

## Frugal Upgrade Guide

### Phase 1: Household Cleaning

Current Product
Counter spray for kitchen & bathroom
Carpet cleaner
Floor/Tile cleaner
Mirrors & windows
Toilet cleaner
Sink/Shower/Bathtub cleaner
All purpose cleaner
Stain treatment
Oven cleaner

Young Living™ Upgrade
Thieves™ Household Cleaner
Thieves™ Household Cleaner
Thieves™ Household Cleaner
Thieves™ Household Cleaner with Lemon Oil
Thieves™ Household Cleaner
Thieves™ Household Cleaner
Thieves™ Household Cleaner
Thieves™ Household Cleaner
Thieves™ Household Cleaner, Charcoal Bar Soap
Thieves™ Household Cleaner

### Phase 2: Personal Care

Current Product
Acne Treatment
Aftershave
Air Freshener
Bar Soap
Bath Bombs
Body Wash
Conditioner
Cough Drops
Dental Floss
Deodorant
First Aid Ointment
Hair Oil
Insect Repellent
Liquid Hand Soap
Men's Body Wash
Men's Cologne
Mouthwash
Pain Cream
Perfume
Shampoo
Shave Cream
Sports Ointment
Sunscreen
Throat Lozenges
Toothpaste
Travel Toiletries

Young Living™ Upgrade
Maximum Strength Acne Treatment
Shutran™ Aftershave Lotion
Thieves® Spray or Essential Oils infused in Spray Bottle
Charcoal, Lemon-Sandalwood, Morning Start™, Peppermint-Cedarwood, Sacred Mountain™, Thieves®, Valor®, Lavender-Oatmeal, Shutran™
Lavender Calming or Stress Away™ Relaxing Bath Bombs
Bath & Shower Gel: Evening Peace™, Morning Start™, Sensation™, Lavender, Dragon Time™, KidScents®
Copaiba Vanilla; Lavender Mint; Lavender Volume
Thieves® Cough Drops
Thieves® Dental Floss™
AromaGuard® Meadow Mist™, Mountain Mist™, CinnaFresh™, CitraGuard™
ClaraDerm™ Spray, LavaDerm™ Cooling Mist
Mirah™ Lustrous Hair Oil
Young Living™ Insect Repellent
Thieves®, Lavender, Lushious Lemon Foaming Hand Soap
Shutran™ 3 in 1 Men's Wash
Shutran™ essential oil
Thieves® Fresh Essence Mouthwash
Cool Azul™ Pain Relief Cream, CBD Muscle Rub
Your favorite Young Living™ essential oil
Copaiba Vanilla; Lavender Mint; Lavender Volume
Mirah™ Shave Oil, Shutran™ Shave Cream
Cool Azul™ Sports Gel or Pain Cream, CBD Muscle Rub
Mineral Sunscreen Lotion SPF 50
Thieves® Hard Lozenges
Thieves® AromaBright™, Thieves® Dentarome® Ultra, KidScents® Slique™ toothpaste, Thieves® Whitening
Bon Voyage Travel Kit

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**Phase 3: Kitchen**

**Current Products**

Air Freshener
Counter Spray
Dish Soap
Dishwasher Detergent
Hand Soap
Oven Cleaner
Surface Wipes

**Young Living™ Upgrade**

Diffusers: Aria™, AromaLux™, Desert Mist, Dewdrop™, Lantern, or Rainstone™
Thieves™ Household Cleaner
Thieves™ Dish Soap
Thieves™ Dishwasher Powder
Thieves™, Lavender, or Lushious Lemon Foaming Hand Soap
Thieves™ Household Cleaner
Thieves™ Wipes

**Phase 4: Skincare Products**

**Current Products**

After Sun Skin Care
Beard Oil
Body Butter
Brightening Cream
Eye Cream
Exfoliant
Facial Cleanser
Facial Mask
Facial Serum
Feet
Lip Balm
Lotion
Massage Oil
Moisturizer
Ointment
Toner
Wrinkle Cream

