

'Family Time' Essential Oils Kit

Le Away

Releases emotions connected to traumatic or negative experiences of various kinds. Particularly effective for emotions resulting from childhood abuse, both sexual and otherwise. Has an affect on stored anger held in the Liver - seems to clear both the negative energy and the physical toxic buildup. A simple, yet beautiful, fragrance.

Ingredients: Catnip, Citronella, Eucalyptus, Cedarwood, Clove, Cinnamon Berry

Insect bites can be dangerous as well as just annoying, but slathering yourself with chemicals may not be the best solution to the problem. *Le Away* is a synergistic blend of some of the essential oils most often used to repel insects.

Application: Add to a carrier of your choice and apply over exposed skin surfaces. Be sure to cover yourself well, including hands and feet. Reapply after swimming or perspiring heavily.

Le Deliverance

Strengthens the immune system; eliminates bacteria, etc. Use for respiratory illnesses, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, infections, athlete's feet, toenail fungus, slivers. Always have this one on hand.

Ingredients: Clove, Eucalyptus, Cinnamon, Lemon, Rosemary, Thyme, Oregano

Affinity for: Immune system, lymphatic system, skin.

Aromatic Considerations: Diffuse periodically for ½ hour at a time to eliminate air-borne critters.

Application: Soak the family toothbrushes; add to dish water if anyone in the family is ill; apply *Le Deliverance* alternately with *Le Life Force* - one on the K27's and the other on the Thymus in the evening, then in the opposite positions first thing in the morning. This is very effective against nasty viral stuff.

Resonance: Physical, Emotional, Spiritual.

Le EZ-Traveler

Has been formulated to help deal with various forms of motion sickness as well as other incidences of nausea, dizziness, and vertigo. Use as a preventive or to calm the symptoms once begun.

Ingredients: Birch, Chamomile Roman, Frankincense, Lavender, Myrrh, Orange Sweet, Peppermint, Ylang Ylang

Affinity for: Digestive system, Nervous system.

Aromatic Considerations: Promoted feelings of calmness, strength and the ability to cope.

Application: Apply to the soft areas of the skin such as the wrist, inner thighs or behind the ears; add to the tub or diffuse.

Resonance: Physical and emotional.

Le Inside Out

Improving the function of the digestive system; upset stomach, belching, bloating, stomach cramps, heartburn; morning sickness (place a drop or two behind the ears); Parasites in animals and people (apply to the feet and massage across abdomen for this).

Ingredients: fennel, juniper, lemongrass, lemon, peppermint, thyme, patchouli

Affinity for: Digestive system.

Application: Apply 1 drop behind each ear for morning sickness Apply topically over the stomach or as a compress over the abdomen; see general notes above.

Resonance: Physical and Emotional.

Cautions: This blend contains a small amount of fennel - though great for morning sickness, should be used sparingly and with caution.

Le Lavender

Derives its name from the Frankincense and Myrrh it contains. Favorite of many for feelings of clearness and intuitiveness. Helpful in times of despair & 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.

'Family Time' Essential Oils Kit

LeMillenia

'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.

LePaine

Pain relief; promotes quicker healing by inducing oxygen to injured area; aids in healthy circulation; anti-inflammatory; use for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, bruises, headaches, osteoporosis, bone spurs, bursitis.

Ingredients: peppermint, clove, birch, balsam, helichrysum, eucalyptus

Affinity for: Nervous system, muscles, bones.

Application: Apply on location - helpful to dilute for large areas, can be used in a compress. Often used with with **LeWarm Down** and **LeMillenia**.

Resonance: Emotional and Physical.

LeTranquility

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

LeWoman Wise

Relief of pre-menstrual/ menstrual cramps and other symptoms. May also be affective for men dealing with prostate problems. Use with **LeDeeper**, especially with headache.

Ingredients: clary sage, spikenard, patchouli, lavender, jasmine, fennel, marjoram

Affinity for: Hormonal system; Emotional balance.

Aromatic Considerations: Diffuse at home or in the workplace to balance hormones, deal with mood swings, irritability, etc.

Application: Rub over lower back and abdomen, apply to feet and ankles, use in the bath and dilute for a massage oil.

Resonance: Physical and Emotional.