

## <sup>Le</sup>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:** <sup>Le</sup>AboutFace can be applied to any area of the body, used in the bath, and is very nice when diffused.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>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—<sup>Le</sup>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 are still considered holy oils 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. <sup>Le</sup>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.

<sup>Le</sup>AboutFace is an excellent skin regeneration oil and is mild enough to be used on the face.

## <sup>Le</sup>Acknowledge

**INGREDIENTS:** bergamot, frankincense, geranium, melissa blend, neroli, palmarosa, rosewood, sandalwood

**AFFINITY FOR:** nervous system, liver, liver meridian, heart chakra, throat chakra, sacral chakra

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Acknowledge should be applied over the liver when the liver is toxic and the mind and emotions are sluggish or slow. Other particularly effective places for application are behind the ears, on the face, neck, thymus, or wrists. I especially like applying oils to the wrists because I frequently wave my wrists in front of my face for one reason or another.

**AROMATIC CONSIDERATIONS:** This blend has a pleasant enough aroma to be worn as a perfume and is especially nice used in a bath when one is feeling overwhelmed or discouraged by life. The aroma of this blend can promote feelings of calmness, courage, and increased self-confidence.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Acknowledge nourishes and strengthens the nervous

system, helping to quiet feelings of fear and discouragement. Another benefit of this blend is in enabling us to see the “reality” of life or health situations. Accepting what will be or will not be in our lives can allow us to move forward with healing and peace instead of discouragement and despair. Recognizing what it is that we are feeling, and knowing that it is acceptable to feel that way for the moment, often allows us to move through that feeling and move on with our lives.

<sup>Le</sup>Acknowledge may also give us increased confidence in social situations and enhanced creativity in our attitudes and skills. One aspect of this blend concerns a better balance in attitudes and desires in sexual matters. <sup>Le</sup>Acknowledge is also one of the great oils for depression.

Because it balances the heart and sacral chakras, <sup>Le</sup>Acknowledge can help us recognize and accept the love and sympathy that people around us are trying to express. For those of us with very independent natures, it may help us with the ability to let others be of service to us. Increased balance in the throat chakra allows us to express our own feelings and needs and to express feelings of appreciation and gratitude for the services we receive.

Balance in these areas may also bring relief from feelings of frustration, self-pity, insecurity, hopelessness, inadequacy, and feeling that we are being overwhelmed by the responsibilities of our lives. This allows us to feel enthusiasm for new things and to expect to find joy and abundance in our lives.

<sup>Le</sup>Acknowledge, like <sup>Le</sup>Bountiful, may change the way that we feel toward material possessions, making us both more appreciative of them and less focused on their acquisition.

**PHYSICAL ASPECTS:** Because <sup>Le</sup>Acknowledge has a cleansing effect on the liver it may be useful for allergies and other mild immune system dysfunctions. Any ailment that has anger as an underlying emotional component, which many physical ailments do, would benefit from the use of <sup>Le</sup>Acknowledge. Kidney and bladder problems such as frequent infections and cystitis, with their emotional connection to fear and feelings of inadequacy, often respond favorably to this blend. The use of this essential oil blend may not only relieve the discomfort of the moment, but will also help lessen the likelihood and frequency of future attacks. <sup>Le</sup>Acknowledge is an excellent oil when applied as a deodorant and is considered a mild hormone balancer.

## <sup>Le</sup>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:** <sup>Le</sup>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:** <sup>Le</sup>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, comes with wisdom and profound feelings of joy.

**PHYSICAL ASPECTS:** <sup>Le</sup>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.

## <sup>Le</sup>Angel

**INGREDIENTS:** blue tansy, copaiba balsam, cedarwood, cistus, lavender, geranium, orange sweet, rose, rose geranium, ylang ylang

**AFFINITY FOR:** All of the energy centers (chakras), especially if the imbalance is the result of childhood abuse—absolutely amazing in this regard!

**RESONANCE:** emotional, spiritual

**APPLICATION:** <sup>Le</sup>Angel should be applied, diluted in a carrier oil, over the energy centers (chakras) or on the temples. It is very pleasant when diffused and can be used in a bath or worn as a perfume. <sup>Le</sup>Angel is a simple, yet beautiful fragrance.

**AROMATIC CONSIDERATIONS:** Use of this blend often brings memories of a time or place when one felt safe and loved. Often the person will wish to express these feelings or talk about a loved one from their past with whom they felt particularly loved, accepted, and safe.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Angel is specific for use in releasing traumatic memories connected to negative experiences of various kinds. It is particularly effective for feelings of insecurity, helplessness, and rage resulting from childhood abuse, both sexual and otherwise. Adults who were abused as children often feel confusion, anger at themselves, and misplaced guilt because “they let it happen”. <sup>Le</sup>Angel can bring them to a place of safety where they can acknowledge these feelings and sort through them. The releasing and processing of these memories has a cleansing effect on the stored anger that is often held in the liver meridian. <sup>Le</sup>Angel does not erase the memory of these events. It allows one to move through the anger, validate themselves, let go, and move forward rather than let past experiences dictate their actions and their decisions in the present.

<sup>Le</sup>Angel is helpful in the relief of anxiety and can protect us from the negative energy and unprocessed emotions of others. <sup>Le</sup>Angel is one of the best essential oil blends for stabilizing mood swings, especially in children.

**PHYSICAL ASPECTS:** There are some behavior patterns and illnesses that are common to people who feel a lot of anger. This is true whether the roots of the anger lie in childhood abuse or in some other event or cause. Some of these physical symptoms are vascular headaches and migraines, high blood pressure, tension and stiffness in the neck and shoulders, muscle cramping, inflammation of the nerves, and distress in the gall bladder and liver. Because <sup>Le</sup>Angel helps to cleanse the liver, it can be of benefit in many of these ailments.

## <sup>Le</sup>Aspire

**INGREDIENTS:** cypress, eucalyptus blue mallee, marjoram, myrtle, peppermint, pine, rosemary, saro, spruce

**AFFINITY FOR:** respiratory system, uptake of calcium, liver meridian, muscles, joints

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Aspire should be applied diluted with a carrier oil on the chest and neck for respiratory ailments. Using <sup>Le</sup>Aspire, with or without herbs, as a compress or poultice can be particularly effective. This blend can also be applied to the energy points on the ears and to the bottoms of the feet. <sup>Le</sup>Aspire can be

applied alternately with <sup>Le</sup>Breezey. Although the oils in <sup>Le</sup>Aspire are quite effective against infectious agents, <sup>Le</sup>Deliverance, which is strongly antiviral and antibacterial, is often applied simultaneously to aid in the fight against infection. <sup>Le</sup>Aspire is used to open the airways and relieve the congestion in the lungs.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Aspire is especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats.

**PHYSICAL ASPECTS:** <sup>Le</sup>Aspire is used to bring relief from colds, bronchitis, pneumonia, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma, and flu that have settled in the lungs. <sup>Le</sup>Breezey is considered by some to be more effective for upper respiratory conditions and <sup>Le</sup>Aspire for use in deeper chest complaints affecting the bronchial passages and the lungs.

Both <sup>Le</sup>Breezey and <sup>Le</sup>Aspire have proven effective in eliminating snoring when diffused or applied, well diluted, to the face and chest areas. <sup>Le</sup>Aspire is an excellent expectorant, aiding the body in the discharge of phlegm and mucus. This blend also has antispasmodic properties which help to quiet dry, hacking coughs.

The synergy of the single oils in <sup>Le</sup>Aspire gives it the unique ability to dissolve bone spurs if applied frequently and faithfully. A bone spur creates bruising in the tissues surrounding it, especially if the person is on their feet and pressure is being applied when walking or wearing shoes. It is recommended that a carrier oil containing arnica be used when <sup>Le</sup>Aspire is used for a bone spur. The arnica will reduce the bruising and the pain that the bone spur is causing while <sup>Le</sup>Aspire works to remove the spur. It is recommended that treatment with <sup>Le</sup>Aspire be continued for a few weeks after the pain is gone.

## <sup>Le</sup>Assurance

**INGREDIENTS:** chamomile Roman, frankincense, lavender, spruce, ylang ylang

**AFFINITY FOR:** nervous system, solar plexus chakra, emotions, kidney meridian

**RESONANCE:** emotional, spiritual, physical

**APPLICATION:** <sup>Le</sup>Assurance should be applied to the nape of the neck to stimulate the mind and help one move forward productively. Other areas of the body that are recommended are the solar plexus, sternum, navel, wrists, palms of the hands, and the feet—particularly on the top of the big toe and on the K1 acupressure points.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Assurance is wonderful worn as a perfume; effective for yourself and those around you when used in this way. This blend is also very pleasant when diffused.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Assurance is an especially good choice when there is a need to overcome feelings of anxiety, fear, or apathy that leads to procrastination. This blend can aid us in getting back to the task at hand or back to life in general. It helps to sort out the reasons for the reluctance we are experiencing about working toward or achieving our goals. This blend was created to help us find self-confidence and self-assurance. It provides the enthusiasm to tackle the tasks necessary to achieve our goals.

## <sup>Le</sup>Away

**INGREDIENTS:** catnip, cedarwood, cinnamon berry, citronella, clove, eucalyptus peppermint

**APPLICATION:** <sup>Le</sup>Away should be diluted in water or Miracle II Neutralizer and applied, either by misting or rubbing on, just as you would with any other insect repellent. You can also spray the diluted solution on clothing and on the bottoms of pant legs, sleeves, and hats, being careful to avoid contact with the eyes.

**GENERAL INFORMATION:** Insect bites can be dangerous as well as just annoying, but slathering yourself with chemicals may not be a good solution. <sup>Le</sup>Away is a blend of some of the single essential oils most often used to repel insects.

## <sup>Le</sup>**Baby Me**

**INGREDIENTS:** bergamot, chamomile Roman, palmarosa, rose, rose geranium, rosewood, ylang ylang

**AFFINITY FOR:** skin, endocrine system, emotions, heart chakra

**RESONANCE:** spiritual, physical, emotional

**APPLICATION:** <sup>Le</sup>Baby Me is usually applied diluted with distilled water or carrier oil, especially for frequent use or application over larger areas of the body. <sup>Le</sup>Baby Me is appropriate for all skin types. The type of carrier oil you will use will depend on the type of skin you have. This blend is very relaxing when added to a bath.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Baby Me helps to open the heart chakra, enabling us to give and receive love. This blend also brings a sense of calmness and competence.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Baby Me is a special combination for mothers, expectant and otherwise, and for babies of all ages. The use of this oil brings feelings of connection and willingness to give and take in relationships, particularly in parent/child relationships. It is also recommended for use in bonding between a mother and a new baby. This blend also helps us to feel a connection with the Eternal Father of us all.

The frequency of this blend is extremely high, well into the spiritual range, but is so well balanced that notes from all three realms (physical, emotional, and spiritual) can be felt and enjoyed. First the more volatile top notes do their work with the spirit and the emotions, and then the middle and lower notes kick in to ground and balance the more physical aspects. A good oil for depression and the “baby blues”.

