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ENHANCE YOUR WORKOUT WITH ESSENTIAL OILS

Personal trainer Carol Anglin aims for complete wellness with Young Living Essential Oils.

Carol Anglin has been a personal trainer for 14 years. She's used Young Living Essential Oils for almost two. Now she can't imagine one without the other. "To me, they go hand in hand," says Carol, who makes her home in Texas. *"Young Living is a great way to teach our future generation that health and wellness are not selfish but selfless."*



BY KARI C. BARLOW

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—Carol Anglin



PURE GOODNESS

Although aware of essential oils before joining Young Living in 2013, she was inspired by the company’s commitment to deliver superior products and its authentic approach to healthy living. “I just couldn’t stop talking about it,” she recalls. “It’s made a huge difference in how I train.” For Carol, who has a background in fitness, corrective exercise and weight loss, it just made good sense to incorporate Young Living’s oils and other products into her clients’ training. Its mission to harness the best of what nature offers fits perfectly with her belief that optimal health is the harmonic balance of mind, body and soul. “I love that the products are so pure,” she says. “They are holistic and they don’t have any chemicals. From the ground to the bottle, they don’t have anything added to them.” After experiencing the benefits of everything from oils to supplements to body lotions, Carol knew Young Living was a product line she could promote with confidence and integrity. “I use almost all of them,” she says. “I have a shelf of oils upstairs and I have a shelf of oils downstairs.”

WOW, WHAT WAS THAT?

Within seconds of walking into Carol’s in-home studio, it’s clear there’s something special in the air. Like literally in the air. “I’m always running my diffuser in my studio,” she says. “Just to keep the air cleansed and make things feel soothing.” Anyone who trains with her knows that oils are part of the package. “With Young Living, people can trust what I’m talking about. But the products, they really sell themselves!”

One of Carol’s favorite moments is introducing a client to a specific oil or blend for the first time. Most people, even if they’re familiar with oils, are amazed at the strength of Young Living products. “That’s what’s so fun,” she says. “You put something on someone and they go, ‘Wow, what was that?’ So you know it’s really working. I’ve seen it happen over and over again!”



GRAB SOME LAVENDER

For Carol, who trains men, women, couples and teenagers, the key to helping her clients succeed is customization. “First I’m going to find out their needs and goals,” she says. “Everyone is different—gender, age, personality and physical history.” She conducts a thorough assessment to determine their physical abilities and limitations. “I also address nutrition with that person,” she says. “A lot of people don’t realize what healthy nutrition is. They’re busy and they’re looking for convenience.”

Throughout this process, Carol uses essential oils and other Young Living products to enhance her clients’ experience. “Depending on what people need, I will use a variety of different oils, and I definitely recommend a supplement,” she adds. For overall wellness, she loves **OmegaGize^{3™}**, which combines the power of three core daily supplements—omega-3 fatty acids, vitamin D-3 and CoQ10. If a client needs some quick relief, she always turns to Young Living **Ortho Sport Massage Oil**, which offers a warming sensation, or **Deep Relief™ Roll-On**, which provides a cooling sensation, for tired muscles. “Or I might try even a bit of **Peppermint Essential Oil**,” she says. “Peppermint is a driver oil—it can drive essential oils deeper into the body.”

But Carol’s absolute favorite and go-to oil? That would be Young Living **Lavender**. “It’s known as the Swiss Army Knife of essential oils,” she says. “If you don’t know what to grab, grab some Lavender.” She sees its versatility as its greatest strength. “Lavender is great for the skin and the senses,” she says. Another favorite that Carol uses in her personal routine is Young Living’s **Peace & Calming[®] Essential Oil**, a comforting and fresh blend of Blue Tansy, Ylang Ylang, Tangerine and Patchouli essential oils. “It may sound funny, but if you put it on the bottom of your big toes, it offers a comforting and relaxing aroma,” she says. “If you want to use it during the day, you just rub it on your chest.”



Carol’s favorite go-to essential oil is Young Living’s Lavender.



▲ Carol spotting a client in her essential oil infused studio

A HEALTHY BALANCE

Carol’s clients might come to her with specific needs, but they leave with a better understanding of their overall health. They especially benefit from her working knowledge of Young Living’s ingestible oils and oil blends—the Vitality™ line. At the top of her list are **Lemon Essential Oil** and **Stress Away™**. “Lemon oil is great to add to your water bottle in the gym,” she says. “Stress Away tastes like vanilla and you can apply it to your body or put it in your water and drink it, and you can breathe it in. It just has a relaxing aroma.” For nutritional support, she prefers **Ocotea Essential Oil**, also known as “false cinnamon.” “It tastes great and helps with curbing your sweet tooth,” she adds. “It’s a great oil to use.”

Carol says the best part of her job is watching her clients make positive changes in their health. “It’s so rewarding, and I love the feeling of sharing Young Living, and it’s a great way to show people how to be exposed to fewer chemicals,” she says. “My passion is to educate people that taking care of themselves is the best thing they can do for their family.”