

'Harmony' Essential Oils Kit

Le Believe

Designed to release negative emotions and perceptions at a cellular level; replace negativity with love, forgiveness, peace and understanding; brings confidence that we have the abilities to do what is needed and be where we need to be at the appropriate times in our lives; promotes healthy feelings of self-worth and satisfaction with one's efforts thus far in life; balances the need we feel to protect ourselves and be ready for anything with a healthy trust in the future and forgiveness for mistakes made in the past; returns the heart to a state of joyous anticipation of whatever experiences life may have in store for us.

Ingredients: frankincense, balsam, palmarosa, rose, rosewood, vanilla

Affinity for: nervous system; cellular memory; emotions

Aromatic Considerations: forgiving and releasing emotions from the past; loving oneself; achieving inner peace; finding joy in living and happy anticipation of the future

Application: diffuse, use in the bath, wear as perfume,

Resonance: physical, emotional

Le Bountiful

This oil is designed to affect the energy fields around us and to help us achieve a frequency that attracts good fortune. Beneficial to the brain - seems to clear sluggish thought processes. Aids us in thinking clearly about money issues and lessens that stress. Immune support and stimulant.

Ingredients: myrrh, patchouli, frankincense, clove, cinnamon, thyme, orange sweet, orange bitter

Affinity for: Immune systems, respiratory system, body's external magnetic field, emotional balance.

Aromatic Considerations: Creates feelings of security, generosity, thankfulness - thus, bringing the 'blessings of heaven' down on you.

Application: Dilute and wear on wrists, behind the ears, as perfume. Place a drop or two in checkbook, car dash, phone or wallet for profound results.

Resonance: Physical, Mental - frequency similar to healthy brain.

Le Heart Song

High frequency blend; produces feelings of being loved and cherished; helpful in overcoming grief and trauma; use in the treatment of depression or to get through a tough time or a difficult day; use to balance the electrical fields of the body; A very effective, all-purpose, high frequency blend - a basic for just about everyone.

Ingredients: bergamot, rose geranium, geranium, grapefruit, lemon, tangerine, sweet orange, rose, ylang ylang

Affinity for: Emotional balance; Heart and Throat Chakras.

Aromatic Considerations: Apply to ears, massage over the feet, rub over the heart, apply to areas of poor circulation, as a perfume or cologne.

Resonance: High frequency emotional oil.

Le Letting Go

Excellent for release of anger and frustration and letting go of negative emotions to the cellular level; self-acceptance and self-forgiveness; depression and despair; rebellious spirit in teens and others; aids colon, kidneys and gall-bladder by helping us release the past and let go of resentment and other negative emotions.

Ingredients: geranium, lemon, ylang ylang, lavender, sandalwood, blue tansy

Affinity for: Digestive; Urinary tract; Emotions.

Aromatic Considerations: Create feelings of tolerance of the faults & foibles of the human race; feelings of trust.

Application: Apply over the liver directly or on the bottom of the feet or behind the ears. Especially nice in the bath for relaxing and feeling good.

Resonance: Physical and Emotional.

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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

LeTrust

Help us be more accepting, tolerant, compassionate and forgiving of ourselves and others; help with codependency and communication skills; can be useful in leaving behind old hurts, guilts and frustrations; use for gingivitis, gallstones, pleurisy.

Ingredients: spruce, frankincense, sandalwood, helichrysum, palmarosa, lavender, angelica, rosewood, lemon, rose, melissa blend

Affinity for: Emotional Balance and Stability.

Aromatic Considerations: Smells good enough to be worn as a perfume or cologne.

Application: Should be massaged over the heart or navel or placed behind the ears and on the wrists.

Resonance: Very high frequency oil.

LeSanctuary

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.

LeSolitude

Useful in creating an atmosphere of peace and quiet in which to regenerate and rebuild emotional reserves; brings peace and happiness to mind and body; useful in overcoming depression; coping with anxiety; stimulating digestion; maintaining cardiovascular health; useful for varicose veins, spider veins and to promote capillary health; aids in peaceful sleep; can be used as a muscle relaxant; relieves tension headaches; moisturizes dry skin; treats eczema.

Ingredients: marjoram, sweet orange, lavender, German chamomile, rosewood

Affinity for: cardiovascular system, skin, emotional health, heart chakra

Aromatic Considerations: calming and de-stressing; relaxes one into sleep

Application: apply to areas of concern; use in the bath; dilute as a massage oil; dilute and apply to the feet

Resonance: physical and emotional