

^{Le}AboutFace

INGREDIENTS: frankincense carterii, frankincense frereana, frankincense serrata, opoponax myrrh, palo santo

AFFINITY FOR: digestive system, respiratory system, circulation, skin, cellular structure and strength, urinary tract, particular affinity for the earth, wood, and air meridians, crown and third eye chakras, integrity of the celtic grid (energy structure)

RESONANCE: physical, emotional, spiritual, mental

THERAPEUTIC PROPERTIES: anti-inflammatory, analgesic, immune stimulant, anti-oxidant, nervine, tonic, antidepressant, revitalizer, anti-arthritis, anti-tumoral

APPLICATION: ^{Le}AboutFace can be applied to any area of the body, used in the bath, and is very nice when diffused.

AROMATIC CONSIDERATIONS: ^{Le}AboutFace is an excellent choice whenever there is fear of upcoming changes, fear of death, or suffering from the loss of a loved one or a cherished dream.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: As the name of this blend—^{Le}AboutFace—implies, the blending of several varieties of frankincenses with palo santo can help us take a new direction in our lives, if a new direction is what is needed. This blend can help us link our past with our future goals, connecting cause and effect, actions and consequences, to one another. As we make these connections we are able to choose our future courses more wisely.

Frankincense essential oils have been highly valued for centuries and is still considered a holy oil in the middle east. It is believed that the aroma of frankincense grounds and centers the spirit and improves communication with our Creator.

PHYSICAL ASPECTS: Frankincense essential oils have a reputation worldwide for crossing the blood/brain barrier, carrying oxygen and nutrients to the pineal and pituitary glands within the brain. Nourishing these structures of the brain has been shown to positively affect the progress of many nerve and brain related conditions, among them Parkinson's disease and multiple sclerosis. ^{Le}AboutFace contains essential oils which prevent collagen breakdown in cells and cellular structures and inhibit the production of pro-inflammatory mediators. This blend should be considered for arthritis and any inflammatory or brain related chronic conditions.

^{Le}AboutFace is an excellent skin regeneration oil and is mild enough to be used on the face.

^{Le}AgeLess

INGREDIENTS: frankincense, helichrysum, lavender, litsea cubeba, opoponax myrrh, palmarosa, rose, sandalwood, zanthoxylum

AFFINITY FOR: nervous system, lymphatic system, immune system, circulatory system, skin, yin energy, heart chakra, earth meridian, cellular structure and strength

RESONANCE: physical, emotional

APPLICATION: ^{Le}AgeLess should be applied to the skin of the face, neck, hands, and arms (and anywhere else you would like). A carrier oil containing 10% of jojoba can bring a little extra emollient value to this blend.

AROMATIC CONSIDERATIONS: The intent of this blend is to create feelings of contentment and confidence while nourishing and protecting the skin.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}AgeLess is a wonderfully synergistic and beautifully aromatic blend of essential oils with mood elevating and confidence building properties. Designed to foster within us both a vision of ourselves as accepted and acceptable and a readiness, always, to become even better. We can welcome change, moving forward with joy into the truly golden years—whichever years they are—of our lives. Maturity, done gracefully, come with wisdom and profound feelings of joy

PHYSICAL ASPECTS: ^{Le}AgeLess is made from nine essential oils, each one bringing its unique healing and regenerating properties to this astonishing blend. This combination of essential oils assists in maintaining or developing beautiful and healthy skin one cell at a time. Some of the oils in this blend prevent free radical damage. Others are useful in repairing damage caused by wind and sun. Daily use of this blend can be helpful in strengthening fragile capillaries and bringing a healthy, radiant glow to the skin.

^{Le}Cherish

INGREDIENTS: cistus, jasmine, osmanthus

AFFINITY FOR: hormone balance, urinary tract, lymphatic system, respiratory system, nervous system, immune system, skin, nerves, heart & crown chakras, triple warmer meridian, kidney meridian, solar plexus chakra, balances yin and yang

RESONANCE: physical, emotional, spiritual

APPLICATION: Diffuse or wear on the body.

AROMATIC CONSIDERATIONS: Osmanthus (and jasmine) are members of the same exotic family and are used, in the perfume industry, in only the most costly and extraordinary of fragrances. These essential oils are among the most expensive and desirable of fragrances. They are multi-faceted and multi-dimensional, impacting the senses and the energy one layer after another. Jasmine is very concentrated, heady, and sensual and reaches the core of the feminine where it magnifies qualities of strength and courage.

In ^{Le}Cherish, the intense aroma of the jasmine is moderated by osmanthus and cistus making this blend both delightful and powerful.

PHYSICAL ASPECTS: Since so many of our physical ailments, especially the chronic ones, are driven by our emotions, high frequency blends such as ^{Le}Cherish impact the physical body on every level. ^{Le}Cherish is an excellent blend for use in skin care because it promotes elasticity and tone in the tissues.

Jasmine is used during childbirth to improve elasticity, strengthen the contractions and, at the same time, ease the intensity of the pain. Some women find the aroma of jasmine too intense at this time. I believe ^{Le}Cherish is going to prove itself in these situations.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}Cherish is of equal value to both men and women as it helps us develop and emphasize inner courage, strength of character, and clarity of purpose, while at the same time, filling our souls with greater reserves of sensitivity and compassion. The aroma of this blend encourages us to set our feet on a path that will help us reach a higher plateau.

A very special aspect of ^{Le}Cherish is utilized as this high frequency blend helps us rebuild our emotional balance and gain perspective in the aftermath of quarrels, traumatic events, the loss of a loved one, or the loss of a cherished hope or dream. This intense blend requires the use of only a drop or two at a time.

