

WINTERGREEN—

The Little Plant with **BIG RELIEF!**

Long before modern pain relief came in a bottle, it grew quietly along forest floors—strong, resilient, and ready when needed. Wintergreen is a low-lying plant native to North America, recognizable by its glossy green-to-gold leaves and bright red berries. Thriving in moist soil and partial shade, it releases a crisp, minty aroma when crushed or warmed—an unmistakable signal of its powerful nature.

A PLANT OF ENDURANCE & STRENGTH

Indigenous peoples of North America understood Wintergreen as a plant of stamina and comfort. Naturally high in methyl salicylate compounds, it was traditionally relied upon to support the body through pain, fatigue, and long physical demands.

Leaves were carefully dried and brewed into warming teas for use during harsh winter months. Runners and laborers chewed the leaves while traveling long distances or performing strenuous work, trusting Wintergreen to help them push forward when energy and strength were tested.

FROM FRONTIER MEDICINE TO AMERICAN HISTORY

Early pioneers quickly recognized Wintergreen's value. It was used for chest discomfort related to colds and respiratory challenges, and chewing the leaves was believed to support oral health. Families made their own liniments from Wintergreen to ease sore muscles after long days of labor.

During the American Revolution, Wintergreen even served as a substitute for black tea. Its refreshing aroma and invigorating flavor made it both practical and comforting in uncertain times.

Maria Low



SPECIES MATTERS

There are over 130 species of Wintergreen, but not all are created equal. Young Living selects *Gaultheria procumbens* for its exceptional medicinal qualities. The essential oil is carefully steam-distilled from the leaves and bark using stainless steel distillers to preserve purity and potency.

DEEP, PENETRATING COMFORT

Wintergreen is best known for its powerful support of the skeletal and muscular system. It is commonly used for joint and muscle discomforts, sprains, arthritis, rheumatism, and nerve-related pain. Many turn to wintergreen for circulatory support and overall physical relief.

Its aroma is uplifting and awakening, heightening sensory awareness and promoting a sense of well-being. This is not a gentle oil—it goes deep.

AROMATIC POWER & THERAPEUTIC USE

Wintergreen has a more penetrating sensation than most essential oils and is included in the Raindrop Technique, which is applied along the spine and feet. Its strong, clean fragrance can be inhaled directly from the bottle for quick, aromatic support.

Individuals with physical challenges may find Wintergreen helpful for easing discomfort while supporting circulation and oxygen flow. For physical discomforts, it may be applied twice daily or more frequently as needed.



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A PRACTICAL OIL FOR EVERYDAY LIFE

Wintergreen is a thoughtful gift for athletes, laborers, and anyone whose body works hard. It's an essential oil that earns its place in the home: reliable, effective, and always useful.

DILUTION & GENTLE USE

For sensitive individuals or young children, Wintergreen essential oil can be diluted with a carrier oil such as Young Living V-6 Vegetable Oil to soften its intensity while maintaining effectiveness.

muscular comfort, making Wintergreen a truly versatile oil to have on hand.

STRONG • RELIABLE • ENDURING

Wintergreen is more than an essential oil—it's a legacy of deep relief passed down through generations.

YOUNG LIVING MEMBERSHIP

When you become a Young Living member, you can purchase all Young Living products at a discounted price. You can also qualify

Learn more from Young Living members who make essential oils a part of their lifestyle:

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BEYOND PEOPLE: ANIMAL SUPPORT

Young Living essential oils may also be used on dogs and livestock to support



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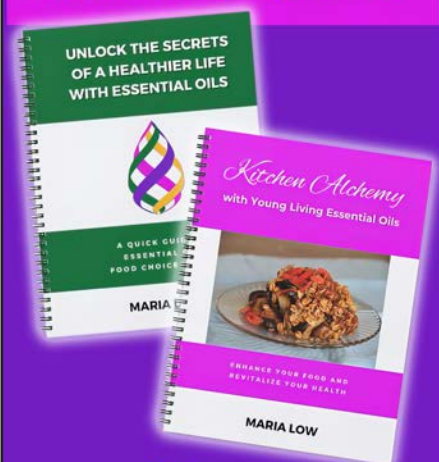
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