**PHYSICAL ASPECTS:** <sup>Le</sup>Baby Me contains ingredients which increase skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. The synergistic effect of this blend increases the ability of the skin to act as a protective barrier against germs. <sup>Le</sup>Baby Me is effective applied on the inner ankles, lower back and abdomen to reduce cramping during menstruation and following childbirth. This blend is also used to reduce or prevent stretch marks during and after a pregnancy. Please refer to Chapter 13 for information on the many uses of this oil during pregnancy and childbirth. <sup>Le</sup>Baby Me makes an excellent diaper rash cream. It can be used, diluted of course, for a full body massage at any stage of life. <sup>Le</sup>Baby Me is wonderful for skin conditioning and makes an excellent aftershave for sensitive skin, especially when mixed with a little Miracle Salve. The oils in this blend were chosen for their cell regenerating properties. This blend has an affinity for the endocrine organs, particularly in stabilizing low blood sugar.

**CAUTIONS:** Contains only very mild oils but is still best diluted well, especially for use on babies, small children, and pregnant women.

## <sup>Le</sup>**Balance**

**INGREDIENTS:** chamomile Egyptian, chaste tree, clary sage, cypress, lavender, marjoram, myrtle, peppermint, rose geranium, sage, yarrow, ylang ylang

**AFFINITY FOR:** nervous system, endocrine system, emotions, hormones

**RESONANCE:** spiritual, emotional, physical

**APPLICATION:** Should be applied around the ankles on both men and women. It can also be diffused and is soothing when a drop or two is placed in the tub. If using in the shower, plug the drain and allow a couple of inches of water to accumulate in the bottom of the tub. Add your oils and continue.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Balance is beneficial in the control of mood swings brought about by hormone and endocrine system imbalances in both men and women. (Yes, men have hormones that can and do get out of balance, too!)



**PHYSICAL ASPECTS:** <sup>Le</sup>Balance is a great oil for supporting the endocrine system and balancing the hormones in both men and women. For men, <sup>Le</sup>Balance helps balance male energy, regulate prostate function, and reduce congestion and enlargement of the prostate which often reestablishes proper urinary function. For women, <sup>Le</sup>Balance has been used successfully many times to reduce or eliminate hot flashes and headaches in women who are approaching or going through menopause.

<sup>Le</sup>Balance has antispasmodic properties. It is helpful as a digestive aid and as a diuretic, especially when the problems in these areas are linked to hormone imbalances.

**GENERAL INFORMATION:** <sup>Le</sup>Balance often brings quick relief from the symptoms of menopause and should be used by women age 45 and older. <sup>Le</sup>Woman Wise is a better choice for younger women of menstruating age to balance hormones and relieve the symptoms of PMS. For best results, <sup>Le</sup>Woman Wise and <sup>Le</sup>Balance should be used in conjunction with <sup>Le</sup>EndoRelief, which has a strengthening effect on the entire endocrine system.

**CAUTIONS:** <sup>Le</sup>Balance has hormonal properties and should definitely not be used during pregnancy!!

## <sup>Le</sup>Believe

**INGREDIENTS:** copaiba balsam, frankincense, palmarosa, rose, rosewood, vanilla, ylang ylang

**AFFINITY FOR:** nervous system, all of the chakras, cellular memory, most of the meridians, emotions

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Believe is beautiful diffused, is nice worn as a perfume, and exceptional when used in the bath.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Believe should be considered whenever there is a need to forgive and release emotions from the past that are holding one back in life. This oil aids in learning to love oneself and achieve a sense of inner peace.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Believe was created to release negative emotions and perceptions at the cellular level. This helps us to replace negativity with love, forgiveness, peace, and understanding. Working at the cellular level helps to make these changes permanent. Such changes bring us more confidence in ourselves. <sup>Le</sup>Believe can help us see that we have the abilities we need and that we will be led to where we need to be at appropriate times in our lives. <sup>Le</sup>Believe is a great oil to aid us in being more optimistic, more motivated, and more tenacious.

This blend can help us balance the need we feel to protect ourselves and be ready for anything that may come along, while providing us with a healthy trust in the future. We can feel confidence in our ability to thrive as we cope with the circumstances and situations of our lives. <sup>Le</sup>Believe helps us to forgive ourselves for mistakes made in the past and returns our heart to a state of joyous anticipation for whatever experiences life may have in store for us next.

This blend seems to have the ability to help the dying accept death as the next phase of life, moving peacefully and calmly toward death when the time has come. <sup>Le</sup>Believe can also be of benefit to those left behind in finding solace and relief from loneliness.

As <sup>Le</sup>Believe helps us move into a more self-forgiving and self-confident state, we should feel more generous, cooperative, and compassionate towards others. We will also find contentment and inner strength. <sup>Le</sup>Believe seems to have a beneficial effect on our intuition and our ability to act upon it.

**PHYSICAL ASPECTS:** <sup>Le</sup>Believe can reach into the core of a cell and release traumas and negative emotions on a cellular level. This blend is also useful in energy corrections that reset cellular memory. When the cell reproduces itself through mitosis, it will begin to reproduce the original undamaged and untraumatized version of the cell instead of the cell in its traumatized state. This is very valuable in healing following accidents, burns, and other physical traumas.

## <sup>Le</sup>**Beloved**

**INGREDIENTS:** bergamot, geranium, lemon, mandarin, orange sweet, sandalwood, ylang ylang

**AFFINITY FOR:** spiritual side of our natures, emotions, heart chakra

**RESONANCE:** spiritual, emotional, physical

**APPLICATION:** <sup>Le</sup>Beloved should be applied over the heart chakra using the palms of the hands. It can also be diffused.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Beloved is like a breath of fresh air for our hearts and souls. When we feel out of sync with our loved ones or overwhelmed by our responsibilities to them, this oil helps bring us back to joy in what is most important in our lives.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Beloved profoundly affects the heart chakra and is a beautiful oil for relationships—both romantic and with family and friends. It opens our hearts and our spirits to recognize that we are loved more than we can possibly comprehend. Understanding the great love that God has for us can help us to heal our own emotional wounds. From our wholeness of heart, we can then see clearly and respond generously in just the right way.

<sup>Le</sup>Beloved is helpful in developing inner strength and fortitude. The oils in this blend are of benefit when we are feeling overwhelmed or must accept changes in the circumstances of our lives. <sup>Le</sup>Beloved has been of value with mood swings and panic attacks.

**PHYSICAL ASPECTS:** The negative emotions found in dysfunctional and destructive relationships can manifest in a variety of ways, making this blend effective for a broad spectrum of physical complaints. This list may include bed-wetting, a tendency for cystitis and urinary tract infections, headaches, heart palpitations, menstrual cramps and just about anything else. The important thing to pay attention to is the emotional drivers of physical pain.

## <sup>Le</sup>**Benediction**

**INGREDIENTS:** angelica, bay, geranium, hyssop, lemon, melissa blend, myrrh, rose, rose geranium, rosewood, sandalwood, spruce, ylang ylang

**AFFINITY FOR:** energy system, respiratory system, endocrine system, liver, pineal gland, pituitary gland, biliary ducts, central vessel meridian, bladder meridian, throat chakra, crown chakra, emotional balance

**RESONANCE:** spiritual, physical

**APPLICATION:** <sup>Le</sup>Benediction should be placed on shoulders, wrists, and thymus area and is also of great benefit when diffused into a room that is highly charged with energy.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Benediction can increase the integrity of the auric field, strengthening our personal energy barriers. This blend is particularly useful for meditation and gospel study.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Benediction is a favorite among massage and energy therapists. It strengthens one's own energy boundaries and protects against "energy drains" that can occur when working with other people's energy fields. This blend should be used at times when you are feeling particularly vulnerable and "energy sensitive" and easily drained by people and situations.

<sup>Le</sup>Benediction can help us speak up and express our needs clearly without blaming or whining, especially if we are sensitive to or over-awed by the person we are addressing. This blend can also temper our tendency to judge unkindly when we feel that a person has created the mess they are in and we are justified in leaving them alone to fix it.

<sup>Le</sup>Benediction also aids us in learning to acknowledge the role that blessings from above have played in our own successes and achievements. Gratitude to heaven is a very healing emotion; probably the best thing you can do to balance your own chakra centers. Try this blend any time you are feeling angry, stressed, or depressed.

<sup>Le</sup>Benediction is also very effective after an illness for returning energy levels to normal and getting us back on our feet both physically and emotionally.

**PHYSICAL ASPECTS:** <sup>Le</sup>Benediction is often useful for tension headaches, heart palpitations, and high blood pressure where picking up on the energies of others is a contributing factor. <sup>Le</sup>Benediction makes an effective deodorant.

**UNIQUE CHARACTERISTICS:** Frequently utilized to create an energy “bubble barrier” which allows us to interact with others without compromising our “self”. This is true whether we are being drained by others or are at a low point ourselves and having a draining effect on those around us.

**CAUTIONS:** Avoid exposing areas of skin where <sup>Le</sup>Benediction was applied to direct sunlight for 3 to 6 hours.

## <sup>Le</sup>Bountiful

**INGREDIENTS:** cassia, cinnamon bark, clove, frankincense, myrrh, patchouli, orange bitter, orange sweet, thyme

**AFFINITY FOR:** immune system, respiratory system, body’s external magnetic field, stomach meridian, pericardium meridian

**RESONANCE:** physical, mental—the frequency of this blend is similar to that of a healthy brain

**APPLICATION:** <sup>Le</sup>Bountiful can be diluted and worn on the wrists, behind the ears, or as a perfume or cologne. It is sometimes helpful to place a drop or two on the checkbook, on the car dashboard, on a phone, or a wallet. The results are often quite profound.

**AROMATIC CONSIDERATIONS:** The intent of this blend is to create feelings of security, generosity, and thankfulness. These feelings then bring the “blessings of heaven” down on our heads.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Bountiful is specifically designed to affect the energy fields around us and to help us achieve a frequency that attracts goodness into our lives.

<sup>Le</sup>Bountiful is an aid to our thinking clearly about money issues and lessens the stress in these areas. One of the most outstanding effects of this blend is the feeling of abundance that it creates in our minds and spirits. It simply moderates, or evaporates altogether, any feeling that there is never going to be enough and that there is certainly not enough for everybody to have what they think they need. The absence of these fearful feelings helps us eliminate even the slightest tendencies to greed and selfishness.

Benevolence is the best word I can find to describe the feeling this blend creates. We find ourselves able to let go of our fear of trusting others, being dependent on them, or needing to ask for help. <sup>Le</sup>Bountiful has a profound effect on the things we worry about and how we choose to respond to these situations.

**PHYSICAL ASPECTS:** <sup>Le</sup>Bountiful is also beneficial to the brain in other ways. It seems to clear the mind and rejuvenate sluggish thought processes. This blend can be stimulating and energizing if we are feeling tired and worn down. <sup>Le</sup>Bountiful is also an immune support and stimulant. <sup>Le</sup>Bountiful can be used as a decongestant for the lungs during bronchitis or pneumonia. Use of <sup>Le</sup>Bountiful at these times provides a needed boost in energy and mood.

**GENERAL INFORMATION:** This is an oil of “attraction”. As we develop an attitude of abundance we find that we receive what we need to make us balanced, whether it is physical, emotional, or spiritual. In other words, the more you give, the more you receive.



