

YOUNG LIVING®
ESSENTIAL OILS

Vitality™

食用級精油

Essential Oils

融入食物、家庭、生活

For Food. For Family. For Life.



Vitality 食用級精油

是您提升食物味道及營養的完美拍檔！讓您自由地以營養美味的角度和簡單方便的方法發揮無限「煮」意，與家人朋友分享和探索最喜愛的精油。此系列分為四種不同的調料類別：**柑橘**、**草本**、**辛香**及**健康補充品類**，讓您輕鬆將Vitality精油調料系列融入美饌、家庭與生活！

Dietary Essential Oils

Perfect for adding flavor to your favorite foods or using as dietary supplements, the Vitality™ line of dietary essential oils gives you the freedom to share and explore some of our best-loved essential oils in a variety of nutritious and delicious ways. With four distinct categories — **Herb, Spice, Citrus, and Supplement**—we invite you to discover Vitality—for food, for family, for life!

為什麼使用Vitality精油調料烹調菜餚？

- 提升食物味道及營養
- 精油濃度高，可保存其純正天然香味
- 可取代人工調味料
- 方便隨時使用，易於儲存

Why using Vitality essential oils for cooking?

- Enrich flavor and nutrition of your dish
- Potent and keep the genuine flavor to the fullest
- Replace artificial seasonings
- Convenient and easy to keep

柑橘類 CITRUS

- Citrus Fresh 精油調料
Citrus Fresh Vitality
- 檸檬精油調料
Lemon Vitality
- 西柚精油調料
Grapefruit Vitality
- 甜橙精油調料
Orange Vitality

草本類 HERBS

- 羅勒精油調料
Basil Vitality
- 百里香精油調料
Thyme Vitality
- 檸檬草精油調料
Lemongrass Vitality
- 薰衣草精油調料
Lavender Vitality
- 牛至精油調料
Oregano Vitality
- 薄荷精油調料
Peppermint Vitality
- 迷迭香精油調料
Rosemary Vitality

辛香類 SPICE

- 丁香精油調料
Clove Vitality
- 生薑精油調料
Ginger Vitality

健康補充品類 SUPPLEMENT

- 乳香精油調料
Frankincense Vitality

使用方法

Vitality™ 精油調料可成為您的「煮食秘方」，只要按照以下簡單的使用方法和技巧，就能豐富您的食譜，使日常的佳餚更富營養和美味！

- 以精油代替現成的乾香料或檸檬汁作調味。由於精油濃度高，它比乾香料的味道更濃烈。因此每次使用數滴精油便已足夠。建議從一滴精油開始，然後按自己的口味逐漸增加份量。
- 1個檸檬、橙或西柚的果汁或果皮可以用10-15滴相應的精油調料代替。
- 1湯匙或以上的牛至、迷迭香或百里香可以用1滴或更少的相應精油調料代替。
- 如食譜建議放少於1茶匙的香料(即少於1滴精油調料)，您可以將一根牙籤放入精油瓶內，然後將沾有精油調料的牙籤在食材中攪拌至均勻。
- 丁香和生薑精油調料比其乾香料更濃烈，如需用量少於1滴，請使用上述方法以牙籤將精油加入食材中。
- 為了保存精油調料的營養價值及避免改變其天然味道，建議煮食時降低爐火溫度，將精油調料與初榨橄欖油混合使用，或於關火後才加入精油調料至菜餚中。

USAGE TIPS

The Vitality dietary essential oils can be the perfect "secret ingredient" in your favorite recipes. Follow these simple tips to add more flavor—and a little Vitality—to your everyday recipes!

- Simply replace dried herbs, spices, and fruit juice, zest, or extract with essential oil! Essential oils are very potent. They have a much stronger flavor than dried herbs and spices. Therefore, only a few drops will be sufficient. Start low and go slow. Start with one drop and gradually increase until you get the flavor you want.
- The juice or zest of 1 lemon, orange, or grapefruit can be replaced with 10-15 drops of its corresponding Vitality essential oil.
- 1 tablespoon of dried oregano, rosemary or thyme can be replaced with 1 drop or less of its corresponding Vitality essential oil.
- With recipes that include less than 1 teaspoon of a dried herb or spice, you would need less than a drop of Vitality essential oil. Dip a toothpick in the bottle of oil and then swirl the toothpick through the ingredients and mix thoroughly.
- Clove Vitality and Ginger Vitality essential oils are much stronger than their corresponding spices, use the "toothpick method" outlined above when adding to recipes.
- To preserve the full benefit of the Vitality™ essential oil and avoid changing their flavor, it is suggested to lower your stovetop temperature, blend the essential oils with extra virgin olive oil, or add the oils when the dish has been removed from the heat or flame.





