

'Aura' Essential Oils Kit

Le Benediction

A favorite among massage/energy therapists because it strengthens one's own energy boundaries. Effective after an illness or all the time if you are 'energy sensitive' and easily drained by people and situations. Often useful with tension headaches and high blood pressure where picking up on the energies of others is a factor.

Affinity for: Energy System; Emotional Balance; Throat and Crown chakras.

Aromatic Considerations: aroma can increase integrity of auric field, strengthening our personal energy shield; can also be useful in times of deep thought or meditation; for feelings of loneliness - profoundly affects our connection to other people.

Application: Place on shoulders or Thymus area as a protective shield.

Ingredients: Myrrh, Angelica, Rosewood, Sandalwood, Rose, Spruce, Ylang Ylang, Geranium, Hyssop, Melissa, Lemon

Le Exhilaration

Strengthens and stabilizes emotions. For use in situations which previously have appeared hopeless and discouraging. Use to help release emotional blocks and let go of negative feelings.

Ingredients: Melissa Blend, Helichrysum, Clary Sage, Cedarwood, Rosewood, Ginger, Neroli, Sandalwood, Patchouli, Jasmine

Special Affinity for: Nervous system, emotional balance.

Aromatic Considerations: Improvement of attitude, maintaining confidence and courage.

Application: Wrists, temples, heart chakra, forehead, add to bath, as perfume or cologne.

Resonance: Physical and Emotional

Le Inner Peace

Aids in staying focused and clear, particularly about the direction of one's life; promotes harmony between yourself and others and between yourself and God; aids in forming rewarding relationships with family and friends; helps us feel genuine compassion for others; much like **Le Benediction**, **Le Inner Peace** protects the body and the mind from attack and depletion of our energy resources by the energies of others while still allowing us to be open to them; increases oxygen around pineal and pituitary glands; use with **Le Sanctuary**, **Le Millenia**, & **Le Magi**.

Ingredients: Angelica, Cinnamon, Frankincense, Palmarosa, Sandalwood, Spruce, Ylang Ylang, Rosewood, Balsam, Lavender

Affinity for: emotional balance; heart chakra

Aromatic Considerations: helps to collect thoughts; connect the heart and mind in harmony with ourselves and with others

Application: apply on the forehead from right temple across to left temple, on the thymus, chest, heart; excellent massage oil if in a positive emotional state; in the tub; or as a perfume or cologne.

Resonance: physical and emotional

Cautions: wear with caution when angry or when caught up in negative emotions as this oil acts as a strong amplifier - may amplify negative emotions as well as positive; helpful, and sometimes necessary, to diffuse **Le Sanctuary** or any other of your favorite emotional blends for a little while before using **Le Inner Peace**.

Le Life Force

Building, strengthening, and protecting the body; raises the frequency of the body and supports the immune system; use with **Le Endo Relief** for getting through the cough and cold season; can be helpful after an illness for regaining strength and stamina; an adrenal gland stimulant and tonic; should be used following any traumatic experience that has left one feeling weak, shaky or on edge.

Ingredients: rosemary, ravensara, thyme, dill, frankincense, geranium, hyssop, oregano, clove, lemon, blue tansy

Affinity for: nervous system; immune system

Aromatic Considerations: diffuse to strengthen the immune systems and energy of those living in the house and to disinfect from germs and bacteria

Application: dilute and apply along the spine to increase energy and stamina and to strengthen the immune system

Resonance: physical and emotional

'Aura' Essential Oils Kit

Le Magi

Derives its name from the Frankincense and Myrrh it contains. Favorite of many for feelings of clearness and intuitiveness. Helpful in times of despair & with loneliness or fear of being alone.

Ingredients: angelica, birch, myrrh, frankincense, juniper, spruce, sandalwood

Affinity for: Emotions, Solar Plexus and Crown Chakras.

Aromatic Considerations: Diffuse after Spiritual or Energy Work session to keep negative emotions worked through from reattaching; diffuse to create feelings of reverence and to heighten spirituality.

Application: Crown of the head, preferably in a clockwise motion; neck, eye brow, solar plexus, thymus (also clockwise), as perfume or cologne.

Resonance: Low frequency, physical. With profound effects on emotional & spiritual planes.

Le Meditation

Targets decision making ability; communication with the Creator; aids us when pondering spiritual things; helps negative thought patterns; a good oil for meditation.

Ingredients: frankincense, myrtle, sandalwood, spruce, myrrh, rosewood

Affinity for: emotional and spiritual balance; root, throat, and crown chakras

Aromatic Considerations: Creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration

Application: apply to slight bumps on both the right and left side of the forehead, crown, shoulders and the back of the neck.

Resonance: high spiritual range

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.

Le Sanctuary

Promotes feelings of grounding and protection; aids in self-awareness and spiritual intuition which, in turn, builds wisdom and good judgment.

Ingredients: pine, ylang ylang, spruce, cedarwood, vanilla

Affinity for: Soothing to Respiratory and Nervous systems; emotional balance; Chakras.

Aromatic Considerations: Soothing; uplifting; promotes feelings of contentment and faith when diffused.

Application: Apply to solar plexus, brain stem, crown of head, back of neck, behind ears, thymus and wrists; wear as perfume or cologne.

Resonance: A very high frequency oil that can often be used in place of expensive rose oil.