^{Le}CinnamonBear

INGREDIENTS: cassia, clove, eucalyptus, mandarin, orange sweet, rosemary, spruce

AFFINITY FOR: sacral chakra, spleen meridian, circulatory system, immune system, lymphatic system

RESONANCE: physical, spiritual, emotional

APPLICATION: Cassia is a form of cinnamon and is a major component of this blend, thus ^{Le}CinnamonBear should be diluted well when applied to the body. This blend would be an excellent choice for use—one or two drops only—on your toothbrush and would make an excellent mouthwash (and would taste better than ^{Le}Deliverance).

AROMATIC CONSIDERATIONS: ^{Le}CinnamonBear has a delightful aroma, spicy and sweet at the same time. The spruce in the blend grounds our energy to earth, the citrus lift the mood and the spirits, the cassia and clove sharpen the sense and clear the mind, while the rosemary provides a support to a wide range of physical and energetic systems (see description of rosemary in the previous chapter.)

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}CinnamonBear lifts the spirits and helps us experience life as a joyous journey, a dance through the wonders of learning and growing. This blend removes the resistance we sometimes feel to new experiences, new people, and new situations. If we lack joy in our lives it becomes easy to blame others and let anger and frustration rule our days and damage our relationships. The change in perspective this blend provides can bring welcome warmth into this dark place, returning the soul to a place of optimism, contentment, and happiness.

PHYSICAL ASPECTS: Physically, ^{Le}CinnamonBear acts as a stimulant and tonic for circulation, and for the immune and lymphatic systems. Diluted well, this blend is an excellent choice for massage. The effects will be gently stimulating. ^{Le}CinnamonBear is especially beneficial to sore muscles and joints stiffened by arthritis or rheumatism.

Cassia, and this ^{Le}CinnamonBear blend containing it, stimulate T-lymphocyte activity and immuno-globulin production by the B-cells of the immune system. These are key elements of effective resistance to disease by our bodies.

This blend, with its stimulating, mood lifting, and immune building properties is an excellent oil for the convalescent stage of illness. The emotional aspects of ^{Le}CinnamonBear do not allow for discouragement and can help us thrive, not just survive, an illness or difficult place in our lives.

CAUTIONS: Care (not avoided entirely, however) should be used with ^{Le}CinnamonBear by pregnant women since both cassia and clove are quite stimulating. If your skin is especially sensitive, you should exercise caution or avoid using this blend in the bath.

^{Le}Housewarming

INGREDIENTS: cassia, orange sweet, vanilla

AFFINITY FOR: nervous system, respiratory system, immune system, lymphatic system, heart and sacral chakras, governing vessel meridian, pericardium meridian, emotions

RESONANCE: physical, emotional

APPLICATION: ^{Le}Housewarming should be diffused.

AROMATIC CONSIDERATIONS: ^{Le}Housewarming is an oil that is meant to be diffused, rather than worn on the body or inhaled. In fact, the strong aroma of cassia in this blend can produce a burning sensation in the nostrils if whiffed directly from the aromatherapy bottle and may be irritating to the skin.

PHYSICAL ASPECTS: Gently, insistently stimulating, ^{Le}Housewarming strengthens the immune systems of those present by removing free radicals and stimulating T-lymphocyte activity and immuno-globulin production. The cassia, which is the signature essential oil in this blend, is renowned as a powerful oxygenator. Cassia is also considered to be a cardiovascular tonic and is known to be one of the most strongly antimicrobial essential oils. It is amazing to me that something that fills the home with such a wonderful aroma can be so good for us at the same time.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}Housewarming, diffused, creates an atmosphere of welcome and warmth in a home or office. This blend stimulates our thinking and encourages us to seek new solutions to problems and to look at long-standing relationships in new ways.

^{Le}Intention

INGREDIENTS: grapefruit, lime, orange sweet, vanilla

AFFINITY FOR: lymphatic system, immune system, nerves, digestive system, circulation, capillary health, hormone balance, metabolism, governing vessel meridian, liver/gallbladder meridian, solar plexus and heart chakras

RESONANCE: physical, emotional, spiritual

APPLICATION: ^{Le}Intention makes an excellent massage oil. It may be applied anywhere on the body, used in the bath, and diffused.

AROMATIC CONSIDERATIONS: The inhalation of ^{Le}Intention is usually followed by a big sigh as stress is released and burdens lifted.

PHYSICAL ASPECTS: The essential oils of which ^{Le}Intention is comprised affect the absorption of nutrients and the metabolic function of the body. This blend improves the digestive function, tones and cleanses the liver, and prevents gallbladder inflammation and the production of gallstones. Because of its effect of capillary and vein health, this blend stabilizes blood pressure fluctuations, tightens and tones the skin and tissues, and increases circulation. Used consistently, ^{Le}Intention has a building and sustaining influence on energy levels.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}Intention is for those times in our life (every day?) when life gets too intense and crazy, or we need peace as we contemplate the craziness of the world in which we live. ^{Le}Intention both stimulates and calms the amygdala, a glandular center in the brain that is often referred to as “the solution center”. This blend is useful in helping us find solutions to problems and situations that we may not have previously considered but then turn out to be just right. Life consistently presents us with challenges and struggles; the essential oils in ^{Le}Intention help us cope, increasing our overall satisfaction with our lives and ourselves.

^{Le}Key to My Heart

INGREDIENTS: copaiba balsam, cypress, geranium, helichrysum, mandarin, orange sweet, palmarosa, ylang ylang

AFFINITY FOR: cardiovascular system, lymphatic system, urinary tract, cardiopulmonary, vein health, sacral and solar plexus chakras, root and crown chakras, connection to heaven and earth, communication between all chakras, governing vessel meridian

RESONANCE: physical, emotional

APPLICATION: ^{Le}Key to My Heart, diluted, may be applied on the chest over the heart area several times a day. ^{Le}Vitality can also be applied to the acupuncture heart area on the left foot, or alternatively, to the heart points found under the left ring finger and corresponding toe on the left foot.