## <sup>Le</sup>Breezey

**INGREDIENTS:** basil, birch, eucalyptus, lemon, peppermint, ravensara

**AFFINITY FOR:** respiratory system, immune system, skin, muscles

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Breezey should be diluted and rubbed on the chest or back. It can also be diffused or placed on your pillow at night.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Breezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** While generally thought of as an oil for physical illness, the aroma of <sup>Le</sup>Breezey lifts the spirits and brings a sense of confidence and self-worth.

**PHYSICAL ASPECTS:** <sup>Le</sup>Breezey, besides being very effective in times of illness, is an excellent respiratory tonic and immune stimulant. The inclusion of ravensara oil creates viral fighting and tissue rebuilding properties, especially for the lung and bronchial tissues. This blend should also be tried for colds, asthma, allergies, sinus congestion, and flu. <sup>Le</sup>Breezey makes an excellent muscle relaxant and pain reliever when you do not have <sup>Le</sup>WarmDown or <sup>Le</sup>Deeper handy and you have strained a muscle.

**GENERAL INFORMATION:** <sup>Le</sup>Breezey is often used alternately with <sup>Le</sup>Aspire.

## <sup>Le</sup>Candila

**INGREDIENTS:** cypress, lavender, manuka, mountain savory, tagette, tea tree, rosemary, ylang ylang

**AFFINITY FOR:** immune system, reproductive system, digestive system, skin

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Candila should be diluted well and applied to affected areas. If you use this blend as a douche for vaginal candida, be sure to dilute very well!

**PHYSICAL ASPECTS:** <sup>Le</sup>Candila was created for use against thrush, candida, and vaginal yeast type infections. <sup>Le</sup>Candila is not a “magic bullet”—there is no such thing, really. To eradicate a candida overgrowth you must make dietary changes. The use of a good quality acidophilus or pro-biotic is also recommended. A Vitamin E supplement in your diet may also be of benefit.

**GENERAL INFORMATION:** Most of us will have some sort of systemic yeast overgrowth at one time or another during our lives. This will probably be due to a diet which is too acidic or taking antibiotics. Even a brief period of an acidic diet, such as during the holiday season, can produce an acidic enough environment to cause an outbreak of candida. A round of antibiotics, if we find it necessary to subject ourselves to such a regimen, can also create the optimal environment for a candida overgrowth. <sup>Le</sup>Candila, and a product carried by Butterfly Express, llc, called Candidase, can be very beneficial in keeping yeast from multiplying out of control.

## <sup>Le</sup>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 <sup>Le</sup>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 <sup>Le</sup>Cherish impact the physical body on every level. <sup>Le</sup>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 <sup>Le</sup>Cherish is going to prove itself in these situations.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>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 <sup>Le</sup>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.

## <sup>Le</sup>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 <sup>Le</sup>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 <sup>Le</sup>Deliverance).

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>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 senses and clear the mind, while the rosemary provides support to a wide range of physical and energetic systems (see description of rosemary in the previous chapter.)

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>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, <sup>Le</sup>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. <sup>Le</sup>CinnamonBear is especially beneficial to sore muscles and joints stiffened by arthritis or rheumatism.

Cassia, and this <sup>Le</sup>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 <sup>Le</sup>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 <sup>Le</sup>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.

## <sup>Le</sup>Connection

**INGREDIENTS:** angelica, cedarwood, fir, sage, spruce, ylang ylang

**AFFINITY FOR:** root/base chakra, solar plexus chakra, emotional balance

**RESONANCE:** spiritual, emotional

**APPLICATION:** <sup>Le</sup>Connection is very nice applied to the back of the neck, on the temples, or just about any where that you can imagine.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Connection has a delightful aroma which is centering, grounding, and emotionally balancing. This is a good oil to diffuse or wear when life has become too crazy and overwhelming. This blend can assist us in rebuilding our confidence and faith in our ability to cope, even under these stressful circumstances.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Connection is designed for people who are characteristically over-enthusiastic and have unrealistic expectations of themselves, of others, or of life in general. This blend is helpful in moderating a tendency to make hasty decisions and choices. It is also of benefit to those who escape too often into their own fantasy world.

The spruce in this blend has an affinity for the solar plexus chakra. The solar plexus chakra connects us to divine energy and gives us balance and joy in our service to others. <sup>Le</sup>Connection is an excellent oil to use as part of a journal or prayer session. <sup>Le</sup>Connection can help us see where our perceptions have parted company with reality and truth. If we have been basing our decisions and behaviors on our mis-perceptions, this oil can help us make more appropriate decisions and behave in more appropriate ways.

**PHYSICAL ASPECTS:** The sage in this blend has an affinity for the pelvic area chakras and the organs contained in the pelvic region. This is an important thing to remember when trouble in these areas is connected to emotions and misperceptions.

## <sup>Le</sup>Crystal Clear

**INGREDIENTS:** basil, peppermint arvensis, peppermint piperita, rosemary, saro

**AFFINITY FOR:** brain, nervous system, brow chakra, solar plexus chakra, emotional balancing

**RESONANCE:** emotional, mental

**APPLICATION:** <sup>Le</sup>Crystal Clear can be applied on the brow, along the back of the neck, on the wrists, and on the temples. It is also useful diffused or placed, 1 or 2 drops only, in a bath. A few drops on a cotton ball placed next to you will help keep you alert and awake for a project that needs finishing.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Crystal Clear diffused or inhaled clears and energizes the mind and increases mental alertness.

**EMOTIONAL / MENTAL ASPECTS:** This blend is very effective when studying or needing to remember difficult or complicated data. It helps to organize the thought processes, allowing more accurate recall later.

**PHYSICAL ASPECTS:** <sup>Le</sup>Crystal Clear is nourishing to the nerves, the adrenal cortex, and the cardiovascular system. This is one of the best essential oil blends for the treatment of impending shock. <sup>Le</sup>Crystal Clear can help to balance hormones and bring relief from headaches that are associated with hormone imbalances.

**GENERAL INFORMATION:** There are three blends by Butterfly Express, llc, which help with mental alertness. These are <sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, and <sup>Le</sup>IQ.

## <sup>Le</sup>Cypernium

**INGREDIENTS:** cypress, geranium, peppermint

**AFFINITY FOR:** circulatory system, vascular system, vein and capillary health

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Cypernium is diluted (4 - 5 drops to 1 Tablespoon of carrier oil, almond oil, or KY jelly) and applied specifically to areas of trouble such as varicose veins, spider veins, and hemorrhoids. Please be sure to dilute well, especially when dealing with hemorrhoids. Undiluted, or not diluted well enough, can feel like sitting on an ice cube.

**PHYSICAL ASPECTS:** <sup>Le</sup>Cypernium was created for the relief of hemorrhoids but has proven useful for varicose veins and overall vein health. <sup>Le</sup>Cypernium increases the circulation and vascular strength in any area to which it is applied. <sup>Le</sup>Cypernium makes an excellent anti-inflammatory oil.

## <sup>Le</sup>Deeper

**INGREDIENTS:** birch, eucalyptus, helichrysum, fir, lemongrass, myrrh, peppermint, spruce, wintergreen

**AFFINITY FOR:** muscles, bones, nerves

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Deeper should be diluted whenever it is applied to the skin. This is an excellent oil for use in the bath.

**PHYSICAL ASPECTS:** <sup>Le</sup>Deeper contains penetrating, anti-inflammatory oils which aids in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage.

<sup>Le</sup>Deeper increases blood and lymph circulation to the extremities, making it an effective choice for neuropathy and fibromyalgia. This blend often brings instant relief when applied to the abdomen and back for pre-menstrual cramps. Other important uses for <sup>Le</sup>Deeper are pain relief with shingles and bursitis.

Since my own family is prone to injuring themselves seriously and regularly, this blend has been worked with and “tweaked” until it is near perfection, in my opinion.

## <sup>Le</sup>Delicate

**GENERAL INFORMATION:** Formerly Butterfly Express, llc sold two separate blends for hair health. They were very similar and have now been reformulated into one blend. This new blend retained the name, <sup>Le</sup>Delicate, because it was so similar to the original <sup>Le</sup>Delicate blend. In fact, it required only the addition of basil to complete the properties necessary to duplicate the dandruff fighting properties of the former dandruff blend <sup>Le</sup>Dandy. Spanish Sage replaces the sage that was formerly used in both blends.

Spanish sage is slightly milder than sage and has some delicious lavender overtones. It is advised to intersperse treatment of the hair and scalp with <sup>Le</sup>Delicate and <sup>Le</sup>Eternity (as was recommended when using <sup>Le</sup>Dandy). <sup>Le</sup>Eternity aids the absorption of the nutrients that are vital to hair health and is soothing to the scalp.

**INGREDIENTS:** basil, cypress, lavender, rosemary, spanish sage, thyme

**AFFINITY FOR:** hair, scalp, skin

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Delicate can be applied by adding 3-4 drops to shampoo when washing your hair. For hair loss, try placing 3-4 drops of <sup>Le</sup>Delicate in your conditioner. Leave the conditioner/ <sup>Le</sup>Delicate blend in your hair and wrap entire head in a warm towel for 10-15 minutes. Afterwards rinse hair gently. This process should be repeated several times a week until the problem has disappeared.

**AROMATIC CONSIDERATIONS:** The aroma of this blend that remains in the hair after use is pleasant and has an uplifting effect on the mind and the spirit.

**PHYSICAL ASPECTS:** <sup>Le</sup>Delicate is a wonderful blend for overall hair health. It seems to help the scalp absorb nutrients making the hair more healthy and vibrant with each use. <sup>Le</sup>Delicate adds attractive natural highlights. For babies with cradle cap, <sup>Le</sup>Delicate, diluted with almond oil, should be massaged gently into the scalp. Use a very soft brush to dislodge the scaly patches and then rinse or wipe away gently. Use a good quality lotion or <sup>Le</sup>Baby Me in carrier oil to soothe the baby’s scalp after this treatment.

## <sup>Le</sup>Deliverance

**INGREDIENTS:** cinnamon bark, clove, eucalyptus, lemon, oregano, oregano wild, rosemary, thyme

**AFFINITY FOR:** immune system, lymphatic system, skin

**RESONANCE:** physical, spiritual

**APPLICATION:** <sup>Le</sup>Deliverance can be used in so many ways, I am sure that I will not manage to list them all here. Some common methods of use are soak the family toothbrushes in <sup>Le</sup>Deliverance mixed with water, place a drop on your toothbrush at least one time per day, and place on a cotton ball or in an inhaler and carry with you, inhaling frequently during the cold and flu season.

A particularly effective way to fight a very virulent illness is to apply <sup>Le</sup>Deliverance alternately with <sup>Le</sup>LifeForce. In the evening put one of these essential oils on the K1’s (acupressure points on the feet) and the other on the thymus. First thing in the morning, put the oils on again, then put them in opposite positions. If <sup>Le</sup>Deliverance was on the thymus area the night before, it should go on the feet in the morning. This method is very effective against really nasty stuff.



**AROMATIC CONSIDERATIONS:** An excellent use for this blend is to diffuse it every day during the cold and flu season to eliminate airborne bacteria and viruses.

**PHYSICAL ASPECTS:** <sup>Le</sup>Deliverance is one of the most potent antiviral, antibacterial, antifungal combinations available. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, general infections, athlete's foot and toe nail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time so be patient).

