

'72 Hour' Essential Oils Kit

Le Deeper

Contains deep penetrating anti-inflammatory oils, making it effective in relieving pain deep in the tissues and nerves; use for sciatica, arthritis or injuries with deep bruising or nerve damage;

Ingredients: birch, eucalyptus, helichrysum, peppermint, lemongrass, myrrh, spruce

Affinity for: Muscles, bones, nerves.

Application: Apply on location, use in bath for general aches or overexertion. Use in the bath along with *LeWoman* **Wise** for pre-menstrual symptoms. (Can be used alternately with *LePaine*).

Resonance: Physical

Cautions: Strong so dilute well; caution during pregnancy and if epileptic or have high blood pressure.

Le Endo Relief

Endocrine balance and support; improving vitality; eliminate exhaustion, improve metabolism; stimulate natural weight loss; hot flashes and hormone balance; bladder infections; Candida; regulation of Thyroid; lymph congestion; provide support to Pineal and Pituitary, Parathyroid, thymus and adrenal glands

Ingredients: chamomile roman, geranium, cypress, sage, nutmeg, spearmint, myrtle, petitgrain, dill

Affinity for: Endocrine system, lymph system.

Application: Should be applied to the lymph glands of the neck and even the armpit whenever a cold, etc. is coming.

Resonance: Emotional and Spiritual

Eucalyptus (Eucalyptus globulus)

Is a very versatile and useful oil. Can be used to cool the body in summer and protect from air borne bacteria and virus in the winter. Eucalyptus actually becomes more antiseptic with age. Use for catarrh, bronchitis, colds, flu, fever, sinusitis, muscular aches and pains, headaches, sluggishness, mental exhaustion, rheumatism, asthma, bronchitis, insect bites, rashes, skin ulcers, chilblains, sore throats, allergies, burns, Candida, diabetes, low energy, hypoglycemia, fevers, flu, measles, migraine, skin infection, tuberculosis, ulcers, & stimulates urinary tract.

Therapeutic Properties: Anti-inflammatory, antiseptic, balsamic, expectorant, antibiotic, anti-fungal, febrifuge, anti-infectious, anti-parasitic, anti-neuralgic, pectoral.

Application: Apply to appropriate areas of the feet, directly on area of concern; apply under and on each side of the nose for quick sinus relief; dilute and apply on chest.

Aromatic: Influences and promotes health, well-being, purification and healing, especially of the respiratory system.

Contraindications: Can be caustic if used much undiluted.

Le Millenia

'Chiropractor in a bottle' is a good description of this blend - use to align physical structures and electrical energies; use for any structural misalignment (spine, shoulder, etc); especially helpful for hyperactivity and ADHD (consider using along with Tranquility).

Ingredients: spruce, frankincense, elemi, German chamomile, geranium, blue tansy, rosewood, lavender

Affinity for: Emotions, Body Structure and Alignment; Muscles; Skin; Nervous system.

Aromatic Considerations: Builds courage, confidence and self esteem; calming and relaxing.

Application: Bottoms of the feet; Can be placed along the inside of the foot (spine in reflexology and foot zone therapy); on index fingertips, then place left finger on right temple and right finger on left temple for balancing the left & right brains.

Resonance: Very low physical oil with profound emotional effects.

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Le Sunburst

A favorite among Citrus blends; relaxing and calming, especially for children; Promotes a sense of well-being and is an excellent remedy for insomnia; good for energy on waking; anorexia; circulatory problems and lymphatic congestion; immune stimulant; varicose veins; useful as an antiseptic, anti-bacterial in the washing machine, dishwasher or throughout the house. Diffuse to purify air.

Ingredients: sweet orange, tangerine, lemon, citronella, grapefruit, spearmint, lemongrass

Affinity for: Circulatory system; Immune system; lymph system; emotional stability.

Aromatic Considerations: Diffuse to purify the air or just to enjoy a delightful citrus aroma.

Application: Heart, wrists, as a perfume, add to bath..

Resonance: Physical and Emotional.

Tea Tree (Melaleuca alternifolia)

Has been used for centuries and was issued to soldiers and sailors in WWII to help them treat tropical infections.

Promotes cleansing and purity. Most Valuable Uses:

Rashes, insect bites, nail fungus, dermatitis, ringworm, thrush, head lice, sore throats, boils, bronchial congestion, scabies, ulcers, wound, arthritis, cold sores, acne, fatigue, all infections, athlete's foot, Candida, colds, coughs, diarrhea, sunburn, vaginal thrush, wounds, and mild tissue regenerator.

Therapeutic Properties: Anti-bacterial, anti-fungal, anti-septic, anti-viral, immunostimulant, antibiotic, balsamic, anti-parasitic, vulnerary, anti-inflammatory, expectorant, decongestant, analgesic.

Application: Apply to appropriate areas of feet, directly to areas of concern.

Aromatic: Very strong, but cleansing and antiseptic in killing air-borne bacteria, etc.

Le Tenda Care

Relaxant and pain reliever; excellent as a massage oil.

Ingredients: eucalyptus, marjoram, thyme, juniper, spikenard, tea tree, peppermint, wintergreen, lemongrass

Affinity for: Muscles, Bones, Skin.

Application: Place Carrier Oil in the palm of your hand, add a few drops of *Le Tenda Care* and use as a massage oil for tired, overworked muscles or just to help you relax at the end of a long day.

Resonance: Physical

Le Tranquility

One of the best loved of our blends: promotes relaxation: relieves anxiety, stress, tension and depression; can help us develop inner strength, patience and understanding; quell rebellious spirit in teens and adult; insomnia; circulatory problems; migraine headache; osteoporosis; has been used in programs to help children and adults get off Ritalin and Prozac and to deal with panic attacks.

Ingredients: lavender, patchouli, sweet orange, lime, ylang ylang, geranium, blue tansy, palmarosa, chamomile german

Affinity for: Nervous system, Circulatory problems, Emotional stability.

Aromatic Considerations: Diffuse or wear as a perfume (you wear it and everyone enjoys it).

Application: Under nose, back of neck, on the feet, in bath water, wear as perfume or cologne.

Resonance: Emotional

Le Vitality

Excellent for the cardiovascular, circulatory and lymphatic systems; use for all heart related conditions; high blood pressure; stress reduction; varicose veins; shock, and to increase stamina among the sick or the elderly.

Ingredients: palmarosa, helichrysum, ylang ylang, balsam, cypress, marjoram, geranium

Affinity for: cardiovascular system and vein health; root and crown chakras - connection to both Heaven and Earth

Aromatic Considerations: use for shock or to increase vitality, energy and stamina

Application: apply over the heart; can be applied to heart points on the feet or on the heart points found under left ring finger and left ring toe, on the arm just above the elbow, and on the arteries of the neck; massage along the spine between the 1st and 4th thoracic vertebrae.

Resonance: physical