

## 'Wellness' Essential Oils Kit

### *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 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.

**Resonance:** Emotional and Spiritual

### *Le Eternity*

Has powerful antioxidant properties and is meant to enhance vitamin absorption for the overall improvement of health and vitality. The oils in this blend have been used traditionally for various problems related to the cardiovascular system.

**Ingredients:** clove, frankincense, sweet orange, thyme

**Affinity for:** Cardiovascular system.

**Application:** On chest along Sternum.

**Resonance:** Physical

### *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

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### *Le Revitalize*

Powerfully stimulating; increases mental alertness; alleviates mental fatigue: Aids in cleansing the liver and improving overall vitality; useful for overcoming addictions; anger management.

**Ingredients:** geranium, fennel, helichrysum, rosemary, bergamot, blue tansy, Roman chamomile, lemon

**Affinity for:** Digestive system; Brain function; Emotional stability.

**Aromatic Considerations:** Diffuse for short periods of time only.

**Application:** Dilute when applying to the body; appropriate areas of the feet - especially over Liver area; over entire body when diluted well.

**Resonance:** Physical

### *Le Solitude*

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

### *Le Vitality*

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.

**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