Frequent and consistent use of <sup>Le</sup>Deliverance also strengthens the immune system. <sup>Le</sup>Deliverance is an expectorant and helps the lymph system to drain. This is a very effective oil. Everyone should have it on hand.

**GENERAL INFORMATION:** <sup>Le</sup>Deliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria.

**CAUTIONS:** Care should also be taken to dilute well, especially if frequent use is anticipated. The clove, cinnamon, thyme, and oregano in this blend make it a possible skin irritant.

## <sup>Le</sup>Discernment

**INGREDIENTS:** cistus, geranium, hinoki, lavender, orange sweet, rose, rosewood, sage, spruce

**AFFINITY FOR:** emotional balance, brow chakra, crown chakra, heart chakra

**RESONANCE:** physical and emotional

**APPLICATION:** <sup>Le</sup>Discernment can be diffused, applied to wrists or temples, added to a bath, or used with almond oil for massage.

**AROMATIC CONSIDERATIONS:** Because this blend dissipates negative emotions, it helps us move forward with renewed vigor and enthusiasm to achieve our dreams.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Discernment promotes feelings of faith in the future and renewed enthusiasm for the pursuit of our goals and dreams. This blend can help us discern the path best suited for us and most likely to bring happiness and contentment to our lives. <sup>Le</sup>Discernment is also helpful in bolstering decision making abilities.

<sup>Le</sup>Discernment can help us achieve a healthy balance between the analytical left brain and the intuitive right brain. Its special function seems to be helping us maintain a balance between preparations for the future and living with joy and peace today.

<sup>Le</sup>Discernment has a special place for those who struggle with pride or arrogance, or who fail to credit heaven and other people with any part in their successes. This blend can be particularly useful for those in leadership positions. It can aid them to see past the physical appearances and circumstances of others, while giving them the ability to discern the strengths and intrinsic worth of those they serve. The skill of seeing the worth of another soul is also a valuable asset among family members, members of a community, or work group.

**PHYSICAL ASPECTS:** All essential oils are antibacterial, antiseptic, and antiviral. <sup>Le</sup>Discernment is no exception and it has a pleasant aroma. It can be used to disinfect anything. <sup>Le</sup>Discernment is effective against canker sores.

**CAUTIONS:** This blend contains a small amount of sage, which is strongly contra-indicated for use during pregnancy; it may be wise to exercise a bit of caution with this blend when pregnant, epileptic, or suffering from high blood pressure.

## <sup>Le</sup>Dreams

**INGREDIENTS:** benzoin, bergamot, blue tansy, chamomile German, juniper berry, orange sweet, sandalwood, spruce

**AFFINITY FOR:** emotional balance, brow chakra and 3rd eye, pericardium meridian, throat chakra, crown chakra

**RESONANCE:** spiritual, physical, emotional

**APPLICATION:** <sup>Le</sup>Dreams can be applied to the forehead, eyebrows, temples, behind the ears, on the base of the neck, and worn as perfume or cologne. For restful sleep, diffuse in the bedroom or apply 1 or 2 drops to your pillow. This essential oil blend makes a relaxing evening bath.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Dreams has a beautiful aroma. It can be diffused during the day for pleasure or meditation, and at night to promote restful and dreamless sleep.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** This blend was formulated for helping us keep our dreams in sight and realize our potential without becoming self-centered or selfish. <sup>Le</sup>Dreams is one of the best oils for insomnia due to negative emotions or nightmares.

It is a favorite of children who are nervous in the dark or when left alone. If nightmares persist while using <sup>Le</sup>Dreams, continue to use it in conjunction with energy work modalities. Finding the disturbing emotion, processing it, and letting it go is the only way to achieve lasting healing. <sup>Le</sup>Dreams can help you do that. This blend has been beneficial for bedwetting if the root cause is fear or anxiousness.

## <sup>Le</sup>EndoRelief

**INGREDIENTS:** cumin, cypress, coriander, dill, geranium, myrtle, nutmeg, oregano wild, petitgrain, sage

**AFFINITY FOR:** endocrine system, pineal gland, lymph system, pituitary gland, emotional boundaries

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>EndoRelief should be applied to the lymph glands of the neck, chest, and armpits whenever a cold, sore throat, or flu is suspected. Using <sup>Le</sup>EndoRelief early, before the illness is fully developed will lessen its severity.

**AROMATIC CONSIDERATIONS:** This blend is best applied to the body.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>EndoRelief aids our emotional health because it strengthens and balances the wide range of organs and glands that make up the endocrine system. As our bodies and minds begin to function better, we feel more secure in ourselves. We are able to establish (or reestablish) boundaries between ourselves and others. This does not mean that we become prickly or rude; it enables us to be tactful and firm while still being kind and concerned.

**PHYSICAL ASPECTS:** With improved endocrine function comes improved vitality and metabolism. Our weight naturally balances and we have enough energy to last through the day (and into the night, if we need to).

As an endocrine system balancer, <sup>Le</sup>EndoRelief can have a beneficial effect on any ailment that is related to endocrine organs such as the thyroid, pancreas, pineal and pituitary glands, parathyroid, thymus, and adrenal glands. This makes <sup>Le</sup>EndoRelief useful for such things as diabetes, hypoglycemia, bladder and kidney infections, candida, and so much more.

Support of the thyroid and parathyroids aids the proper absorption of calcium. Calcium absorption affects such things as the prevention of gallstones, kidney stones, arthritis, and osteoporosis. <sup>Le</sup>EndoRelief regulates hot flashes and moderates the other symptoms of menopause because the hormones balance as the endocrine system function improves.

## <sup>Le</sup>Energy

**INGREDIENTS:** bay, black pepper, cinnamon bark, clove, juniper berry, lemongrass, nutmeg, pine, rosemary, thyme

**AFFINITY FOR:** endocrine system, heart chakra, hormone balancing, solar plexus chakra

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Energy must be diluted well before applying to the skin. It should be applied over the thyroid, kidneys, liver, pancreas, or any gland that is struggling. <sup>Le</sup>Energy may also be applied, diluted, to the feet and is an energizing massage oil. For massage, be sure to dilute very well.

**AROMATIC CONSIDERATIONS:** Blends with a cinnamon should be diffused and inhaled with caution; cinnamon can burn the sensitive tissues of the nostrils if care is not taken.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Energy can aid us in making decisions and taking responsibility for our own lives and actions. It moderates our need for the attention and approval of others. Sometimes, in our zeal to keep those around us safe and happy, we have a tendency to become overly controlling. <sup>Le</sup>Energy can help us temper these tendencies with a dose of reality. Energy in the solar plexus chakra manifests as vitality and radiance. When we are balanced and energized here, we have such a giving spirit that we are almost magnetically attractive to other people. We will be very much liked and loved by all, and we will be more effective in our parental and leadership roles.

**PHYSICAL ASPECTS:** <sup>Le</sup>Energy increases circulation, strengthens the adrenal glands, improves energy levels and mental alertness naturally without the side effects of drugs. This blend also balances the mechanical and electrical functions of the heart.

## <sup>Le</sup>Eternity

**INGREDIENTS:** ajowan, allspice, clove, frankincense, orange sweet, thyme

**AFFINITY FOR:** cardiovascular health, metabolism of vitamins and minerals

**RESONANCE:** emotional, physical

**APPLICATION:** <sup>Le</sup>Eternity should be applied, diluted, on the chest along the sternum. It can also be diffused.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Eternity balances energy and improves both mood and mental outlook.

**PHYSICAL ASPECTS:** <sup>Le</sup>Eternity has powerful anti properties. It enhances vitamin and mineral absorption for the overall improvement of health and vitality. <sup>Le</sup>Eternity, because it helps the body absorb calcium, can help prevent such things as osteoporosis. The oils in this blend have been used traditionally for various problems related to the cardiovascular system.

## <sup>Le</sup>Everlasting

**INGREDIENTS:** A very unusual oil—it is a blend of 5 other blends: <sup>Le</sup>Dreams, <sup>Le</sup>HeartSong, <sup>Le</sup>Trust, <sup>Le</sup>Unity, <sup>Le</sup>Wisdom

**AFFINITY FOR:** emotional and spiritual health

**RESONANCE:** emotional, spiritual, physical

**APPLICATION:** <sup>Le</sup>Everlasting can be applied, diluted, to the chest, over the heart, on the forehead, and down the sternum (for allergy relief). This blend is very nice worn as a perfume or diluted as a massage oil. <sup>Le</sup>Everlasting is relaxing in a tub, especially when life is being a little stressful.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Everlasting balances energy and improves both mood and mental outlook. Diffuse <sup>Le</sup>Everlasting while sleeping for a restful night's sleep and to wake up refreshed and invigorated. <sup>Le</sup>Everlasting helps one to see and seek their highest potential and best good for themselves and others.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** Each of the five blends contained in <sup>Le</sup>Everlasting is in the mid to very high frequency range. Each one targets a specific range of emotions. Blending these five blends together into another essential oil blend is an amazing example of synergy. <sup>Le</sup>Everlasting is a lower frequency (physical range) blend which displays the ability to act on the emotions. A person using <sup>Le</sup>Everlasting receives the emotional impact of each separate high frequency blend. At the same time, the lower frequency of the whole carries the healing more deeply into the physical body. The negative emotions are released clear down to the cellular level.

This amazing mixture relieves feelings of hopelessness and self-pity.

**PHYSICAL ASPECTS:** <sup>Le</sup>Everlasting promotes a most wonderful relaxation that is followed by high levels of optimism, vigor, and energy.

## <sup>Le</sup>Exhilaration

**INGREDIENTS:** cedarwood, clary sage, ginger, helichrysum, jasmine, melissa blend, neroli, orange sweet, patchouli, rosewood, sandalwood

**AFFINITY FOR:** nervous system, emotional balance, stimulation of the amygdala

**RESONANCE:** spiritual, physical

**APPLICATION:** <sup>Le</sup>Exhilaration is beneficial applied on the wrists, temples, heart chakra area, and forehead. It can also be added to the bath. The aroma is very pleasant as a perfume or cologne.

**AROMATIC CONSIDERATIONS:** The aroma of this essential oil blend can aid us in maintaining confidence and courage while it helps us improve our overall attitude. It is almost like being given a fresh new outlook and start in life.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Exhilaration is especially beneficial in those situations which appear hopeless and discouraging. With the use of this blend we find our emotions strengthening and stabilizing until we are able to see new and different solutions to old problems. It is as if there are now several paths available to us, but we previously could only see one way out of the woods. Suddenly we are able to see our surroundings in a more comprehensive way. <sup>Le</sup>Exhilaration is also used to release emotional blocks and help us let go of negative feelings and perceptions.

Recent studies have shown that it is in the amygdala (located in the temporal lobes of the brain) where solutions to problems are developed. When we look at a situation, wanting to know what we should do, the amygdala "lights up" and begins to present our minds with possible solutions. Activity in the amygdala increases with the use of <sup>Le</sup>Exhilaration. This increased brain activity gives us more ability to see various new solutions to old problems.

Several of the oils in this blend profoundly affect physical body systems. Some are anti-inflammatories and others target specific organs or functions. If your physical body has been strained or weakened by situations that are testing your courage and confidence, <sup>Le</sup>Exhilaration can be of benefit to you. It may have an impact on physical things that you did not realize were connected to the emotions you were feeling.

