

# Russell Organics



## Russell Organics

Russell Organics, which was founded by Richard Russell, is dedicated to providing earth-friendly skincare enthusiasts with luxury products that have nothing to hide, whether it's parabens, artificial fragrances and colorants, formaldehyde or animal products. The certified Carbon Free organization also avoids wasteful packaging and excess energy consumption, as well as animal testing.



## Russell Organics Argan Oil

Some publications have called this product 'Liquid Gold' for its great value in moisturizing the skin and hair. Used for centuries by many people aware of the unique properties of this oil, Russell Organics now offers it in its purest form. Only 100% Argan Oil offers all of the incredible benefits

available from using it.

---

# Young Living Essential Oils

## Young Living Essential Oils

### Gary Young's Passion Is Essential Oils



Gary Young's commitment to understanding the remarkable therapeutic power of plants has resulted in the world's largest line of essential oils and blends. Gary has traveled the globe discovering how to best support both physical health and emotional wellness. His discoveries have helped hundreds of thousands of people experience the benefits of natural healing and have led to the creation of the world's largest and foremost authority on essential oils sciences: Young Living Essential Oils.

**Anyone Can Claim to Be Therapeutic Grade.  
Only Young Living Can Claim Young Living  
Therapeutic Grade™.**

The process Young Living uses when planting, cultivating, harvesting, and distilling a batch of oil is crucial to

retaining its vital compounds. Without the exact blend of naturally-occurring plant chemicals, an essential oil can lose its beneficial properties and fail to produce the desired effect.

Young Living Therapeutic Grade (YLTG) means that every essential oil Young Living distills or sources has the optimal naturally-occurring blend of constituents to maximize the desired effect. Young Living is able to make this assertion because of our strict cultivation process—illustrated by the Four Ps—that guarantees the optimal potency of every Young Living essential oil.

## **Plants**

An oil's potency can be affected not only by selecting the proper plant to cultivate, but also by where the plant is grown, the quality of soil in which the seed is planted, and even the time of day it's harvested.

Young Living has extensive experience selecting the correct species of plant for desired oil potency, planting under optimal conditions, using ideal soil and natural methods to encourage growth, and knowing the precise time to harvest each crop. Only those plants that produce the most active and widest array of therapeutic compounds are selected.

## **Preparation**

Once the optimal soil, plant, cultivation, and harvesting conditions have been adhered to, the plants must be distilled properly in order to meet Young Living Therapeutic Grade standards. Young Living uses a gentle, proprietary technique for steam-extracting the most potent essential oils, which remains unmatched throughout the essential oils industry.

To meet Young Living Therapeutic Grade distillation standards

proper temperature must be maintained throughout the distillation process, and pressure, length of time, equipment, and batch size are strictly monitored.

## Purity

Young Living Therapeutic Grade standards prohibit the acceptance of any diluted, cut or adulterated oils. Every product Young Living produces—essential oils, oil blends, nutritional supplements, or personal care—meets strict purity standards.

Every batch of essential oils is subjected to rigorous, state-of-the-art analysis at the Young Living chemistry lab. Using some of the most advanced equipment in the world, our scientists subject every batch of essential oils to Gas Chromatograph and Mass Spectrometer testing, and heavy metals analysis. Oils that exhibit even the slightest hint of possible adulteration or tampering are rejected.

## Potency

The culmination of the preceding three stages, Potency means that the naturally occurring compounds contained in each essential oil product are of the highest and most consistent bioactive levels. Without strict adherence to the Young Living Therapeutic Grade standard in the Plant, Preparation, and Purity phases, the final product would not have the necessary potency to create the desired effect.

---

# Face Fitness



Everybody knows through exercising in a gym you can firm up the body and skin. Naturally, the same is true about the muscles in the face and neck. As your muscles and connective tissue tone, your skin tightens up and becomes more resilient and elastic as well! With facial exercises you not only regain that look you thought you'd never see again, you'll age beautifully, looking younger as you grow older.

As we age, our muscle fiber in our bodies tends to atrophy and become less with time. As far as muscle shrinkage (atrophy) is concerned, it's debatable whether loss of fibers from individual muscle cells or loss of cells themselves is the important issue. What is atrophy? In fact, what is a muscle cell? Atrophy means the bulk of the muscle is lost. In other words, the term is a "universal" one. It encompasses our experience when we lose muscle. It does not, however address what is happening on a "cellular" level. And, it is what happens on a cellular level that helps us to understand how and why exercising the face can bring not only a younger look but a healthier one, too.

---

# Kim Kardashian Makeup Tutorial Video with Robert Jones

Kim Kardashian Makeup Tutorial Video with Robert Jones from the <http://www.robertjonesbeautyacademy.com>.

Celebrity makeup tutorials are HOT items and this one is no different! Kim Kardashian is constantly in the spotlight as a beautiful, “bronzy” babe with a look \*everyone\* would love to rock! She has also managed to capture a bit of runway in her fresh, bronzed glow and full, strong brows!

Robert loves to teach celebrity inspired looks, but is always first and foremost to state that rather than just copying a celebrity look you should take the look you love and make it your own!