**Young Living™ Upgrade**

Young Living™ After Sun Spray or LavaDerm™ Cooling Mist
Shutran™ Beard Oil
Coconut Lime Replenishing Body Butter
ART® Sheerlume', Bloom™ Brightening Essence
Wolfberry Eye Cream
Satin Facial Scrub
ART® Gentle Cleanser, Mirah™ Luminous Cleansing Oil, Orange Blossom Facial Wash, Bloom™ Brightening Cleanser
ART® Beauty Masque, Crème Masque
ART® Renewal Serum
LavaMint™ Softening Foot Scrub, Animal Scents® Ointment
Lavender, Grapefruit, Cinnamint™
Hand & Body Lotion: Genesis™, Lavender, Sensation™
Massage Oil: Cel-Lite Magic™, Dragon Time™, OrthoEase®, Ortho Sport®, Relaxation™, Sensation™
ART® Light, ART® Intensive Moisturizer, Orange Blossom Moisturizer, Sandalwood Moisture Cream™, Bloom™ Brightening Lotion
Rose Ointment, Animal Scents® Ointment
ART® Refreshing Toner
Boswelia Wrinkle Cream™

**Phase 5: Laundry Room**

**Current Products**

Bleach
Fabric Softener
Laundry Detergent
Stain Treatment

**Young Living™ Upgrade**

Thieves® Household Cleaner with Peroxide
Wool dryer balls & Essential Oils
Thieves® Laundry Soap
Thieves® Household Cleaner, Charcoal Bar Soap

## Frugal Upgrade Guide

### Phase 6: Baby & Children's Products

#### Current Products

Air Freshener
Antioxidant
Baby Lotion
Baby Ointment
Baby Oil
Baby Wash
Baby Wipes
Body Wash
Diaper Rash
Digestive Enzymes
First Aid
Humidifier
Linen Spray
Lotion
Multi-Vitamin
Probiotic / Prebiotic
Shampoo
Sleep
Toothpaste
Vitamin C

#### Young Living™ Upgrade

Feather the Owl Diffusers
NingXia Red®
Seedlings™ Baby Lotion
KidScents® Tender Tush, Animal Scents® Ointment
Seedlings™ Baby Oil
Seedlings™ Baby Wash
Seedlings™ Baby Wipes
KidScents® Bath Gel
Seedlings™ Diaper Rash Cream
MightyZymes™
KidScents® GeneYus™, Owie™, SleepyIze™, SniffleEase™, TummyGize™, Calm CBD Roll On, Seedlings Calm essential oil
Desert Mist, Feather the Owl, or Dew Drop™ Diffuser
Seedlings™ Calm Linen Spray
KidScents® or Seedlings™ Baby Lotion
MightyVites™
MightyPro™
KidScents® Shampoo or Seedlings™ Baby Wash
KidScents® Unwind or Calm CBD Roll On, Seedlings Calm essential oil
KidScents® Slique™ Toothpaste
Super C™ Chew Tabs

### Phase 7: Cosmetics

<b>Savvy Minerals by Young Living™</b>
Blush: from light to bold (variety)
Bronzer: available in 2 shades
Concealer: 7 Shades
Eye Liner
Eye Shadow: available in a wide variety of smashing colors
Eye Shadow Palettes: Natural Quartz, Royal Winter, Sahara Sunset
Foundation (Mineral): available in 6 shades to match every skin tone
Foundation (Liquid): available in 13 shades to match every skin tone
Lip Gloss: available in a variety of colors to suit your personal style
Lipstick: available in a variety of colors to suit your personal style
Mascara: Savvy Minerals Mascara: Volumizing & Lengthening
MultiTasker: can be used as eyeliner, brow filler, and eye shadow
Primer: Hydrating (normal/dry skin) or Mattifying (oily skin)
Veil: for a professional finish, available in Diamond Dust for an all-over glimmer or Matte for an airbrushed look
Make Up Brushes: all the tools for flawless application

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**Phase 8: Vitamins & Supplements**