AROMATIC CONSIDERATIONS: ^{Le}Key to My Heart can be worn as a perfume or diffused.

GENERAL INFORMATION: ^{Le}Key to My Heart came about originally as a serendipitous mistake made in the blending of ^{Le}Vitality. It still contains many of the same essential oil singles as ^{Le}Vitality, but some oils specifically targeting emotions that are linked to heart dysfunction have been added to the blend.

PHYSICAL ASPECTS: ^{Le}Key to My Heart is very strong in the balancing and repairing of the cardiovascular, circulatory, pulmonary, and lymphatic systems. This blend can be used in conjunction with, or in lieu of, ^{Le}Vitality for heart related and circulatory conditions. The choice should be made according to the emotional patterns, stresses, and needs of the individual. ^{Le}Key to My Heart has proven useful for lowering high blood pressure, reducing stress levels, and increasing stamina and energy levels.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}Key to My Heart creates enthusiasm for life and confidence that one's body is capable of healing and adequate to the tasks being required of it.

This blend seems to stabilize and open the emotional and electrical rhythms of the heart and has a dramatic impact on the pericardium, both physically and emotionally. The pericardium is the protective case around the physical heart and the protective watchman of the emotional heart. Openness here allows us to give and receive love and perceive other people's intentions accurately and without judgement. An open and well-functioning pericardium is the basis for great and effective leadership. This is an effective oil for those stressful days when one has no choice but to multi-task and do so efficiently and well.

One description of this blend by a frequent user described it as helping to "create a self-disciplined, decided heart." This is a perfect description of the emotional impact of ^{Le}Key to My Heart. She also mentioned that ^{Le}Key to My Heart gives one "sufficient hope to venture out and go forth and live, while creating a safe atmosphere in which to work." ^{Le}Key to My Heart contains additional emotionally balancing oils which are not present in ^{Le}Vitality, but it slightly less effective for the physical repair of heart valves.

^{Le}Kindred Spirit

INGREDIENTS: frankincense, orange sweet, palmarosa, rose, rosemary, rosewood, sandalwood, ylang ylang

AFFINITY FOR: lymphatic system, immune system, endocrine system, liver, skin, nerves, liver meridian, heart meridian, sacral chakra

RESONANCE: physical, emotional, mental, spiritual

APPLICATION: ^{Le}Kindred Spirit is a great oil for diffusing or wearing on the body.

AROMATIC CONSIDERATIONS: The aroma of ^{Le}Kindred Spirit can be both comforting and invigorating at the same time. It lets us know that, while our life up to now, has been good, the coming days—and changes—will be even better.

EMOTIONAL ASPECTS: ^{Le}Kindred Spirit helps us recognize that other people have needs and struggles similar to our own. This blend can help us recognize, with gladness, the talents and strengths to be found in those around us. It can also aid us in finding patience and a spirit of tolerance for their shortcomings. ^{Le}Kindred Spirit is meant to help us feel a kinship of purpose with others.

The use of this blend should moderate tendencies on our part to expect more of others than we are willing or able to give ourselves. Learning to honor ourselves for our contributions, rather than berating ourselves for not having done more, is another emotional aspect of this blend.

^{Le}Kindred Spirit also addresses the fears we sometimes feel when circumstances in our lives are in states of change. In today's rapidly changing world, we need to be able to gracefully let go of old patterns and ways of doing things. ^{Le}Kindred Spirit fosters within us feelings of enthusiasm and a willingness to embrace new things and make new friends.

If you are exhausting yourself resisting change and trying to keep things as they are—the children at home and still needing you, the same job or way of doing things on the job, the same circle of friends—this blend can bring you comfort. You may even find yourself moving into changes with enthusiasm and joy.

Rosemary is a little bit of an unusual addition to an essential oil blend containing sweet, high frequency oil such as sandalwood, rose, rosewood, orange sweet, and ylang ylang. Rosemary fosters inquisitiveness, and adds a unique layer to this blend. Rosemary sends our souls searching, in all directions, for light, understanding, and a new way of coping and becoming. The frankincense adds a touch of caution—a connection between past and future, cause and effect.

^{Le}Kindred Spirit is a very nearly perfect example of synergy between single oils in a blend. No one single oil could possibly accomodate all the layers of this unique blend.

PHYSICAL ASPECTS: ^{Le}Kindred Spirit contains some of the very best essential oils for working with chronic illness. This blend is often effective for headaches, insomnia, memory difficulties, learning difficulties, mental fatigue, and indecisiveness. ^{Le}Kindred Spirit raises low blood sugar levels and stabilizes blood sugar fluctuations.

^{Le}LiteN

INGREDIENTS: cassia, cinnamon bark, ginger, grapefruit, lime, peppermint

AFFINITY FOR: digestive system, lymphatic system, immune system, emotional balance, triple warmer meridian, base chakra

RESONANCE: physical, emotional

APPLICATION: A few drops on your wrists. Inhaling the aroma frequently is very effective.

AROMATIC CONSIDERATIONS: Consider diffusing ^{Le}LiteN in your home or workplace, especially between meals or when feeling tired, worn out, stressed, or discouraged.

PHYSICAL ASPECTS: ^{Le}LiteN is meant to improve metabolic function, stabilize hormones, and balance blood sugar. A fit and healthy body recovers more quickly and is more disease resistant. Well-oxygenated cells tend to produce healthy new cells, increasing vigor, stamina, and energy levels.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Food cravings and a tendency to snack between meals can be the result of stress, fatigue, or boredom. The stimulating and refreshing aroma of ^{Le}LiteN is a perfect choice for any situation in which one might turn to food for comfort, encouragement, or a boost of energy. This blend encourages a desire for fitness and vitality, and can aid us in developing sufficient energy reserves for the accomplishment of anything that our heart desires.