## <sup>Le</sup>Expressions

**INGREDIENTS:** frankincense, jasmine, osmanthus, rose, sandalwood, ylang ylang

**AFFINITY FOR:** heart chakra, throat chakra

**RESONANCE:** spiritual, physical, emotional

**APPLICATION:** <sup>Le</sup>Expressions is very nice diffused, wonderful for a relaxing bath and can be diluted with a carrier oil and used for a truly wonderful massage.

**AROMATIC CONSIDERATIONS:** The aroma of this blend is amazing—sensuous and heady, almost euphoric and very healing to the emotional heart and heart chakra.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Expressions contains many of the highest frequency spiritually, emotionally, and mentally balancing and healing essential oils. The synergy of this blend makes it even more effective than any of its single essential oils when used alone. The recent addition of osmanthus to this blends adds yet another layer of emotional and spiritual balance.

<sup>Le</sup>Expressions is a very nice blend for pampering yourself. This oil is used to enhance communication and connection in romantic relationships, and is most definitely an aphrodisiac.

**PHYSICAL ASPECTS:** <sup>Le</sup>Expressions is an excellent oil for hormone balancing and the emotional problems associated with PMS. This is also an excellent oil to keep spirits and confidence levels high during childbirth. The essential oils comprising this blend increase skin elasticity. It should be used for skin care, to minimize and reduce stretch marks, and to reduce scarring.

**GENERAL INFORMATION:** <sup>Le</sup>Expressions is a rather pricey oil. It has to be because of the cost of its ingredients. Fortunately, the aroma is often all that you need and when you do need to apply the oil to your body, one drop is sufficient.

## <sup>Le</sup>EZ Traveler

**INGREDIENTS:** birch, chamomile Roman, frankincense, lavender, myrrh, orange sweet, peppermint, ylang ylang

**AFFINITY FOR:** digestive system, nervous system

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>EZ Traveler should be carried with you whenever you are traveling if you are inclined to motion sickness. An inhaler is a convenient way to carry <sup>Le</sup>EZ Traveler, or you can place a few drops on a cotton ball and carry it in a small plastic bag. You can also apply this oil diluted to the soft areas of the skin such as the wrists, inner thighs, or behind the ears. It can also be diffused or added to the tub.

**AROMATIC CONSIDERATIONS:** The aroma alone is often enough to stop the symptoms of motion sickness. This oil is calming and restful, providing a hint of humor and a sense of gladness to be alive.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** Besides alleviating the physical symptoms of motion sickness, <sup>Le</sup>EZ Traveler promotes feelings of calmness, emotional strength, and the ability to cope with the day's events and responsibilities. It has been used to treat anorexia.

**PHYSICAL ASPECTS:** <sup>Le</sup>EZ Traveler was originally created to assist with motion sickness during airplane travel. This is a good oil to use in the days before traveling to avoid sickness while traveling. It has proven effective against other forms of motion sickness and unrelated incidences of nausea, dizziness, and vertigo. This blend often brings relief from morning sickness.



## <sup>Le</sup>Faith

**INGREDIENTS:** bergamot, cabreuva, frankincense carterii, frankincense serrata, melissa blend, rose, rosewood

**AFFINITY FOR:** heart chakra, throat chakra, kidney meridian

**RESONANCE:** spiritual, physical, emotional

**APPLICATION:** <sup>Le</sup>Faith is very nice diffused, relaxing in a bath, can be diluted with a carrier oil and used for massage.

**AROMATIC CONSIDERATIONS:** The aroma of this blend promotes feelings of self-worth and a desire to heal. It makes one want to be truly well, happy, and content. <sup>Le</sup>Faith turns our thoughts to gratitude for the blessings we have received.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Faith is very much a blend specific to emotional healing of many kinds. This blend seems to bring us self-awareness and clarity about our own strengths and weaknesses without burying us in negativity or guilt concerning past mistakes. <sup>Le</sup>Faith helps us to let go of behavioral patterns that are tied to negative emotions about past experiences, promoting a healthy acceptance of the past and a desire to move forward into the future.

This blend is specific for dealing with fears concerning being abandoned or left to cope with situations totally on one's own. If you are prone to useless worrying, you may find this blend helpful. As its name implies, it generates feeling of faith and self-confidence within us. Humility and teachableness are also gifts of this blend.

**PHYSICAL ASPECTS:** Although this blend is very much in the emotional realm, it has proven helpful for menstrual cramps and for lowering high blood pressure. In situations for which this blend proves useful, you will see the underlying emotional patterns described above.

## <sup>Le</sup>Focus

**INGREDIENTS:** bay, cinnamon bark, cinnamon berry, ginger, nutmeg, patchouli, rosewood, sage, sandalwood

**AFFINITY FOR:** nervous system, emotional balance, governing vessel meridian

**RESONANCE:** physical, emotional

**APPLICATION:** This blend can be applied to the areas on the feet that relate to the neck, head, and brain. These are found on the big toe, both top and bottom. <sup>Le</sup>Focus can also be applied to the wrists and temples.

**AROMATIC CONSIDERATIONS:** I like to inhale <sup>Le</sup>Focus at times when I am studying and need to be extra alert. I also find it useful in the afternoons at the computer if my mind is slow or I am having difficulty concentrating. This blend can be diffused, but it is best to do so for short periods of time only; cinnamon, cinnamon berry, and ginger are very strong oils for diffusing. They may cause headache or a burning sensation in the nostrils.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Focus is useful in overcoming negative thought patterns and self-defeating behaviors. Sometimes we choose to see ourselves as victims where life and everyone we know is "out to get us". This pattern of behavior gets in the way of our ability to take responsibility for ourselves. It can also keep us from accomplishing our goals. When <sup>Le</sup>Focus has helped us become aware of our self-defeating patterns, we can choose to change them.

**PHYSICAL ASPECTS:** This blend increases mental alertness, clears that "foggy" feeling, and helps to alleviate mental confusion. It is a great aid to students and others when they face the need to commit something to memory quickly and be able to recall it with ease later.

**GENERAL INFORMATION:** <sup>Le</sup>Focus has much the same uses as <sup>Le</sup>Crystal Clear and <sup>Le</sup>IQ, but the aromas of these three blends are very dissimilar. These blends are classic examples of the wide range of plants that can accomplish similar healing tasks in the human body. Each person is unique with their own way of reacting to things. One of these three blends may work better for you and another one may work better for someone else. You may find all of them helpful, giving you the opportunity to choose one according to your preferred aroma or according to the price.

**CAUTIONS:** This blend contains nutmeg, cinnamon, and sage. It should be used with care if you are susceptible to seizures or if you are pregnant. Repeated use could result in skin irritation, even diluted.

## <sup>Le</sup>GoodNite

**INGREDIENTS:** cedarwood, orange sweet, ylang ylang

**AFFINITY FOR:** throat chakra, immune system (use faithfully during the cough and cold season)

**RESONANCE:** physical, emotional

**APPLICATION:** This blend can be diffused, placed on the pillow at night, or applied, diluted, to sinus areas any time.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>GoodNite can be diffused in the home during the evening to promote restful sleep.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** Part of the reason that <sup>Le</sup>GoodNite promotes restful sleep is because it encourages feelings of peace. We feel assurance that all will be well in our world even though we are sleeping and not actively watching over it. <sup>Le</sup>GoodNite seems to help us process, painlessly, deep emotions during our sleep. In the morning we will be able to express our deep feelings about these emotions clearly and without the usual stress.

**PHYSICAL ASPECTS:** <sup>Le</sup>GoodNite is effective for insomnia and snoring, and soothes inflamed or swollen nasal and sinus passages while promoting deep and restful sleep.

## <sup>Le</sup>Grace

**INGREDIENTS:** mandarin, neroli, sandalwood, spruce, zanthoxylum

**AFFINITY FOR:** nervous system, endocrine system, electrical system of the heart, pineal and pituitary glands, emotional balance, all 4 fire meridians, governing vessel meridians, central vessel meridians, solar plexus chakra, brow chakra, heart chakra, sacral chakra

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Grace has a lovely aroma. It is very nice worn as a perfume (perhaps it is a little too sweet for a man's cologne). It can be diffused, used as a massage oil, or added to a bath. I like to dilute it and apply it on my chest, directly over my heart.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Grace has a delicate, yet penetrating aroma which increases feelings of hope and self-confidence.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** When we arrived on this mortal shore, each one of us inherited a packet of fears. Included in this package was the fear that we are somehow defective and less than we should be. We fear that we are not going to be able to accomplish the things in life that we were meant to accomplish. We are unable to truly love others. To love is to let someone come close enough to see that we are deficient in qualities that we believe everyone else has in abundance. This feeling of deficiency we think we see in ourselves is only a perception, but doesn't make it any less real in our minds. It becomes one of the core beliefs in our lives. <sup>Le</sup>Grace is meant to help us connect with reality and God's view of our potential and who we are. This blend can open us to the love of others and to acceptance of ourselves.

This perception of defectiveness and deficiency in ourselves creates peaks and valleys in our emotions and in our productivity. For a while, we struggle on in the face of our fears. We are determined to learn what we need to learn and we are determined to win at the game of life somehow. This productivity and enthusiasm is then followed by a period of despair and inertia as our perceptions and fears get the upper hand. <sup>Le</sup>Grace, by removing our mis-perceptions and fears and helping us see ourselves more clearly, evens out these peaks and valleys and lets us settle into calm and dynamic productivity.

The aroma of <sup>Le</sup>Grace helps us find and move toward our place in the universe. This blend can bring us the assurance that we are right where we are supposed to be and all is right in our personal world. We can relax and enjoy our lives, while still accomplishing all that we need to and living to our full potential. We can begin to express and receive love without our fears getting in the way.

<sup>Le</sup>Grace is an excellent blend for the grief of losing, or separating from, a loved one. <sup>Le</sup>Grace should be used for depression and anxiety, especially when those states were triggered by grief or loss. <sup>Le</sup>HeartSong and <sup>Le</sup>Grace are excellent companion oils when working with grief issues of any sort.

**PHYSICAL ASPECTS:** <sup>Le</sup>Grace, because it regulates the electrical impulses of the heart, has a regulatory effect on heartbeat, pulse, and blood pressure. This effect is particularly pronounced when the heart problems have an underlying emotional component of stress over feelings of inadequacy, or inability to do enough or be good enough in life or in a particular situation. <sup>Le</sup>Grace can be effective for heart arrhythmias, tachycardia, and high blood pressure.

**GENERAL INFORMATION:** <sup>Le</sup>Grace can be used as a follow-up or companion oil to <sup>Le</sup>Reconciliation. Having healed the grief of parting and distance from loved ones, we are ready to find our own way and become all that we were meant to become.

## <sup>Le</sup>Grateful Heart

**INGREDIENTS:** anthonogon, coriander, frankincense, geranium, howood, melissa blend, myrrh, pine, rosewood, ylang ylang

**AFFINITY FOR:** nervous system, immune system, muscles, bones, emotional balance

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Grateful Heart should be applied over the heart, on the forehead, or the temples. It is very pleasant diffused and smells nice enough to wear as perfume or cologne.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Grateful Heart is relaxing and creates tender feelings of empathy, gratitude, tolerance, and compassion.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** This blend promotes feelings of gratitude for all that we have and all that others do for us. It has a marked effect on the dark clouds of depression. It can be used to relax the mind and body.