CITRUS FRESH VITALITY

Citrus Fresh™ 精油調料具有鮮明的五種柑橘類精油的香味，及清新的綠薄荷。加入1至2滴於清水中，其香甜的柑橘味使人精神煥發。另外，亦可加1至2滴精油於您最喜愛的蔬果汁或NingXia Red® 寧夏紅中。可每天飲用，既方便又健康。

Featuring the fresh, bright aromas of five citrus essential oils, plus Spearmint, Citrus Fresh Vitality™ is perfect for adding a drop or two to your water for a refreshing citrus twist. Add 1–2 drops to your favorite fruit and vegetable juices or NingXia Red®. Drink each day or whenever you're looking for a quick burst of nutrients and flavor.



GRAPEFRUIT VITALITY 西柚

味道清新的西柚精油調料使美食和飲料增添獨特的柑橘味。西柚精油調料亦適合用於製作甜品、醬汁和沙律醬。加入2至3滴於清水有助補充水份，煥發精神。

Grapefruit Vitality essential oil is delicious addition to foods and water. Grapefruit Vitality tastes great in desserts, marinades, and salad dressings. Add 2–3 drops to water to make a refreshing drink and stay hydrated.



LEMON VITALITY 檸檬

檸檬精油調料含有豐富抗氧化的檸檬烯，其新鮮柑橘香味使食物和飲料的味道更清香，有淨化和令人振奮的效用。適合加入熱茶，或用以烘焙、自製果醬及甜品。亦可加入主菜，如雞、魚、蝦及蔬菜，加入粉麵、炒飯或沙律亦非常適合。

Containing the antioxidant constituent limonene, Lemon Vitality's fresh citrus flavor makes a bright, flavorful addition to food and water. Its purifying scent is revitalising and uplifting. Add it to tea, baked goods, homemade preserves, and other treats. Combine with savory foods such as chicken, fish, shrimp, and vegetables and with sides such as noodles, rice, or pasta salad.



ORANGE VITALITY 甜橙

蘊含豐富抗氧化的檸檬烯，甜橙精油調料味道香醇，可配搭不同菜式。其柑橘香味能加強饅頭的鮮甜味。用以製作沙冰、飲料或加入NingXia Red® 寧夏紅都相當合適。

Containing the constituent limonene, Orange Vitality essential oil is a versatile culinary tool that can brighten up or complement dishes with its citrus flavor. It combines well with other fruity flavors, making it the perfect addition to smoothies, drinks, and NingXia Red®.



BASIL VITALITY 羅勒

羅勒精油調料具有新鮮草本香味，可代替乾香草作為調味料，添加到沙律、醃料、意粉醬、麵包、熱湯、雞肉、海鮮。

Basil Vitality essential oil has a fresh and herbaceous taste that makes it a flavorful substitute for the dried herb. Try adding it to savory salad dressings, marinades, pasta sauces, breads, soups, chicken, seafood.



LEMONGRASS VITALITY 檸檬草

檸檬草精油調料的柑橘味道香甜濃郁，能配搭不同菜餚，尤其適合東南亞菜式，亦可融入調味料中有助提升食物味道。添加幾滴到清水或熱茶中，讓您整天保持水分，吸收其營養。

The delicate citrus flavor of Lemongrass Vitality oil complements many dishes—especially Asian recipes—and can be incorporated into your seasonings for meals. To keep hydrated while enjoying the benefits of Lemongrass Vitality, add a couple of drops to a glass of water or a hot cup of complementing tea for a zip of flavor.



OREGANO VITALITY 牛至

牛至精油調料散發醇厚、強烈的香味，不但是美味的烹調精油，更是讓您展現健康生活方式的強大支援。可作為調味香料，加入少量於意大利、墨西哥及地中海風味的菜餚中，有助提升菜餚味道！

With its spicy, savory flavor, Oregano Vitality essential oil is both a delicious culinary essential oil and a powerful support for a healthy lifestyle. Add sparingly to various dishes for extra flavoring, particularly Italian, Mexican and Mediterranean dishes.