LeQuietEssence

INGREDIENTS: lavender, orange sweet, rosewood, rue, St. John's wort, valerian

AFFINITY FOR: nerves, immune function, genito-urinary system, brain, digestive system, cardiovascular system, all meridians, heart chakra, solar plexus chakra

RESONANCE: analgesic, antispasmodic, nervine, sedative

THERAPEUTIC PROPERTIES: analgesic, antispasmodic, nervine, sedative, diurectic, antiparasitic

APPLICATION: LeQuietEssence can be diffused or used in the tub. Dilute and apply to the body along the top ridge of the ears, the wrists, over the heart, or on the soles of the feet.

AROMATIC CONSIDERATIONS: The aroma of LeQuietEssence is calming and relaxing and promotes deep states of restful, dreamless sleep. LeQuietEssence lifts the mood and is a remedy for use in the treatment of depression.

PHYSICAL ASPECTS: The valerian root contained in this blend contains some volatile components not found in any other essential oil currently produced for aromatherapy. These components are useful for an incredibly long list of things related to nerves and nervous tension. Combining, as is done in this blend, lavender, orange sweet, and the amazing nervine, St. John's wort, creates a blend that is an effective relief for headache, irritability, premenstrual symptoms, any type of cramping or muscle spasms, insomnia, heart palpitations, neuralgia, and panic attacks.

This blend is especially effective when applied to nerve-rich areas of the body such as the back of the neck, fingers, toes, and the coccyx (tailbone).

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Recent scientific studies are proving what energy workers have known for a long while—that every cell of the body has the capacity for thought and feeling. The experiences of the past—with accompanying trauma, anger, and guilt—can be held in the cells and tissues of the body for a very long time. Such deeply held pain can dramatically alter our perspective. Truth becomes relative to our perception and the frequent triggering of our emotional pain. We either indulge in denial, suppressing memories that don't bear out our perception, or we rewrite truth altogether in order to survive or seek relief by vengeance or retribution.

LeQuietEssence is an essential oil blend that encourages understanding, forgiveness, and reconciliation. This blend can help us move away from guilt and accusation and into peace and understanding. We can let go of past pain and trauma, embrace and claim for ourselves the lessons learned, and live—daily—in the warm glow of compassion for our own mistakes and the mistakes of others.

This blend is also useful for scattered or confused feelings about spirituality and inspiration. There is a strong connection between faith and immune function. Peace in this area can be a great blessing to the physical body. LeQuietEssence can help us set appropriate personal boundaries and find greater clarity in spiritual matters.

CAUTIONS: This blend contains rue, valerian, and St. John's wort, but all in quite low percentages. These essential oils, particularly rue, have long lists of cautions, especially for pregnant women. As always, it is best to begin slowly and proceed with caution, always diluting well. I, personally, find little to fear in this amazing blend.

LeReflections

INGREDIENTS: cypress, goldenrod, juniper berry, lemongrass, orange sweet, palo santo, spanish sage, tangerine

AFFINITY FOR: urinary tract, solar plexus chakra

RESONANCE: physical, emotional, mental, spiritual

THERAPEUTIC PROPERTIES: anti-oxidant, anti-inflammatory, antispasmodic, astringent, cardiovascular tonic, diuretic, lymphatic decongestant, antiseptic

APPLICATION: LeReflections, diluted, should be applied to the abdomen, the lower back, and the soles of the feet with emphasis on the in-step area. LeReflections can be added to the bath and makes an excellent compress over the kidney area for infections or inflammation.

AROMATIC CONSIDERATIONS: Diffused, can help lift the cloud of negativity which may be pulling us under emotionally and spiritually and clouding our mental perceptions and processes.

PHYSICAL ASPECTS: To the kidneys has been given the vital task of collecting and disposing of the waste products of cellular metabolism. The kidneys also regulate the balance of fluids throughout our bodies. The accumulation of waste material in cells and joints contributes to such conditions as arthritis, muscle pain, nephritis, kidney stones, and neuralgia—to name just a few. Urinary infections and inflammation in the bladder often occur during times of stress, particularly relationship stresses. The kidneys are also involved with the production of red blood cells affecting energy levels and our ability to give and receive love.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The fluids in the body are believed to have a direct correspondence to emotions. It is the function of the kidneys to remove emotions, especially negative ones, that are no longer serving and protecting us. Resentment created by past events, fear of the future, fear of being inadequate and unable to accomplish upcoming tasks, and fear that you are being attacked or prevented from being the independent individual that you would like to be are a few of the many negative emotions which may “drown” us when the kidneys are failing in their proper function.

There is an emotional interplay between the paired kidneys which, when one or the other is stressed, can show up in our lives as imbalances in the masculine and feminine energies that drive our perceptions of ourselves and our relationships. Stress in one kidney, rather than the other, can give us clues as to whether we are struggling primarily with perceptions relating to ourselves or relating to the people around us.

The kidneys respond immediately to fear, grief, and loss. LeReflections can strengthen our kidney function, helping us to cope emotionally with the events of our lives.

^{Le}Safeguard

INGREDIENTS: anethi, cinnamon berry, davanna, goldenrod, laurel, ledum, turmeric

AFFINITY FOR: digestive system, intestinal tract, urinary system, liver

RESONANCE: physical, emotional

APPLICATION: Should be applied, diluted with a carrier oil, over the abdominal area several times a day.

AROMATIC CONSIDERATIONS: ^{Le}Safeguard has a surprisingly pleasant aroma for a parasite remedy.

