

'Golden' Essential Oils Kit

Le Balance

A great oil for the support of the endocrine system and for balancing hormones, especially in women. Often effective in reducing hot flashes and headaches in women age 35-50. Use **Le Balance** for women ages 30-45, **Le Endo Relief** for women age 45+ as a general rule. Used for prostate de-congestion and health in men.

Ingredients clary sage, rose geranium, peppermint, myrtle, cypress, lavender, sage, yarrow, marjoram

Affinity for: Nervous system, endocrine system, emotions.

Aromatic Considerations: Control of mood swings brought about by hormone and endocrine system imbalances.

Application: Apply around ankles, diffuse or use for a soothing soak in the tub.

Resonance: Physical, Emotional.

Cautions: Definitely not to be used during pregnancy!!

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 on.

Resonance: Emotional and Spiritual

Le Grateful Heart

The aromas of this blend are earthy with a strong floral note; use to find more connection to and appreciation for your romantic partner; create delight in the sensual and passionate side of your lives together; create emotional depth and bonding; potent aphrodisiac.

Affinity for: Emotions; Base, Sacral, and Heart Chakras.

Application: Diffuse any time you like; wear as a perfume.

Resonance: Physical with deep emotional impact.

Ingredients: sweet orange, cedarwood, ylang ylang, geranium, patchouli, angelica, spikenard, myrtle, cinnamon, sandalwood, clary sage

Le No More

Because of the oxygen-carrying capabilities of essential oils, they are all anti-bacterial, anti-fungal, antiseptic, etc. to some extent. This blend contains many of the most powerful oils in this category; having been blended synergistically, they are even more effective than any of the singles would be used alone.

Ingredients: elemi, calamus, oregano, spikenard, patchouli

Affinity for: Immune system, Lymphatic system, Skin.

Aromatic Considerations: Kill air-borne 'critters.'

Application: Apply to areas of concern, use to disinfect and prevent mold growth throughout house or office.

Resonance: Physical

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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 **LeWarm Down** and **LeMillenia**.

Resonance: Emotional and Physical.

LeVitality

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; for use in treating hemorrhoids (dilute well here).

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

LeWarm Down

Tight, sore, tired, and aching muscles; muscle spasms; sprains and sports injuries; anti-inflammatory; torn or stretched ligaments and muscles; fatigue; joint and back pain; bursitis; charley horses; arthritis; stress; stress headaches Add to bath water; dilute with carrier oil for body

Ingredients: lavender, basil, cypress, marjoram massage.

Affinity for: Muscles, Bones, Respiratory system.

Application: Apply diluted on location for all muscles, neck, feet Often used in conjunction with **LePaine**; use with **LeMillenia** improve and correct structural alignment.

Resonance: Physical