



# Young Living® Days: Living Well EVENT TOOL KIT

We invite you to join us in our mission to empower individuals to make choices that prioritize their health and well-being.

Through the Young Living Days: Living Well event, we aim to inspire a shift towards a more holistic lifestyle that not only benefits our bodies but also nurtures our environment.

Using this tool kit as your guide, your Young Living Days event will introduce new friends to a world of wellness and peace of mind. We can create a ripple effect that encourages others to embark on a journey towards a healthier and happier life. Let's come together to build a community that thrives on positivity, sustainability, and resilience.

## BENEFITS of hosting a live event

### SHOW OFF PRODUCTS



Let our new products be the highlight of your event. Showcase the features and benefits of our products. One of the best ways to enhance a new member's experience is by providing an opportunity to see, touch, feel, or taste a product.

### BUILD BUZZ



The simple act of coming together builds energy and buzz around Young Living products, the business, and the community as a whole.

### CULTIVATE COMMUNITY



Use your event to create a sense of community and belonging. This is the perfect opportunity to nurture existing relationships and create new ones.

# HOW TO HOST A Successful Event

## BEFORE your event



### PLAN

Begin by conceptualizing the theme, programs, and activities for your event. Set a definite date and time for your event schedule. As you plan, consider your target audience's availability to maximize attendance.



### VENUE

When choosing a venue for your event, prioritize comfort and enjoyment for both yourself and your guests. It's essential to pick a location that is easily accessible, ensuring a safe arrival and departure for everyone involved. While considering options such as hotel function rooms, local cafes, or community spaces, don't overlook the possibility of hosting the event at home, provided that your space can accommodate the desired number of attendees.



### PROMOTE

Create promotional materials that will help get the word out there and invite people. Utilize different platforms to engage with different types of guests, to gain a larger audience.



### RSVP

Provide an RSVP or event registration with a deadline to track the number of attendees for effective event preparation, including materials, snacks, and giveaways.



### SUPPLIES

Review your checklist for essential supplies and ensure you have all the necessary items for the event.



### REMINDERS

Touch base with confirmed guests a day or two prior to the event to confirm attendance. Sending out a final reminder on the event day can also be beneficial in ensuring a successful turnout.

# HOW TO HOST A Successful Event

## DURING your event



Begin by diffusing an essential oil known for attracting positivity and success to set the tone for a successful event.



Greet and welcome guests as they arrive, offer them a welcome gift or an event passport to encourage them to explore different areas and booths.



Usher guests to the product display or booth where they can try out and experience the Young Living products firsthand.

Play music throughout the event to create a lively and engaging atmosphere for guests.



While guests are waiting for the program to start, offer them a cup of the healthy and delicious NingXia Red or a blend of NingXia Greens to introduce them to the new product.



Remember to document the event by taking photos and videos to capture the experience of both the members and the overall event execution.

# HOW TO HOST A Successful Event

## AFTER your event



### Use surveys

Give each person a copy of the survey in this tool kit and collect the completed surveys before your guests leave.



### Follow up

Within 24–48 hours, reach out to your guests and thank them for coming. Talk to them about their survey responses—if they're interested in learning more, set a date to chat or invite them to another event.



### Post photos

If you use social platforms like Facebook or Instagram, post photos of the event using the hashtags #LivingWell and #YoungLivingDay.



### Reflect

Take a moment to review what went well and what you want to improve for your next event.

# TIPS & TRICKS

## For Hosting Your Event

1 Diffuse one of these blends to get everyone in a positive mood.

### GOAL CRUSHER

- 3 Lime
- 2 Orange
- 2 Frankincense
- 1 Lemon

### CELEBRATION

- 3 Orange
- 2 Frankincense
- 1 Lemon
- 1 Ylang Ylang

### INSPIRATION

- 4 Bergamot
- 2 Lemongrass
- 2 Frankincense

### JOYFUL

- 3 Lavender
- 2 Ylang Ylang
- 2 Bergamot

2 Conduct a technical run and test all audio devices (sounds, microphones, music, and etc.) to avoid any technical difficulties.

3 If your event has different booths/areas, it's ideal to provide an event passport so that guests will know what to do and where to head first.

4 Provide pen and paper for note taking.

5 Sprinkle in some fun with games and prizes.

6 Put on festive music and organize fun games.

# TIPS & TRICKS

## For Hosting Your Event

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Conduct a DIY session or product trial so that guests can experience the products and take it home.

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Provide some healthy snacks and refreshments using the latest NingXia Greens to keep the munchies at bay and for guests to socialize.

### NingXia Greens Party Dip



- 1 ½ cup sour cream
- 1 cup dried onion
- 1 tsp onion powder
- 1 tsp dried parsley
- 1 tbsp granulated garlic
- ⅓ tsp Himalayan sea salt
- ¼ tsp cayenne pepper
- 1-2 scoops Ningxia Greens
- 2 drops Young Living Black Pepper Vitality Essential Oil

1. In a jar or container, add all the dry ingredients and 2 drops of YL Black Pepper Vitality Essential Oil.
2. Add 1 scoop of NingXia Greens onto the mix. You may add another scoop depending on your liking.
3. In a separate container, combine 1 ½ cup of sour cream and 2 tablespoons of the green mix. Stir and refrigerate it for 10-20 minutes.
4. Serve cold and add crackers or veggie sticks.
5. Optional: Add parmesan cheese for extra flavor.

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Don't forget to give a little gift for them to take home.

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Before the program ends and the guests leave, have them answer a short survey about the event to get their feedback.



# RECIPES

# Mix it up

Making the most of Young Living liquid and powder oil-infused supplements







## Let's make getting your nutrients simple...

All of us know we need to eat healthy to stay healthy, but between long workdays, family responsibilities, and weekend activities, it can be hard to find the time. We also know how difficult it is to find fresh, responsibly grown food that still has its full nutritional value. Thankfully, there's an easier way.

