oils for Him
Time for Nutmeg! Nutmeg is another blood pumping must-have for your mister. Technically, it can be used on the ladies too, but we’ve seen the best results using it for the guys. Nutmeg’s energizing properties stimulate both physical and sexual energy. Some people report feeling “wired” after diffusing or ingesting Nutmeg, and can be comparable to a caffeine kick depending on your body’s chemistry.

Nutmeg is an aphrodisiac in more than one way. Emotionally, it stimulates energy, and physically it increases circulation. Simply put, this oil is the king of vasodilation. Vaso = blood vessels and dilation = makes bigger. Put two and two together. I think you can do the math.

Nutmeg is SO stimulating, that it can have negative effects when used in excessive amounts. So, don’t go crazy. No drinking a whole bottle in hopes to transform into Captain America, okay? If energy/stamina in the bedroom is what you’re after, then try this fun little recipe called Lucy’s “Perky Pellet™”. It’s the result of fun-time trial and error in her research group. It’s 5 drops Idaho Blue Spruce, 3 drops Goldenrod, and 3 drops Nutmeg Vitality n a capsule with 10 drops olive oil. Have him take 10-30 minutes before go-time for optimal circulation. Have fun!
“Remember earlier when we talked about how it’s more important to feel confident than it is to look like a model? Well, Hong Kuai is often called “confidence in a bottle.” With the highest sesquiterpene content of all aphrodisiac oils, Hong Kuai is like inhaling liquid confidence.

Hong Kuai is distilled from trees that grow on the steep rainforest mountaintops of Taiwan.

I imagine that whoever can get up there to retrieve these trees must have already had some liquid confidence given to them from their Tarzan ancestors. Who else would have such confidence and courage to ascend to the tops of the earth for such a priceless oil? They probably have developed grappling muscles from climbing the mountaintops. Emitting the scent of deep woody pheromones, they can captivate their ladies like Mr. Libido. But, I digress.

Hong Kuai, and his cousin Hinoki, are two masculine oils that are members of the Cypress family. Remember how much Lucy loves Cypress for its ability to optimize blood flow? Mmmmm.... blood flow. Hong Kuai is Formosan/Taiwanese Cypress and Hinoki is Japanese Cypress. They both smell like a woodsy, handsome man just waiting to whisk you away. A little goes a long way. Use on his inner thighs or add a few drops to any lube, serum, or love potion for him. Lucy’s Soldier Serum™ is a lube that gives slip to both partners, but starts on him for maximum blood flow. Use Hong Kuai or Hinoki depending on seasonal availability.
Once you realize what Shutran can do for you… Oh, then it becomes worth every penny.

All right. We saved the best for last! I know you are really excited to make some of Lucy’s recipes, but we have one oil left to discuss - Shutran. Shutran is formulated for the man to wear, to help turn on the lady. It’s like a bottle of sweet smelling pheromones wafting into the hidden parts of your brain, stimulating your naughtiest imagination. Once you realize what Shutran can do for you… Oh, THEN it becomes worth every penny. It smells… really, really attractive.

Now, what does Shutran do for the man? Let’s just say that it’s loaded with Idaho Blue Spruce, which we all know is like a blue hexagon of happiness. It makes sense that Idaho Blue Spruce is a key ingredient in Shutran. It also contains Hinoki, a Japanese cypress, and Ylang Ylang for malefemale energy. He can wear it daily (like a cologne) to support healthy testosterone levels and boost confidence. He can use Shutran topically on the forearms, or the inner thighs. Try applying a drop to the shaft. Rub it in…. Oh girls… You will love your Shutran Man!”
WANT TO LEARN MORE?

Then get Lucy’s complete book here

GET IT HERE
WANT TO GET THE OILS THAT LUCY USES?
Get Young Living’s premium starter kit and get the Lucy Libido book for FREE!

2019 PSK w/Desert Mist Diffuser
Transform your life today! The 2019 Premium Starter Kit is your introduction to a new lifestyle free of harsh chemicals and toxins. Packed with Young Living favorites, this kit contains a selection of the only essential oils on earth backed by a Seed to Seal® quality commitment and everything you need to begin your journey.

Your Premium Starter Kit Includes:

- Desert Mist Diffuser
- Premium Essential Oils Collection;
- Lavender 5-ml
- Peppermint Vitality 5-ml
- Lemon Vitality 5-ml
- Valor 5-ml
- Peace & Calming 5-ml
- Frankincense 5-ml
- Thieves® Vitality 5-ml
- Citrus Fresh™ Vitality 5-ml
- Raven 5-ml
- DiGize Vitality 5-ml
- PanAway 5-ml
- Stress Away 5-ml
- 2 AromaGlide Roller Fitment
- Thieves Waterless Hand Purifier, 1 oz.
- Thieves Spray, 1 oz.
- 2 NingXia Red 2-oz. samples
- “Essential Oils at a Glance” Brochure
- Product Guide
- Essential Oil Display Tray
- Young Living Lifestyle Booklet
- Essential Oils Magazine
- Essential Edge News

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