PHYSICAL ASPECTS: ^{Le}Safeguard tones and strengthens the digestive system, encourages the flow of bile, and aids in establishing a proper pH balance in the intestinal tract and colon. This balance creates an environment that is hostile and unfriendly to parasites and, thus, encourages their expulsion from the body. Herbal parasite cleanses are typically harsh and require considerable rebuilding of the intestinal tract in the days and weeks following such a cleanse. Essential oils seem to be able to accomplish the killing off and expulsion of parasites more gently and can actually strengthen the intestinal tract and the liver at the same time.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: It is being recognized more and more that parasites and the nutritional deficiencies that they create are responsible for many of the ills of our modern society. ^{Le}Safeguard, while helping us to be victorious in the fight against nasty parasites, also helps us see that we are “coming off as victors” in the challenges that life presents us every day.

^{Le}Synopsis

INGREDIENTS: carrot seed, copaiba balsam, fennel, juniper berry, lemon, mandarin, melissa, patchouli, peppermint, tarragon, turmeric

AFFINITY FOR: hormones, digestive system, lymphatic system, nervous system, with special affinity for the autonomic system, urinary tract, intestinal tract, liver/gallbladder meridian, sacral chakra

RESONANCE: physical, emotional, spiritual

APPLICATION: ^{Le}Synopsis should be diluted and applied to the abdomen, back and/or the soles of the feet. It may also be diffused for its emotional and spiritual properties.

AROMATIC CONSIDERATIONS: The aroma of ^{Le}Synopsis can help relieve stress, soothe the emotions, moderate mood swings, and curb irritability.

PHYSICAL ASPECTS: ^{Le}Synopsis contains many of the best digestive oils in the essential oil repertory combined with essential oils that are specific to the emotional drivers of digestive and colon issues. This blend, however, is formulated in such a way as to particularly target liver and gallbladder cleansing and support.

^{Le}Synopsis also has a special affinity for both the small and large intestines. This is a great blend for indigestion, bloating of the stomach or intestinal area, constipation, and diarrhea.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: ^{Le}Synopsis opens the mind to consideration of the emotional drivers behind digestive issues. Digestive problems that include a great deal of bloating and cramping or alternating bouts of diarrhea and constipation often have emotional roots.

Some possible emotional drivers might include holding on to the past, feeling a deep need to be in control, or maintain control, in all situations at whatever the cost, a need for greater trust and cooperation in relationships, and a need to unravel or untwist complicated situations or relationships. Feelings of fear or rejection may also be a part of digestive disturbance patterns.

CAUTIONS: ^{Le}Synopsis contains a small amount of some essential oils which are, when used by themselves as single oils, contra-indicated for use during pregnancy. This blend, used with good sense and in reasonable amounts, presents no threat to pregnancy, however. If overused, the woman's body will give warning with abnormal, mild uterine contractions.

This is an example of blended oils being safer to use than single essential oils. Nevertheless, there is always cause for moderation and caution whenever oils such as peppermint, tarragon, fennel, and turmeric are used during pregnancy, even as only a small percentage of a blended oil.

^{Le}UnDone

INGREDIENTS: geranium, helichrysum, neroli, sandalwood, rosewood, vetiver

AFFINITY FOR: skin, joints, nerves, red blood cells, muscles, cellular structure, lymphatic system, central vessel meridian, balance yin and yang

RESONANCE: physical, mental, emotional, spiritual

APPLICATION: ^{Le}UnDone makes an excellent massage oil. It may be applied anywhere on the body, used in the bath, and diffused.

AROMATIC CONSIDERATIONS: Vetiver—a key ingredient in this blend—is physically, mentally, spiritually, emotionally, and psychologically grounding but does not have, in my opinion, a pleasant aroma as a single. This blend, so well done synergistically, utilizes some very pleasingly aromatic and healing oils to emphasize the wonderful properties of vetiver and achieves an astonishingly delightful aroma at the same time (a blending accomplishment I didn't think could be done with vetiver until now)!

PHYSICAL ASPECTS: ^{Le}UnDone heals scarring—emotional & physical, inside and out. This blend is useful for any area that has been damaged whether the scarring has occurred on the surface of the body or internally (such as a damaged liver or the trauma sustained from a C-section).

The oils in ^{Le}UnDone are considered to be cytophylactics—they regenerate and rebuild tissues. Our amazing bodies are continually replacing old cells with new. Unfortunately, when scar tissue has formed, the new cells pattern themselves after the damaged cell structures. ^{Le}UnDone encourages new cell growth that is patterned after the original cellular blueprint rather than replicating the damaged pattern.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: A physical scar is created when a wound does not heal properly; an emotional scar forms for the same reason. The area of the body that is refusing to relinquish and heal scar tissue can give us clues as to what emotional wounding we may also be hanging onto. The oils comprising this blend address a wide spectrum of emotional issues and can help us reach a level of understanding where further healing can be achieved.

LeVictory

INGREDIENTS chamomile Roman, clary sage, frankincense, lavender, vanilla, vetiver, ylang ylang

AFFINITY FOR nerves, neural pathways, blood, hormones, emotions

RESONANCE spiritual, emotional, physical, mental

APPLICATION LeVictory should be applied to the tops and bottom of each big toe and is a good oil for the bath, especially just before bedtime. LeVictory may also be diffused.

AROMATIC CONSIDERATIONS LeVictory, although it contains a large percentage of Vetiver, has a deep, calming, and pleasant aroma which boosts confidence and stabilizes emotions. LeVictory can help in coping with and conquering the effects of emotional traumas and physical injuries and disabilities.

EMOTIONAL/SPIRITUAL ASPECTS LeVictory is especially useful for those with ADHD, OCD, autism, or neurological disorders. Each step forward when working with learning disabilities or any type of neurological malfunction is a victory and a celebration. The ingredients of LeVictory are so well-balanced and synergistically combined that they act as catalysts for the re-building of nerve tissues and yet are soothing to the nervous system and the emotions at the same time.