Young Living has a vast selection of nutritional oil-infused supplements that work together synergistically to support your wellness. While each one offers amazing benefits on its own, combined they become supplemental powerhouses. In this guide, you'll learn how to mix and match our supplements in smoothies, drinks, and wellness boosts for a quick and tasty way to meet your unique nutrition needs.

Enjoy these recipes and come up with your own to share on your event!

# How to get started

A decorative graphic at the top of the page features a curved line of various grains, including rolled oats and corn, interspersed with several translucent, light-colored bubbles of varying sizes. The background is a solid, warm orange color.

- 1 Read through this guide and pick the recipes that fit your needs.
- 2 Play with the ingredients to suit your taste.
- 3 Be consistent and enjoy the journey.
- 4 Share with your friends the goodness and benefits your experience.



# Simple steps for nutrient-packed smoothies

Starting your day with a smoothie is an easy way to sneak in a portion of fruits and veggies and stay consistent with taking your Young Living oil-infused supplements. Smoothies are also the ideal snack to energize your afternoons or refuel after a workout.



## Step 1 Choose your base

Start with 8-12 ounces water, plant-based milk, coconut water, or fresh juice.



## Step 2 Add liquid/powdered mixers

Add a serving of any Young Living drink and/or powdered supplements of your choice. Play and experiment with different combinations to find out what suits your taste!



## Step 3 Add ingredients

Frozen or fresh fruit (avocado, banana, berries, etc.)

Veggies (cucumber, carrot, celery, etc.)

Leafy greens (kale, spinach, microgreens, etc.)

Yummy extras (spices, nut butters, granola, etc.)

Add-ins (Plus essential oil flavoring and etc.)



## Step 4 Blend, enjoy, and share!

Share your recipes with your team and share it on social media!

# NingXia Greens<sup>®</sup>

## One-scoop solution to wellness

With NingXia Greens, getting your daily dose of greens is as simple as scooping and blending our superfood powder into your favorite drink or recipe. *What's in a scoop?*

- 60+ fruits and veggies for a powerful punch of antioxidants and nutrients
- 5 varieties of mushrooms containing beta glucans to support a healthy immune system
- Enzymes and fiber to support gut health and energy production
- MultiGreens™ proprietary essential oil blend, formulated by D. Gary Young, to boost vitality by supporting the glandular, nervous, and circulatory systems\*
- 0 added sugars for a super clean product with no artificial sweeteners, fillers, or added flavoring

Try this: One scoop mixed into a smoothie or protein shake for added nutrition





# Sip Smarter!

## Power-packed smoothies

### Afternoon Energy

- 8-10 ounces water or your choice of plant-based milk (almond/coconut milk, soy, oat milk, etc.)
- 1-2 scoops of NingXia Greens
- 2-4 ounces NingXia Red
- 1 NingXia Nitro
- 3 drops Lemon/ Grapefruit Plus essential oil
- Ice cubes

*For a thicker smoothie, add your favorite fruits.*



### Wellness Boosts

Do you like quick and easy? Do you feel like you could use an extra boost of energy and nutrients? Try these wellness shots! They're the perfect pick-me-ups for whenever and wherever—on the go or at home.

### Green Boost

- 1 teaspoon NingXia Greens
- ½ cup water
- 1 drop Lemon Plus essential oil

### Green Citrus Mango

- 1 cup water
- 1 teaspoon NingXia Greens
- ½ teaspoon turmeric powder
- ¼ avocado
- 1 cup mango, frozen
- ½ lemon, juiced
- 1-2 drops Lemon Plus essential oil

*For extra, add a scoop of your choice of protein nutrition powder, plus an ounce of water.*

### Daily Wellness

- 8-10 ounces water or your choice of plant-based milk (almond/coconut milk, soy, oat milk, etc.)
- 2 scoop NingXia Greens
- 1 banana, sliced
- ½ apple, sliced
- ½ lemon, juiced

*Add YL Plus essential oil flavoring to create your own flavor.*

# POST EVENT SURVEY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What did you like most about the event?

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Are there any product categories you would like to learn more about?

- Essential Oils
- Household cleaning products
- Personal care products
- Supplements
- KidScents



# HOW TO GET THE WORD OUT

Use this guide to help share details about your event and the new products with your friends and family. You can send these friendly messages as a text message, social media post, or email.

Looking for gift ideas for the product-conscious people in your life? Join me on (EVENT DATE) at (VENUE) to get the first look at Young Living's new products.

Begin your wellness journey! Find an amazing product for your wellness needs on (EVENT DATE) at (VENUE).

Curious about how natural products can address your health concerns? Dive into the world of Young Living at our upcoming event on (EVENT DATE) at (VENUE) and uncover the transformative benefits these products offer for your well-being. Don't miss this opportunity to enhance your wellness journey with us!

Ready to transform your well-being? Young Living welcomes you to an event like no other, where you'll learn how to start your wellness journey with confidence and vitality.

Discover the power of essential oils and holistic living at Young Living's upcoming event! Let us guide you towards a path of wellness and self-care that will leave you feeling rejuvenated and inspired.





## Be strong and healthy

Stock your cabinets and fridge with the newest essential oil-infused supplements! Young Living's supplements work synergistically to take the guesswork out of your nutrition needs, so you can keep your body healthy and strong. They also give you the freedom to be creative and come up with your own recipes to support your unique wellness goals. While you enjoy the tips and recipes in this ebook, we invite you to share them with your friends and family, so everyone can experience the power of delicious, plant-based nutrition.

**Together, let's build a healthier world!**

*\*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.*