**PHYSICAL ASPECTS:** Dissatisfaction and discontentment are destructive to the nervous and immune systems. <sup>Le</sup>Grateful Heart addresses these imbalances and can provide support and healing for these feelings. <sup>Le</sup>Grateful Heart is used to stabilize the blood sugar lows of hypoglycemia. It has been used effectively in the treatment of some auto-immune disorders.

## <sup>Le</sup>HeartSong

**INGREDIENTS:** bergamot, geranium, grapefruit, lemon, mandarin, orange sweet, rose, rose geranium, rosewood, ylang ylang

**AFFINITY FOR:** emotional balance, adrenal glands, heart chakra, brow chakra, throat chakra, crown chakra, electrical system

**RESONANCE:** <sup>Le</sup>HeartSong allows the heart to find its joy and learn to sing again. This is a very high frequency spiritual and emotional blend. <sup>Le</sup>HeartSong was created as an anti-depressant blend and is still the #1 blend for use in the treatment of grief and mild depression.

**APPLICATION:** <sup>Le</sup>HeartSong is very effective applied in a clockwise motion over each individual chakra, one by one. To do this, it is usually best to begin at the base chakra and work up the body to the crown chakra. This may be done on either the front or the back of the body. (I prefer the back, but that requires the help of a friend.) Can also be applied over the heart, on the ears, and to any area of poor circulation. This is a beautiful oil to diffuse, and may be worn as a perfume or as cologne.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>HeartSong can be offensive if there are emotional blockages to loving and being loved. If this occurs, apply the blend <sup>Le</sup>Unity to the palms of the hands and place the hands over the navel and thymus. Hold for 20 seconds and then reverse the hand positions and hold for another 20 seconds or more. The combination of these two oils will balance all the chakras and meridians, bringing a great feeling of peace.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** This high frequency blend reminds us that we are loved and cherished by many people, and certainly by Heaven. It has a multitude of uses. <sup>Le</sup>HeartSong has been of great benefit in treating depression. It is also useful in overcoming grief and trauma. Because it is a remedy for deep sorrow and grief, it makes a wonderful gift for anyone who has recently lost a loved one.

<sup>Le</sup>Tranquility is the first line of defense against anxiety and panic attacks, but if it fails to work or needs a follow up, <sup>Le</sup>HeartSong is the blend to use. <sup>Le</sup>HeartSong is also helpful in stabilizing mood swings, relieving stress and tension, and helping one to relax.

You do not need to be suffering from depression or a recent loss to enjoy <sup>Le</sup>HeartSong. This blend is wonderful for getting through a tough time or just making it to the end of a difficult day. It is also quite effective as a protection against negative energy that you might be picking up from others at home or on the job.

Because of its effect on both the heart and the throat chakras, <sup>Le</sup>HeartSong is of benefit to those who have difficulty expressing deep emotions or tend to laugh inappropriately when trying to express themselves about these things. <sup>Le</sup>HeartSong is an excellent oil for energy work, especially in the areas of age regression or inner child therapies.

**PHYSICAL ASPECTS:** <sup>Le</sup>HeartSong is balancing to the electrical fields of the body and stabilizing to energy levels. Oddly enough, it brings relief from the pain and congestion of pleurisy and makes an excellent deodorant.

## <sup>Le</sup>Holiday Spirit

**INGREDIENTS:** benzoin, cinnamon bark, fir siberica, orange sweet, orange sweet dark, spruce

**AFFINITY FOR:** respiratory system, emotions

**RESONANCE:** emotional, spiritual, physical

**APPLICATION:** <sup>Le</sup>Holiday Spirit is especially appropriate applied to the crown of the head. It can also be placed on pine boughs and cones, cedar chips, logs to burn in the fireplace, and used to scent potpourri.

**AROMATIC CONSIDERATIONS:** When diffused, <sup>Le</sup>Holiday Spirit creates a delightful holiday atmosphere. It reminds us of fond family events and emotions. <sup>Le</sup>Holiday Spirit is a great blend when diffused for purifying the air at any time of the year.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** The aroma of <sup>Le</sup>Holiday Spirit is reminiscent of Christmas. For most people this blend brings feelings of happiness and security. <sup>Le</sup>Holiday Spirit brings a desire to hold on to and build relationships with family and friends. The holiday season seems less stressful and more enjoyable when this blend is kept diffused in the house. <sup>Le</sup>Holiday Spirit can help us deal with the stress of Christmases past if our memories are of things that were not just as we wished them to be. This blend really increases the Christmas Spirit in your home—or in your favorite Christmas Scrooge!

**PHYSICAL ASPECTS:** Besides all of its wonderful emotional aspects, <sup>Le</sup>Holiday Spirit has shown itself to be beneficial at purifying the air, killing airborne “bugs”, and soothing respiratory ailments. It has also been used successfully in the treatment of anorexia.

**CAUTIONS:** <sup>Le</sup>Holiday Spirit contains cinnamon and can irritate the skin if used topically undiluted.

## <sup>Le</sup>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:** <sup>Le</sup>Housewarming should be diffused.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>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, <sup>Le</sup>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:** <sup>Le</sup>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.



## <sup>Le</sup>Inner Peace

**INGREDIENTS:** angelica, cinnamon bark, copaiba balsam, frankincense, lavender, palmarosa, rosewood, sandalwood, spruce, ylang ylang

**AFFINITY FOR:** emotional balance, pineal gland, pituitary gland, heart chakra, small intestine meridian

**RESONANCE:** emotional, spiritual, physical

**APPLICATION:** One specific and effective way to apply <sup>Le</sup>Inner Peace is across the forehead, moving from the right temple to the left temple. It can also be placed on the chest to cover the heart and the thymus. This blend is very good in the tub or as a perfume, if your mood is right. (See unique information section below.)

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Inner Peace helps to collect our thoughts and connect our heart and mind. This connection to ourselves creates a solid and balanced center from which we can connect to others.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Inner Peace can aid us in staying focused and clear, particularly about the direction of our lives. It promotes harmony between ourselves and others, and between ourselves and God. This blend helps us feel genuine compassion for others, and aids us in forming rewarding relationships.

Much like <sup>Le</sup>Benediction, <sup>Le</sup>Inner Peace protects the energies of our bodies and minds from attack and depletion by the energies of others. Though protected energetically, <sup>Le</sup>Inner Peace leaves us open, compassionate, and willing to be of service if we desire. It can also be helpful if we fear or hate being alone.

<sup>Le</sup>Inner Peace can help us with acceptance of ourselves and others and with the calm acceptance of the changes that life brings to us all. For emotional work, use with <sup>Le</sup>Sanctuary and <sup>Le</sup>Magi.

**PHYSICAL ASPECTS:** <sup>Le</sup>Inner Peace affects the pineal and pituitary glands. The pineal gland regulates blood pressure, body temperature, motor function, sleep patterns, and any cyclical activity in the body. The pineal gland directly affects every other gland and organ in the body. It also regulates the cardiovascular system. The pituitary gland is considered a “master” gland by the body. It instructs the other glands how much of their particular hormone or enzyme to produce. A blend like <sup>Le</sup>Inner Peace, which has an affinity for these two glands, can balance and heal the physical body on a multitude of levels.

**UNIQUE INFORMATION:** <sup>Le</sup>Inner Peace can enhance whatever state you are in. If you want to feel more gratitude or contentment, you must already be feeling some of those emotions—or at the very least, desiring with all your heart to feel them. You should use this blend with caution when angry or when caught up in negative emotions as this essential oil blend can act as an amplifier to those emotions. It may amplify negative emotions as well as positive ones. It is sometimes necessary to diffuse <sup>Le</sup>Sanctuary or another of your favorite uplifting emotional blends for a little while before using <sup>Le</sup>Inner Peace. This is one of my favorite blends for really deep emotional or spiritual work that includes introspection, journaling, and prayer!

## <sup>Le</sup>InsideOut

**INGREDIENTS:** anise, cardamom, cilantro, fennel, juniper berry, kanuka, lemon, lemongrass, patchouli, peppermint, tarragon, thyme

**AFFINITY FOR:** digestive system, stomach meridian

**RESONANCE:** physical, emotional

**APPLICATION:** Apply one drop behind the ears for nausea, motion sickness, or morning sickness. <sup>Le</sup>InsideOut can also be applied over the abdomen either by diluting with a carrier oil or as a compress.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>InsideOut is primarily considered an oil which works on the physical body. Whenever you use an essential oil, you will be working on underlying emotional roots as well as physical complaints. <sup>Le</sup>InsideOut can be helpful in discovering and sorting through the emotions underlying the digestive problems. <sup>Le</sup>InsideOut can help calm the obsessive worry that sometimes contributes to digestive difficulties.

**PHYSICAL ASPECTS:** <sup>Le</sup>InsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. <sup>Le</sup>InsideOut's ability to be effective for both constipation and diarrhea may seem odd; it is not. Natural remedies work with the body to return systems to balanced and healthy states. They are not the administration of an "opposing" remedy or force. This is true in every aspect of the body and mind when working with natural healers.

<sup>Le</sup>InsideOut should be used for any bout of intestinal flu or food poisoning. It is useful for most types of nausea, either by inhaling the aroma or putting a drop behind each ear. This blend should be applied over the abdomen for colon problems and for candida overgrowth. <sup>Le</sup>InsideOut has been useful in the treatment of parasites in animals and humans. For humans, place <sup>Le</sup>InsideOut on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

**CAUTIONS:** <sup>Le</sup>InsideOut contains a small amount of fennel which is, when used by itself, contra-indicated for use during pregnancy. This is an example of blended oils being safer to use than single essential oils. This essential oil blend is safe to use for morning sickness in the manner described, but proper care, prudence, and judgement should be exercised.

## <sup>Le</sup>Insight

**INGREDIENTS:** clementine, jasmine, orange sweet, sandalwood, tangerine, vanilla

**AFFINITY FOR:** emotional balance, cellular memory

**RESONANCE:** physical, emotional

**APPLICATION:** This blend can be diffused, diluted to create a massage oil, applied to the navel, chest, or temples.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Insight calms the nerves and grounds the emotions.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Insight is powerful in working with personalities that have been fragmented by the terror and confusion felt as the result of abuse. A child should be able to put their trust in the adults in their lives. When this trust is betrayed, there is often deep rifts in the psyche. <sup>Le</sup>Insight is often used in Inner Child work to reconnect fragmented parts of a personality or soul.

This blend is useful to release negative emotions from the past, whether the memories are conscious or not. The essential oils in this blend combine to clear patterns held in the memory of each cell. When these emotions clear, there is often an increase in intuition, organizational skills, mental faculties, and flexibility of thoughts and reactions.

**PHYSICAL ASPECTS:** Whenever layers of pain are scarred over in the mind and emotions, physical symptoms will manifest themselves in the body. They are a natural result of anger, fear, and confusion. A blend such as <sup>Le</sup>Insight can have a healing and renewing effect anywhere in the body.