**Current Products**

Acid Neutralizer
Amino Acids
Antioxidant
B Vitamins
Calcium
Cellular Health
Brain Health
Cardiovascular Health
CBD
Colon Cleanse
Colon Health
Dietary Cleanse
Digestive Enzymes
Endocrine Support
Endurance
Energy Support
Eye Support
Fiber
Focus
Glandular Support
Greens
Immune Support
Joint Support
Liver Support
Magnesium
Minerals
MSM Supplement
Multi-Vitamin
Omega3 Fatty Acids
Probiotic
Prostate Support
Sleep Support
Thyroid Support
Urinary Support
Vitamin C
Vitamin D
Women's Health

**Young Living™ Upgrade**

AlkaLime™
AminoWise™
NingXia Red®
Super B™ Tablets
Super Cal Plus™
Longevity™ Softgels
MindWise™
CardioGize™, Olive Essentials™
CBD Oil, Muscle Rub, and Roller
ParaFree™ Softgels
ComforTone™ Capsules
Digest & Cleanse™
Allerzyme™, Detoxzyme™, Essentialzyme™, Essentialzymes-4™
EndoGize™, PD 80/20™
NingXia Nitro™
PowerGize™ Herbal Supplement
IlluminEyes™
ICP™
NingXia Nitro™, CBD Oil
CortiStop™ Capsules
MultiGreens™ Capsules
ImmuPro™ Chewable Tablets, Inner Defense™ Softgels
Agilease™, BLM™, CBD Muscle Rub
JuvaTone™ Tablets
MegaCal™ Powder
Mineral Essence™
Sulfurzyme™
Master Formula™
OmegaGize3™, MindWise™
Life 9™
Prostate Health™
SleepEssence™, KidScents® Unwind, CBD Oil
Thyromin™ Capsules
Prostate Health
Super C™ Tablets, Super C™ Chewable Tablets
Super Vitamin D
FemiGen™ Capsules

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**Phase 9: Weight Management**

**Current Products**

Appetite Suppressant
Chewing Gum
Energy Drink
Meal Replacement Shake
Protein Bar
Snack Bar
Tea
Weight Management Supplement

**Young Living™ Upgrade**

Slique® Essence
Slique® Gum
NingXia Zyng™ & NingXia Nitro™
Slique® Berry Breeze Shake, Pure Protein, Balance Complete
Protein Power Bites
Slique® Tropical Berry Bar; Tropical Berry Chocolate Coated
Slique® Ocotea Oolong Tea
Slique® CitraSlim™

**Phase 10: The Pantry**

**Current Products**

Cereal
Dried Fruit Snacks
Flour
Fruit & Veggie Wash
Granola
Pancake Mixes
Rotini Wheat Pasta
Snack Bar
Spaghetti
Spices
Sugar
Syrup
Wheat Berries

**Young Living™ Upgrade**

Gary's True Grit™ Einkorn Flakes Cereal
NingXia® Organic Dried Wolfberries
Gary's True Grit™ Einkorn Flour
Thieves® Fruit & Veggie Spray & Wash
Gary's True Grit™ Einkorn Granola
Gary's True Grit™ Einkorn Pancake & Waffle Mix & Gary's True Grit™ Gluten-Free Pancake & Waffle Mix
Gary's True Grit™ Einkorn Rotini Pasta
Wolfberry Crisp, Chocolate coated, Protein Power Bites
Gary's True Grit™ Einkorn Spaghetti
JuvaPower®; Variety of Vitality™ Essential Oils
Yacon Syrup
Gary's True Grit™ NingXia Berry Syrup
Gary's True Grit™ Einkorn Berries

**Phase 11: Pet Products**

**Current Products**

Cat Treats
Dental Chews
First Aid Ointment
Pet First Aid
Shampoo

**Young Living™ Upgrade**

Animal Scents® Cat Treats
Animal Scents® Dental Pet Chews
Animal Scents® Ointment
Animal Scents® Infect Away™, Mendwell™, PuriClean™, ParaGize™, RepelAroma™, T-Away™
Animal Scents® Shampoo