Children with any type of learning or social skills difficulty seem to need physical touch. They have the most sunny dispositions, loving to hug and be hugged. Physically connecting with others helps their energy circuits connect and flow more smoothly. Remember that confidence and emotional stability outweigh, many times over, early academic achievement in overall success in life. An "I can do it" attitude is the best skill set any of us can possess. LeVictory absolutely shines in the development of that attitude.

PHYSICAL ASPECTS LeVictory is an excellent oil for children who have a difficult time moving from the left (logical) side of the brain to the right (creative) side of the brain. Helps connect thought patterns and electrical activity across the corpus callosum. This blend is a perfect choice for the child who sometimes has a hard time separating fantasy and reality. For adults, this blend is very calming and can bring each of us to a place where we can accept what is and who we are without fear of failure or rejection.

LeVictory connects the electrical energies of the brow chakra (linear thinking and analytical ability) with the throat chakra (speech and the expression of emotions). This blend is also useful when there is difficulty crossing the visual and kinesthetic midline or when either silent or vocal speech patterns need strengthening. LeVictory also helps improve concentration skills and attention span.

COMPANION OIL (FOR PARENTS): LeFaith can help you see your child's potential, avoid discouragement, and aid you in finding ways to bolster your child's confidence and self-esteem. Changing the school system is probably not possible and supporting your child is more effective anyway.

Mountain Savory

(*Saturega montana*)

INGREDIENT IN: ^{Le}Candila, ^{Le}LifeForce, ^{Le}MelaPlus, ^{Le}NoMore, ^{Le}Simplicity, ^{Le}Vision

THERAPEUTIC PROPERTIES: antibacterial, antifungal, anti-inflammatory, anti-infectious, antiviral, carminative, immune stimulant, tonic

AFFINITY FOR: digestive system, immune system, circulatory system, sacral chakra, solar plexus chakra, heart chakra

RESONANCE: physical, emotional, mental, spiritual

PLANT FAMILY: Labiatae (mint)

PART UTILIZED: stems, leaves, flowers

EXTRACTION METHOD: steam distilled

APPLICATION: Always dilute mountain savory with a carrier oil before applying to the body.

AROMATIC CONSIDERATIONS: Mountain Savory has a sharp, medicinal, herbaceous aroma and is not usually recommended for diffusing or aromatherapy use as a single oil. Mountain savory, added to a blend, revitalizes and stimulates the nervous system, increasing energy and motivation.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Mountain savory is said to have a harmonizing effect on the ego, allowing us to relinquish the need for control and helping us cope with hurt and disappointment. Spiritually, mountain savory may give us a little bit of help in “letting go and letting God” manage the flow of our lives and our relationships. The effects of Mountain Savory move from the root chakra up through the solar plexus and into the heart chakra, connecting us emotionally with the earth and with our spouse and family. This oil is also recommended for use in blends designed to help people overcome fears of intimacy and difficulty with male/female relationships.

PHYSICAL ASPECTS: Mountain savory rates very highly as an antioxidant. Antioxidants are said to reduce the risk of age related conditions, inhibit the growth of microbes, and—possibly—reduce cancer risks. Mountain savory also rates very highly when tested against a wide variety of microbes, including fungal, bacterial, and viral strains. This oils should be considered for use with abscesses, athlete’s foot, colds, coughs, gingivitis, and any type of infection. Mountain savory is also considered to be an immune stimulant.

Mountain savory is a good choices when a circulatory stimulant or warming oil is needed. Though not often used alone for this purpose mountain savory, added to an essential oil blend, is useful for arthritis, muscle soreness, bruising, and scarring of body tissues. Mountain savory is sometimes used for insect bites and bee stings. Mountain savory, as an herbal preparation, has been used as a digestive remedy for diarrhea and colic since ancient times.

GENERAL INFORMATION: Mountain savory is sometimes called winter savory.

CAUTIONS: This oil is considered by the very cautious to be unusually irritating to skin and mucous membranes. Mountain savory, like other essential oils, should be used well diluted with a carrier oil.

Osmanthus

(*Osmanthus fragrans*)

INGREDIENT IN: ^{1c}Expressions, ^{1c}Cherish

THERAPEUTIC PROPERTIES: hormonal balance—entire family is said to be aphrodisiac in nature, antidepressant, stimulant/sedative—depending on the needs of the mind and body

AFFINITY FOR: hormone balance, solar plexus chakra, heart chakra

RESONANCE: physical, mental, emotional

PLANT FAMILY: Oleaceae

PART UTILIZED: flowers

EXTRACTION METHOD: solvent

APPLICATION: Diffused or worn on the body. Highly valued in the perfume industry, osmanthus is used in only the most exotic of fragrances due both to its exotic fragrance and its cost.

AROMATIC CONSIDERATIONS: Absolutely delightful—fruity and floral, yet delicate. Very few people can resist smiling when the aroma of osmanthus is in the air. Osmanthus is a member of the same exotic family as jasmine and its aroma is a bit like jasmine but with a dollop of plum syrup added.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The aroma of osmanthus is said to bring new things into your life—new opportunities, surprising synchronicities, and the tender mercies of heaven. Exotic and rare, I find the aroma makes me yearn for personal development and I find myself making plans for the accomplishment of goals that have been sitting on the back burner for awhile. The effect of osmanthus on my own soul is to make me want to be better tomorrow than I was today.

PHYSICAL ASPECTS: Osmanthus flowers have been used as an herbal tea for many years in the far east. Some of the health benefits claimed for the tea include promoting beautiful skin, improving digestive processes, improving appetite after illness, and aiding the body in proper detoxification and elimination. Osmanthus tea is also said to relieve fatigue and improve appetite.

