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Essential Oils Enhance Integrated Medical Efforts

Lehi, Utah — As the general population turns to alternative health care, holistic practices such as yoga, tai chi, meditation, and massage therapy are becoming increasingly popular. An ideal way to support and maximize the benefits of such practices is by using Young Living's therapeutic-grade essential oils. Known for their stress relieving, muscle soothing, and mind clarifying qualities, Young Living essential oils can add balance and harmony to any daily routine.

A year ago, Gillian Keiper founded the Concentric Healing Institute, also known as CHI, in Boulder, Colorado. As a private occupational school, all programs must be approved by the Colorado Department of Higher Education's Division of Private Occupational Schools. Here, massage therapy, qigong, esthetics, aromatherapy, and reiki are practiced using Young Living's essential oils. According to Keiper, "I find that when you add oils, it enhances all the treatments we have in the school."

As a licensed esthetician, reflexology, and reiki master, Keiper leaves oils sitting out for students to use freely so they can better understand the effects of the oils. In massage therapy, whether it's a Japanese foot massage, deep circulatory massage, or hot stone treatment, essential oils are incorporated into the practice. Stones, for example, are soaked in hot water infused with oils. Clients who come in are asked about how they are feeling that particular day. Based on

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their response, the appropriate oils are selected for use in therapy. “The Swedish massage is wonderful, but when we give them Peace & Calming® oil blend, it just enhances the treatment,” says Keiper.

Even esthetics facials are infused with essential oils. A typical treatment begins with towels soaked in peppermint oil that are placed on the feet as part of a cleansing ritual. Energy work, or reiki, follows. Using Young Living’s oil-enhanced skincare products, the face is cleansed and then steamed using a fragrant oil such as lavender, which is saturated with various soothing properties. A gentle facial massage is performed and then a mask is applied. When the mask is removed, a towel soaked in essential oils is placed on the face. Young Living’s Essential Beauty Serums are combined with a vitamin oil and applied to the skin. Clients are then given a light treatment. Red light is good for stimulating collagen while blue light is ideal for acne-prone skin. Qigong, a traditional form of Chinese medicine, utilizes various breathing patterns and physical postures to promote general health maintenance. Meditation is part of this process and includes the incorporation of essential oils to increase focus and foster relaxation. An aromatherapy program to be launched in July headed by Chalyce Saunders will utilize Young Living’s essential oils in daily instruction.

“In our classes, we use the Everyday Oils pack right now. In addition to that, we use wintergreen, lemongrass, and Believe oils. I’ve had really good success with those who have muscle trauma,” says Saunders. Holistic practices such as aromatherapy and massage therapy are becoming popular for several reasons. According to Saunders, “The benefits are way better than the alternatives we have now. You can use them on your children, on your animals; you can use them internally without having to worry about the side effects. It’s a form of alternative care.” Keiper adds, “You don’t just treat the symptom, you treat the whole body in holistic fashion. That’s what we do.” Currently, free classes are being offered at CHI about how to use the oils and the benefits the oils produce. As Saunders points out, “People are starting to realize that people are not getting the results they need and want. With the essentials oils they are.”

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