ROSEMARY VITALITY 迷迭香

迷迭香精油調料是健康菜餚常用的烹調香料。以迷迭香精油調料取代迷迭香乾草，加入到您喜愛的食譜中，如麵包、意大利麵等。可加入幾滴於蕃茄醬中提升其新鮮香味。

Rosemary Vitality is a familiar herb found in healthy cooking. Replace dried rosemary with just a drop of Rosemary Vitality in your favorite recipes, such as breads and pasta dishes. Stir in a few drops to your tomato sauce to add authentic, fresh flavor.

THYME VITALITY 百里香

百里香精油調料可用以取代乾香料來烹調菜餚。其香味尤如新鮮或百里香香料般散發一股獨特、清新的香氣，能使菜餚或甜品變得更芳香開胃。於肉類或蔬菜醃料中加入數滴百里香精油調料，可使食物香味更濃郁、入味！

Like fresh or dried thyme, Thyme Vitality essential oil is a flavorful addition to savory dishes or to desserts. It can be used in place of the dried spice in your favorite dishes. Use a few drops in your marinade to infuse meats and vegetables with herby richness.

**LAVENDER VITALITY 薰衣草**

薰衣草精油調料的淡淡清香及有助舒緩的特色使它成為非常受歡迎的精油。薰衣草精油調料可加入於許多食譜，為食物帶來芳香氣味。乳製食品與薰衣草精油調料是非常相配的組合，如製作曲奇、蛋糕、雪糕、蛋白批或鮮奶油等。

Lavender Vitality Essential Oil is a popular essential oil that is renowned for its calming and soothing properties. It can be used in many recipes to add a light floral accent. Complement dairy with Lavender Vitality in shortbread, pound cake, ice cream, meringue, or whipped cream recipes.

**PEPPERMINT VITALITY 薄荷**

薄荷精油調料散發清爽、強烈的香氣，尤其適宜於早上或飯後使用。早上喝一杯加入一滴薄荷精油調料的清水，有助煥發活力。於朱古力或雲呢拿蛋白粉中混合薄荷精油調料成為薄荷朱古力或薄荷雲呢拿飲品，於運動前飲用可助激發精神活力；在運動後飲用則有助舒緩放鬆。

The bright, cool flavor of Peppermint Vitality Essential Oil make it a great way to start your day or end a meal. Include a drop in a glass of cool water for a refreshing start to your morning. Blend with your pre-workout drink for an energizing start or wind down after your workout with a mint-infused chocolate or vanilla protein shake.

**CLOVE VITALITY 丁香**

丁香精油調料味道辛辣，其丁香酚是Thieves®系列產品、Inner Defense™及Longevity™營養補充品的重要成份之一。將少許丁香精油調料加入一碗燕麥片中，有助提升香味的同時，亦為你新一天增添活力。

Clove Vitality has a spicy flavor that containing eugenol, making it an important part of our Thieves®, Inner Defense™, and Longevity™ formulas. Try adding a drop of Clove Vitality to a warm bowl of oatmeal for a tasty, comforting start to your day.

**GINGER VITALITY 生薑**

生薑精油調料是擁有獨特香味而且多功能的調味料，能為不同菜餚添加濃烈、辛辣的風味，尤其適合中國菜。加入一滴生薑精油調料於熱茶中，提升飲品香味，亦使身體瞬間感覺溫暖、舒緩，尤其適合飯後飲用。

Ginger Vitality is a distinct and versatile oil that adds an intense, spicy note to a variety of dishes, especially Chinese cuisine. Add a drop to your tea for a nice, soothing hot drink, it is an ideal drink after your meal.

**FRANKINCENSE 乳香**

乳香精油調料散發淡淡清甜木質香味，其好處遠超出它的味道和氣味。蘊含天然的α蒎烯，乳香精油是Brain Power™複方精油的主要成份之一。可加入於開水、果汁或NingXia Red®寧夏紅飲品中。

Frankincense Vitality has a sweet, woody flavor and aroma, its benefits go far beyond its taste and smell. Containing the naturally occurring constituent alpha-pinene, Frankincense Vitality is a key ingredient in Brain Power™ essential oil blends. Add to water, juice, or even your daily shot of NingXia Red®.





We take the stewardship of our planet seriously. Our state-of-the-art production process brings you the purest oils on Earth.

We call it
SEED^{TO}SEAL[®]

It's not a slogan—it's our calling.



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