GENERAL INFORMATION: Though used extensively as an addition to teas and other beverages and sparingly in the perfume industry, osmanthus is a relative newcomer to therapeutic aromatherapy. One whiff of its amazing fragrance, however, and you may find yourself wanting to write volumes in praise of this intoxicating, but expensive, essential oil. It is estimated that approximately 3,000 kilos of flowers is required to yield one kilo of absolute essential oil. This explains both the rarity of the oil and the expense.

CAUTIONS: There is simply not enough information published yet about osmanthus as an essential oil. The tea has long been considered safe, but absolute essential oils are much more concentrated; dilution with a carrier oil or using only a drop or two at a time is advised. A drop or two is all that is ever required with absolutes, and this one is no exception. Considering the price, this is a very good thing.

Palo Santo

(*Holy Wood*)
(*Bursera graveolens*)

INGREDIENT IN: ^{Le}AboutFace, ^{Le}Reflections

THERAPEUTIC PROPERTIES: tonic, expectorant, stimulant, antidepressant, antiseptic, antiviral, anti-catarrhal, anti-tumoral, analgesic, immune stimulant, anti-oxidant, revitaliser, nervine

AFFINITY FOR: digestive system, respiratory system circulation, skin, cellular structure and strength, urinary tract, particular affinity for the earth, wood, and air meridians, crown and third eye chakras

RESONANCE: physical, mental, emotional, spiritual

PLANT FAMILY: Labiatae

PART UTILIZED: heartwood

EXTRACTION METHOD: distilled

APPLICATION: Palo Santo may be applied, diluted with carrier oil, to any area of the body. Particularly recommended areas, however, include the chest over the heart, on the temples, on the back of the neck, and on the soles of the feet. It may also be diffused.

GENERAL INFORMATION: Palo Santo is a member of the same botanical family as Frankincense but the essential oil is made from the heartwood of the tree and not from a resin. This, of course, affects the healing properties of the oil. A tree must be at least 2 years old for the oil to be in sufficient concentration in the trunk to be harvested. By mandate of various South American governments, only branches that have fallen naturally to the ground may be used to extract the essential oil. Even the harvesting of dead branches can be done only with a government issued permit.

The name of this essential oil means holy or sacred wood in Spanish. Palo Santa was used by the Incas during ceremonies and rituals to cleanse and purify. It is believed that the essential oil produced from the dead limbs is actually of better quality. The belief—handed down by legend—is that the medicinal properties are linked to death and only to naturally occurring death. By tradition, harvesting would not be done until the tree or branch had been dead for several years.

AROMATIC CONSIDERATIONS: Palo Santo expresses itself slightly differently from one wearer to another. The more subtle notes of its complex aroma are discernible when diffused into the air.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The essential oil—linked as it is to death, resurrection, and metamorphosis—lends itself well to meditation and study and contemplation of spiritual matters. As with all essential oils distilled from the wood—in this case, the heartwood—Palo Santo lends us strength and firmness in our core beliefs. Essential oils derived from woods also create for us a safe shelter in which to heal and from which we may venture forth to achieve. Palo Santo is used to relieve stress, panic, anxiety and to generally lift and change mood. The aroma can help us calm down and let go of negative emotions such as anger or fear.

PHYSICAL ASPECTS: Being a member of the same family as frankincense, palo santo has caught the attention of western scientific researchers because of its chemical composition and structure. It is being studied for possible efficacy in the fight against cancer and in the recovery from chemotherapy treatments.

Palo Santo is used to treat arthritis, neck pain, and muscle aches and spasms. This essential oil is also an effective insect repellent, but is a bit expensive for that application.

Rue—Ruta

(*Ruta graveolens*)

INGREDIENT IN: ^{Le}QuietEssence, ^{Le}Synopsis

GENERAL INFORMATION: Rue is considered by many in the essential oil world to be on the “do not use ever” list. Others, like Dr. Gary Young, advocate its use topically as part of an essential oil formula (not as a single essential oil) and claim that the properties of the essential oil are much different—and safer—than the properties of the herb. Extra special caution is advised with pregnant or lactating women and with children. Some texts refer to rue, however, as effective with epilepsy and seizure disorders. Again, extreme caution is advised for use of rue as a single essential oil.

The name of this herb—rue—comes from a Greek word meaning “to regret bitterly”. Both ancient and modern texts concerning this plant all include references to sorrow, regret, and grief. The Nazis, during WWII developed a truth serum from rue.

THERAPEUTIC PROPERTIES: anti-microbial, antifungal, antiviral, analgesic (numbing is a better description), poison antidote, insect repellent, sedative (some describe it as so powerful that it qualifies as a neurotoxin when not used sparingly), antispasmodic, antiparasitic

AFFINITY FOR: nervous system, intestinal tract

RESONANCE: physical, spiritual

PLANT FAMILY: Rutaceae

PART UTILIZED: above ground plant

EXTRACTION METHOD: steam distilled

APPLICATION: Always use as a small part of a blend. A very beneficial essential oil used in this way.

AROMATIC CONSIDERATIONS: Not recommended for diffusing.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Regret and grief may exert such an influence that pain seems to be a part of our cellular structure. In fact, recent scientific evidence points to our cells as having the capacity to think and to feel. Such deeply felt pain can obscure our vision and alter our perspective. Truth becomes relative to our experience of pain. We either indulge in denial, suppressing memory, or rewrite the truth in order to survive or to seek vengeance. Rue, combined synergistically with the right combination of other essential oils, can help us root out the energy blockage that our grief and pain have created.

PHYSICAL ASPECTS: As part of an essential oil blend, rue relaxes the nerves and induces restful sleep. Formulas containing rue are used for hysteria, anxiety, anger management, insomnia, and pain relief. It is, of course, the toxicity and strength of rue that make it effective as an insect repellent, anti-microbial (including fungus and viruses), and an antidote to poison.