It is rarely necessary for a person to relive, or even remember, terrible things that were done to them in the past in order for healing to occur. It is only when our actions have harmed another that we need to face them, figure out where our thinking went wrong, and take steps to change. Unfortunately, this is sometimes true of the actions and reactions we took as a result of abuse or mistreatment. In that situation, our own behavior needs remembrance and understanding in order for us to repent, but we do not need to "repent" of the things that were wrongly done to us. Someone else is willingly carrying that burden for us already.

## <sup>Le</sup>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:** <sup>Le</sup>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 <sup>Le</sup>Intention is usually followed by a big sigh as stress is released and burdens lifted.

**PHYSICAL ASPECTS:** The essential oils of which <sup>Le</sup>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 on capillary and vein health, this blend stabilizes blood pressure fluctuations, tightens and tones the skin and tissues, and increases circulation. Used consistently, <sup>Le</sup>Intention has a building and sustaining influence on energy levels.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>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. <sup>Le</sup>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 <sup>Le</sup>Intention help us cope, increasing our overall satisfaction with our lives and ourselves.

## <sup>Le</sup>IQ

**INGREDIENTS:** cabreuva, cedarwood, copaiba balsam, coriander, cypress, frankincense, helichrysum, laurel, lavender, lemon, melissa blend, sandalwood

**AFFINITY FOR:** nervous system, emotional balance

**RESONANCE:** physical, emotional

**APPLICATION:** This blend can be diffused, applied to the neck and throat or under the nose. It has a deep and pleasant aroma, making it appropriate as a perfume or cologne.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>IQ has the most pleasing aroma and the highest frequency of all the blends for mental alertness; it is my personal favorite.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>IQ alleviates mental fatigue and increases mental alertness. It aids in concentration and memory. <sup>Le</sup>IQ is powerfully stimulating and helpful when feeling faint, going into shock, and for recovery from jet lag. It is particularly useful when one is over-tired but must continue on until a project is completed.

**PHYSICAL ASPECTS:** <sup>Le</sup>IQ contains frankincense, sandalwood, and helichrysum. These oils are high in sesquiterpenes and cross the blood/brain barrier to cleanse, nourish, and carry oxygen to the brain. This blend seems to dissolve some types of chemicals and clear them from the receptor sites feeding the pituitary, pineal, and hypothalamus glands.

## <sup>Le</sup>Journey

**INGREDIENTS:** basil, calamus, cassia, cinnamon bark, frankincense, hyssop, myrrh, spikenard

**AFFINITY FOR:** immune system

**RESONANCE:** This is a high frequency spiritual oil which acts dramatically in the physical plane.

**APPLICATION:** Careful dilution is recommended because this blend contains cinnamon and cassia. It should be applied to the feet or the chest.

**AROMATIC CONSIDERATIONS:** Because of the cinnamon, cassia, and calamus contained in this blend, <sup>Le</sup>Journey is recommended for only short periods of diffusing at any given time. Care should be taken not to “burn” the nostrils when inhaling or diffusing this blend of oils.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Journey gives us a sense of harmony with ourselves and an increased ability to learn from the experiences of our lives.

**PHYSICAL ASPECTS:** <sup>Le</sup>Journey is comprised of essential oils mentioned in the Bible (see Exodus, chapter 30). It is strongly antiviral and is used to expel disease and dead tissue from the body. <sup>Le</sup>Journey is an immune stimulant and is effective against colds and flu.

## <sup>Le</sup>Julia

**INGREDIENTS:** anethi, caraway, chamomile Roman, lavender, orange sweet, peppermint

**AFFINITY FOR:** digestive system, particularly of infants and children although adults are finding it useful, stomach meridian

**RESONANCE:** physical, emotional

**APPLICATION:** Careful dilution is recommended, as always, when using essential oils with infants and small children. <sup>Le</sup>Julia should be applied to the abdomen and/or to the feet.

**AROMATIC CONSIDERATIONS:** Diffuse for emotional calming and improved sleep.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Julia calms and soothes the emotions, allowing the “knots” in the stomach to dissolve. The synergy of the oils in this blend creates an atmosphere where fear, anxiety, and the need to hold on tightly to emotions can be released. It seems odd that infants and small children should have such issues, but the birth process and coming into this world can be a difficult transition for some sensitive spirits.

**PHYSICAL ASPECTS:** <sup>Le</sup>Julia is for the release of flatulence (gas), constipation, and other intestinal distress in infants and small children. This blend is also useful for colic, upset tummy, and nausea caused by fear or over-excitement.

## <sup>Le</sup>Kadence

**INGREDIENTS:** allspice, cedarwood, orange sweet, ylang ylang

**AFFINITY FOR:** nerves, cardiovascular system, heart chakra, throat chakra, brow chakra, all aspects of the 5th meridian, gallbladder meridian, liver meridian

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Kadence is delightful as a perfume or cologne. It can be added to a bath or diffused. It is appropriate to dilute and apply anywhere on the body.

**AROMATIC CONSIDERATIONS:** The components of <sup>Le</sup>Kadence are similar to <sup>Le</sup>GoodNite, but with a delightful spicy twist that completely changes its aroma, use, and frequency.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** The focus of <sup>Le</sup>Kadence is the exhaustion, both mental and physical, that is associated with too much work and worry.

**PHYSICAL ASPECTS:** <sup>Le</sup>Kadence improves the uptake of nutrients to the brain and nervous system. It can help alleviate exhaustion in whatever form it has taken in the body and mind. <sup>Le</sup>Kadence is especially useful for recovering from deep seated or extended illnesses. Sometimes sleep patterns are interrupted by nervous exhaustion, physical weakness, and worry. The body needs sleep so badly, but just cannot seem to rest. <sup>Le</sup>Kadence, with the same oils that make <sup>Le</sup>GoodNite effective, can be helpful here. The addition of allspice aids the rejuvenation of the cells as the body rests.

<sup>Le</sup>Kadence brings vitality to the heart chakra and the heart muscle. It reduces inflammation in and around the heart and pericardial sac. <sup>Le</sup>Kadence is often effective for quieting heart palpitations, especially those brought on by worrying. This blend is useful for dizziness and vertigo. <sup>Le</sup>Kadence can be helpful if one is having difficulty concentrating or keeping the mind focused on a thought or project.

## <sup>Le</sup>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:** <sup>Le</sup>Key to My Heart, diluted, may be applied on the chest over the heart area several times a day. <sup>Le</sup>Vitality can also be applied to the acupressure 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:** <sup>Le</sup>Key to My Heart can be worn as a perfume or diffused.

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

**PHYSICAL ASPECTS:** <sup>Le</sup>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, <sup>Le</sup>Vitality for heart related and circulatory conditions. The choice should be made according to the emotional patterns, stresses, and needs of the individual. <sup>Le</sup>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:** <sup>Le</sup>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 <sup>Le</sup>Key to My Heart. She also mentioned that <sup>Le</sup>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." <sup>Le</sup>Key to My Heart contains additional emotionally balancing oils which are not present in <sup>Le</sup>Vitality, but it is slightly less effective for the physical repair of heart valves.



## **LeKindred 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:** LeKindred Spirit is a great oil for diffusing or wearing on the body.

**AROMATIC CONSIDERATIONS:** The aroma of LeKindred 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:** LeKindred 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. LeKindred 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.

LeKindred 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. LeKindred 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 oils 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.

LeKindred Spirit is a very nearly perfect example of synergy between single oils in a blend. No one single oil could possibly accommodate all the layers of this unique blend.

**PHYSICAL ASPECTS:** LeKindred 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. LeKindred Spirit raises low blood sugar levels and stabilizes blood sugar fluctuations.

## **LeLetting Go**

**INGREDIENTS:** blue tansy, geranium, hinoki, lavender, lemon, sandalwood, ylang ylang

**AFFINITY FOR:** emotions, digestive system, urinary tract

**RESONANCE:** physical, emotional

**APPLICATION:** LeLetting Go should be applied directly over the liver, on the bottom of the feet, or behind the ears. This blend is very nice in a bath or diffused.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Letting Go is a favorite blend of many people. By letting go of negative emotions, we can create feelings of tolerance and compassion towards the faults and foibles of the human race, including ourselves. Regular use of this essential oil blend can help us develop feelings of trust, safety, and security.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Letting Go is literally what the name implies, an oil to aid us in the “letting go” of negative emotions that we are holding onto in the physical tissues of our bodies. You can use <sup>Le</sup>Letting Go to aid in the release of anger, frustration, resentment, despair, grief, insecurity, or any other emotion that is not serving you well. This blend is appropriate when your forward progress in emotional or physical healing seems to be halted. This oil is beneficial when used for the rebellious spirit sometimes seen in teens and others of us from time to time.

**PHYSICAL ASPECTS:** Letting go of the emotional baggage that we don't need can have an energizing effect on the colon, kidneys, liver, and gall-bladder in particular. The holding on to negativity from the past can be the root cause of constipation. Fear can cause the kidneys and the bladder to function below optimum levels. Clogging in the liver and gallbladder creates a multitude of physical problems.

## <sup>Le</sup>LifeForce

**INGREDIENTS:** blue tansy, caraway, clove, dill, frankincense, galbanum, geranium, hyssop, lemon, mountain savory, oregano, ravensara, rosemary, thyme

**AFFINITY FOR:** nervous system, immune system

**RESONANCE:** physical, emotional

**APPLICATION:** One of the best places to apply this blend is along the spine. Other good places are all over the feet and on the thymus area of the chest.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>LifeForce should be diffused to strengthen the immune system and increase energy levels. It will also disinfect and purify the air, eliminating germs and bacteria.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>LifeForce immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma.

**PHYSICAL ASPECTS:** <sup>Le</sup>LifeForce should be used following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. This blend can make a big difference in the recovery period of accidents and illnesses. <sup>Le</sup>LifeForce builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with <sup>Le</sup>EndoRelief during the cold and flu season. You may avoid getting sick altogether, and, if you do catch something, the illness will have a shorter duration and recovery period.

For fever, dilute and apply along the spine. For bronchitis, use <sup>Le</sup>LifeForce with <sup>Le</sup>Aspire or <sup>Le</sup>Breezey applied to the chest. For an earache, put 1 drop of <sup>Le</sup>LifeForce in carrier oil and put into the ear. In addition I like to put 2 or 3 drops of BBL tincture in the ear. BBL will numb the pain and cause any inflammation to dissipate through a multitude of small holes which heal quickly (instead of in one large rupture which is the way ears usually deal with inflammation).

Soaking your feet in very hot water to which 2 or 3 drops of <sup>Le</sup>LifeForce has been added, can assist the body to detoxify, especially from environmental poisons and medications. The combination of immune stimulant properties and detoxifying capabilities make <sup>Le</sup>LifeForce effective against allergies and other mild auto-immune dysfunctions.

## <sup>Le</sup>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 <sup>Le</sup>LiteN in your home or workplace, especially between meals or when feeling tired, worn out, stressed, or discouraged.

**PHYSICAL ASPECTS:** <sup>Le</sup>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 <sup>Le</sup>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.

