

'Rescue' Essential Oils Kit

Le Aspire

Relief from colds, bronchitis, sinusitis, respiratory congestion, and allergy symptoms, deep pneumonia, pleurisy, asthma. Can be used alternately with **Le Breezey**.

Affinity for: Respiratory System.

Aromatic Considerations: Especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats. Can also help to eliminate snoring in some cases.

Application: Diffuse, dilute and apply on chest, neck, ears, bottom of feet. Can be applied alternately with **Le Breezey**.

Resonance: Physical

Ingredients: pine, rosemary, eucalyptus, spruce, peppermint, cypress, myrtle, marjoram

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

Resonance: Physical, Emotional, Spiritual.

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.

Lemon

A beautiful fragrance that is invigorating & warming. Valuable Uses: anxiety, blood pressure, debility, digestive problems, fever, gallstones, lymphatic system cleansing, memory improvement, nervous conditions, respiratory, sore throat, water purification, colds and flu, skin care, and general tonic.

Therapeutic Properties: Antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmative, antispasmodic, anti sclerotic, depurative, vermifuge, cicatrivative.

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

Aromatic: Light and refreshing while balancing nervous system and relieving symptoms of fatigue, said to help reduce cellulite deposits.

Contraindications: Use caution when applying heat to the skin and before exposure to the sun; probably best not to apply to skin before exposure to the sun.

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Le Mela Plus

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 Paine

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.

Peppermint

Soothing to the entire system, particularly the digestive tract. Reduces inflammation in damaged tissues and is a natural analgesic. Dr. Dembar of the University of Cincinnati discovered in a research study that inhaling peppermint oil increased the mental accuracy of the students tested by up to 28%. Most Valuable Uses: Headaches, nausea and vomiting, fatigue, apathy, coughs, digestive problems, bowel disorders, flatulence, muscular pain, sinus congestion, shock, faintness, travel sickness, mouth or gum infections, mental tiredness, pain, poor circulation, arthritis, candida, fevers, morning sickness, migraine headaches, nerve regeneration, tuberculosis, prostate problems. Peppermint is soothing in small amounts and strongly stimulating in larger amounts.

Yarrow, blue

Applied topically to a cut, even a deep one, it will pull the edges together and help the cut to heal almost miraculously and prevents infection to the site. Yarrow was considered sacred by the Chinese, who recognized the resonance of Yin and Yang energies which it produces. They claim that the fragrance alone makes possible the meeting of heaven and earth and balances highs and lows both externally and internally and physically and mentally. Mild enough to use with children. Yarrow can also be used for acne, amenorrhea, dysmenorrhea, stimulating the appetite, bladder or kidney weakness, colds, catarrh, digestion, eczema, fevers, gallbladder inflammation, gout, headaches, hypertension, kidney stones, pelvic infections, sprains, flue, sunburn, ulcers, urinary infections, varicose veins, and wounds.

Therapeutic: Anti-inflammatory, antiseptic, astringent, styptic.

Application: Apply to appropriate areas of the feet, directly on areas of concern, excellent in bath or massage blends.

Aromatic: Especially good for people whose moods swing rapidly between highs and lows, moderating.

Contraindications: Caution during pregnancy, prolonged use may result in skin sensitivity.