CAUTIONS: Care should be taken in the handling of rue essential oil. Direct contact with the skin, undiluted, is strongly advised against. Extreme care should be taken to avoid getting rue in the eyes. Ingestion and the taking of very direct whiffs of rue essential oil is not advised.

Saro

(*Cinnamosma fragrans*)

INGREDIENT IN: ^{Le}Aspire, ^{Le}Crystal Clear

THERAPEUTIC PROPERTIES: anti-microbial, anti-infectious, antiviral, revitalizing, expectorant, mucolytic, anti-inflammatory, antiparasitic, analgesic, immune stimulant, antispasmodic

AFFINITY FOR: digestive system, immune system, circulatory system, respiratory system, urinary tract, yang energy, raises defensive Qi

RESONANCE: physical, mental

PLANT FAMILY: lauraceae

PART UTILIZED: leaves

EXTRACTION METHOD: steam distilled

APPLICATION: Can be applied topically on areas of concern, diluted with either carrier oil or water (use water where the larger protein molecules of the carrier might “feed” the bacteria). Saro is excellent as a steam inhalation or as a chest rub.

AROMATIC CONSIDERATIONS: Saro has a fresh, warm, slightly camphoraceous aroma. Saro is less medicinal smelling than tea tree and, like manuka, may prove to be an even more effective anti-microbial essential oil. This newcomer to the essential oil world shows great promise.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: Saro is uplifting and energizing but creates less olfactory fatigue than other cinnamonum family oils. This is a gentle, yet powerfully effective essential oil. Saro is an excellent aid to studying as it clears the mind, improves mental alertness, concentration, and memory.

PHYSICAL ASPECTS: Recent research indicates that saro may be effective against a wide range of bacterial strains including: ecoli which is responsible for urinary tract infections and meningitis, as well as several bacteria strains that are responsible for dysentery and food poisoning and certain types of gastrointestinal toxicity. It also performed well against some strains of bacteria related to vaginal infections. *Klebsiella pneumoniae* (which is the bacteria strain which occurs in chronic pulmonary disease and rhinoscleroma), and *streptococcus pneumoniae* which is responsible for certain pneumonias, endocarditis, pericarditis, and some skin infections were also significantly reduced in laboratory tests when saro was introduced. Research is also showing that saro is effective in the control of *candida albicans* and helps to regulate the bacterial flora and fauna of the digestive tract. Saro may also prove to be effective against herpes simplex, according to some scientists.

One of the outstanding characteristics of saro is that it is both an effective agent against minor infections and also acts to prevent reoccurrence because of its immune building properties. Saro is an excellent choice for clearing nasal, bronchial, and sinus passages. Saro has excellent anti-inflammatory properties, relieving muscle pain and stiffness when applied topically, and may also balance and control the production of sebum in oily skin conditions.

GENERAL INFORMATION: Research is ongoing with this fascinating newcomer to the world of therapeutic aroma and topical therapy.

CAUTIONS: As with all newcomers to the world of essential oils, caution with pregnant women, children, and persons with seizure disorders or heart conditions is advised. There are no recorded incidents of problems with this oil at this time.

Spanish Sage

(*Salvia lavandulaefolia*)

INGREDIENT IN: ^{Le}Delicate, ^{Le}Reflections

THERAPEUTIC PROPERTIES: anti-oxidant, anti-inflammatory, antispasmodic, astringent, analgesic, nervous system (memory), lymphatic system, anti-microbial

AFFINITY FOR: digestive system, circulatory system, respiratory system, nervous system, endocrine system, muscles, bones, skin, third eye chakra, pelvic chakra and organs

RESONANCE: physical, emotional, spiritual, mental

PLANT FAMILY: Labiatae (mint)

PART UTILIZED: whole plant

EXTRACTION METHOD: steam distilled

APPLICATION: Spanish sage may be applied anywhere on the body, but is particularly beneficial when applied to the feet. May also be diffused.

AROMATIC CONSIDERATIONS: Spanish Sage has some beautiful lavender undertones. These notes are every bit as evident as the properties that are reminiscent of sage, giving this oil a unique character and aroma.

EMOTIONAL / SPIRITUAL / MENTAL ASPECTS: The combining of the emotional aspects of sage and lavender produces a very unique picture for this essential oil. Sage is characterized by clarity of intuition and vision, while lavender promotes faith and feelings of being loved. The combination is quite astonishing in the ability to create strength in the face of loss. This oil fosters confidence in one's ability to not just survive, but to grow and flourish following a tragedy. Spanish sage can ease the way along a new path that one did not and would not have chosen if there had been a choice. Spanish sage is recommended for grief and for fear of loving (and, possibly, losing) again.

PHYSICAL ASPECTS: Probably the most outstanding characteristic of Spanish Sage is its affect on the brain and nervous system. This oil has been shown in studies to improve memory and mental acuity. Spanish sage is being utilized in treatments for Alzheimer's and other age-related memory disorders. Other studies are following—with growing excitement—the result of the use of Spanish Sage by college students as an aid in memorizing and retaining facts and information.

Spanish Sage is useful as an aid to digestive dysfunction, especially if the problem has emotional or nervous drivers. Spanish sage acts as a stimulant to the liver, the adrenals, and the circulation. This essential oil is often effective against headaches of nervous or digestive origins. Spanish sage appears to lower blood sugar without negatively affecting insulin levels. The anti-microbial and skin regenerating properties of this essential oil make it useful for skin conditions such as eczema and dandruff. Spanish sage is also used for coughs, colds, and flu.

GENERAL INFORMATION: This essential oil is being used by some aromatherapists as a replacement for sage (*Salvia officinalis*) as the higher concentration of ketones in sage produce some contra indications. However, it should be noted that the ketones in sage, in such quantity, are responsible for some of the healing properties of sage oil, as well.

CAUTIONS: Spanish sage essential oil is generally considered safe for topical use but is strong enough that a carrier oil is advised.