## <sup>Le</sup>LivN

**INGREDIENTS:** blue tansy, celery seed, fir balsamea, grapefruit, helichrysum, ledum, myrrh, yarrow

**AFFINITY FOR:** immune system, endocrine system, biliary ducts, liver, gallbladder and liver meridians, solar plexus chakra

**RESONANCE:** physical, emotional, mental

**APPLICATION:** Dilute and apply to the feet or to the liver area (right upper side) of the abdomen.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>LivN, diffused or added to a bath, promotes a calm atmosphere where difficulties can be taken in stride and overcome.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>LivN helps us recover our normal resilience and equilibrium when stress or illness has robbed us of focus and direction. This blend can help us be less frustrated and upset by the people and events in our lives. <sup>Le</sup>LivN helps us turn our energy and ideas into productivity and accomplishment.

**PHYSICAL ASPECTS:** <sup>Le</sup>LivN is a blood and liver cleansing blend. <sup>Le</sup>LivN is designed to digest and eliminate fatty cells and their load of toxins from the liver. The cleaner internal environment created by <sup>Le</sup>LivN ensures that the new cells created in the liver are healthy and better able to carry oxygen and nutrients to the cells of muscles, organs, and connective tissues. The effects of the extra nutrients and oxygen in the body are far reaching. A healthier liver, cleaner blood, and healthier cells result in the lowering of cholesterol and triglyceride levels and can have a positive influence on type 2 diabetes and insulin resistance, for example. <sup>Le</sup>LivN improves immune function and increases energy levels and stamina. For more information on fatty liver see the description of ledum in the chapter Single Oils and Their Uses.

**GENERAL INFORMATION:** In most cases, use <sup>Le</sup>LivN for major cleansing programs and <sup>Le</sup>Revitalize for routine maintenance of a healthy liver and bloodstream. <sup>Le</sup>Revitalize, being a little bit milder, might be used for mild detoxification programs following periods of increased stress or poor dietary habits.

## <sup>Le</sup>Magi

**INGREDIENTS:** angelica, birch, frankincense, juniper berry, myrrh, sandalwood, spruce

**AFFINITY FOR:** emotions, solar plexus chakra, crown chakra

**RESONANCE:** This is a low frequency, physical range essential oil blend, but has profound effects on the emotional and spiritual planes. Like all oils with an affinity for the solar plexus chakra, changes are made deep in the cellular memory.

**APPLICATION:** For work with the crown chakra, apply on the top of the head, preferably in a clockwise motion. <sup>Le</sup>Magi can also be applied just above the eyebrows, on the solar plexus, and the thymus, also in a clockwise direction. <sup>Le</sup>Magi would make a unique statement as a perfume or cologne, but not an offensive one.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Magi should be diffused after a spiritual or energy work session to complete the changes, carry them deeply, and make them permanent. When diffused, <sup>Le</sup>Magi creates feelings of reverence and heightened spirituality. It can help one overcome doubt and negative feelings about one's abilities.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Magi is a favorite of many people because it seems to clarify intuition and heighten the ability to hear the whisperings of divine inspiration. Among the many emotional blends, <sup>Le</sup>Magi stands out for those with low self-esteem who are unable to feel really confident about themselves and their contribution, even after a job well done. This blend is comforting in times of despair. <sup>Le</sup>Magi is helpful in coping with the fear of being left alone or with feelings of loneliness and isolation.

**PHYSICAL ASPECTS:** <sup>Le</sup>Magi contains several oils with a high sesquiterpene content. Because sesquiterpenes cross the blood/brain barrier the changes made emotionally and physically go deep into the DNA of the cells and become both permanent and profound.

**GENERAL INFORMATION:** <sup>Le</sup>Magi derives its name from the frankincense and myrrh it contains and the Wise Men (also known as the Magi) who brought them as gifts to the Christ Child. I believe this blend increases our own wisdom and ability to look at our world with clarity. That is a true gift.

## <sup>Le</sup>Mariah

**INGREDIENTS:** bay, helichrysum, Idaho tansy, opopanax, ravensara, spearmint, spikenard, thyme, turmeric, wintergreen

**AFFINITY FOR:** respiratory system, immune system

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Mariah should be applied, diluted, to the chest and back at frequent intervals.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Mariah should be diffused near the patient to aid in clearing the lungs.

**PHYSICAL ASPECTS:** This blend was specifically designed for use against the new flu strains that are giving people such a scare today. It seems to be the nature of these new strains to manifest very differently from one person to another. One person may sustain more damage to the circulatory system while another person may be hit hardest in the lung and respiratory areas. The strength of this blend lies in its antiviral/antibacterial properties and in its ability to clear and support the lungs. <sup>Le</sup>Mariah should be used in conjunction with <sup>Le</sup>Revitalize for endocrine support to increase energy and stamina. Use <sup>Le</sup>Mariah in conjunction with <sup>Le</sup>Vitality to strengthen the heart.

## **LeMeditation**

**INGREDIENTS:** frankincense, howood, myrrh, myrtle, rosewood, sandalwood, spruce

**AFFINITY FOR:** emotional and spiritual balance, root chakra, brow chakra, throat chakra, crown chakra

**RESONANCE:** high spiritual range

**APPLICATION:** LeMeditation should be applied to the slight bumps on both the right and left sides of the forehead, on the crown of the head, on the shoulders, and on the back of the neck.

**AROMATIC CONSIDERATIONS:** LeMeditation creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration, reading scriptures, and seeking answers from above.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** LeMeditation can help bring us to a state where we are more receptive of divine inspiration. This blend can aid us when meditating, pondering, or studying spiritual things. LeMeditation can help us discover and walk away from negative thought patterns. It will aid us in decision making by bringing us to a place where we can discern heavenly input. LeMeditation is useful for calming ourselves, finding compassion for others, and lifting ourselves out of depression. This blend can help us find the motivation to make any changes in our lives that we know need to be made.

## **LeMelaPlus**

**INGREDIENTS:** cajeput, clove, mountain savory, niaouli, rosemary, tea tree

**AFFINITY FOR:** skin, respiratory system

**RESONANCE:** physical—very low frequency

**APPLICATION:** LeMelaPlus should be applied topically on insect bites and stings. LeMelaPlus can also be diluted and massaged over the liver. Add a few drops of LeMelaPlus to Miracle Salve, sold at Butterfly Express, LLC, to make an antibacterial ointment for cuts and abrasions.

**AROMATIC CONSIDERATIONS:** LeMelaPlus can be diffused to dispel odors.

**PHYSICAL ASPECTS:** LeMelaPlus is strongly antiseptic. It prevents the growth of bacteria, fungus, and other infectious agents. LeMela plus can be used for athlete's foot and toe nail fungal infections. It can also be used for disinfecting cuts, scrapes, and wounds. A drop applied to insect bites will keep them from infecting.

## **LeMillenia**

**INGREDIENTS:** blue tansy, chamomile German, elemi, fir, frankincense, geranium, lavender, rosewood, spruce

**AFFINITY FOR:** body structure and alignment, energy/electrical system, nervous system, muscles, skin, every chakra, emotional balance, every meridian

**RESONANCE:** LeMillenia is a very low frequency oil. This makes it very effective for working on issues of physical structure and alignment. However, LeMillenia is also an outstanding emotional blend.

**APPLICATION:** LeMillenia is very good applied to the bottoms of the feet or along the inside of the foot (the spine in reflexology and foot zone therapy). You can balance the energy between the left and right lobes of the brain by putting a drop of LeMillenia on your index fingers and placing your fingers on your temples. The left hand should be on the right temple, and the right hand on the left temple.

**AROMATIC CONSIDERATIONS:** When diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time.



**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Millenia helps one find the courage to move forward with confidence and faith. It brings clarity about what is really necessary for happiness and contentment. It can help us find an equilibrium between being organized, neat, orderly, meticulous, logical, and analytical (all good traits), and being obsessively focused on perfection.

<sup>Le</sup>Millenia is used to aid us with self-expression, fear of conflict and disagreement, and the ability to make decisions. This blend can foster tenacity and independence of spirit.

**PHYSICAL ASPECTS:** “Chiropractor in a bottle” is a good description of this blend except that <sup>Le</sup>Millenia aligns so much more than just physical structures. <sup>Le</sup>Millenia aligns the electrical energies of the body, balances every meridian, and energizes every chakra. In addition, <sup>Le</sup>Millenia maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. <sup>Le</sup>Millenia balances the moisture and fluid levels in the body.

One of my favorite uses for <sup>Le</sup>Millenia is in working with ADHD and hyperactivity. Applying <sup>Le</sup>Millenia to the feet at least once a day can make a profound difference in a child’s ability to sit still and concentrate. I use the feet because it is an excellent place to draw essential oils into the body. I also like the feet because the person (it is often a little boy) can put his shoes back on, go to school, and no one teases him because he “smells like flowers”. Also consider using <sup>Le</sup>Tranquility along with <sup>Le</sup>Millenia.

As an agent of structural alignment, <sup>Le</sup>Millenia can be used as a diuretic, an antispasmodic, an expectorant, and a nervine. <sup>Le</sup>Millenia is helpful for some types of arthritis, for sciatica, and to improve capillary circulation. <sup>Le</sup>Millenia should be tried at the very first moment a hernia is suspected.

Using <sup>Le</sup>Millenia to brush your teeth may keep your teeth aligned and prevent cavities. A drop should be diluted in almond oil and put in the ear for earache. This will realign physical structures and take the pressure off of the ear canal or ear drum.

Because <sup>Le</sup>Millenia realigns physical and electrical structures, it is beneficial for some types of headaches. It is antispasmodic, analgesic, and excellent where bruising has occurred.

There is not enough understanding of anorexia, but it is known that something in the way <sup>Le</sup>Millenia realigns the body systems changes the thinking and brings relief from this condition.

## <sup>Le</sup>Moonlight

**INGREDIENTS:** angelica, cedarwood, cinnamon bark, clary sage, geranium, jasmine, mandarin, neroli, orange sweet, orange sweet dark, patchouli, sandalwood, spikenard, ylang ylang

**AFFINITY FOR:** emotions, base chakra, sacral chakra, heart chakra

**RESONANCE:** physical with deep emotional impact

**APPLICATION:** <sup>Le</sup>Moonlight can be diffused any time you like or worn as a perfume.

**AROMATIC CONSIDERATIONS:** The aroma of this blend is earthy with a strong sensuous floral tone.

**EMOTIONAL/PHYSICAL ASPECTS:** <sup>Le</sup>Moonlight is a potent aphrodisiac. It sets a mood of connection to and appreciation for your romantic partner. <sup>Le</sup>Moonlight adds to the delight you feel in the sensual and passionate side of your lives together and creates emotional depth and bonding.

## <sup>Le</sup>MyGraine

**INGREDIENTS:** copaiba balsam, chamomile German, grapefruit, lavender, marjoram, peppermint, violet leaf, zanthoxylum

**AFFINITY FOR:** nerves, muscles, bones

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>MyGraine can be put on the temples, forehead, and back of the neck. Often the aroma will be all that is needed to back off a migraine. For really tough headaches, put 3 drops in your bath and 8-10 drops on a cold washcloth placed at the back of the neck at the same time. Try to relax as much as possible while the essential oil takes effect.

**AROMATIC CONSIDERATIONS:** Usually very effective for headaches when inhaled or diffused.

**EMOTIONAL/PHYSICAL ASPECTS:** <sup>Le</sup>MyGraine is used for migraine and stress related headaches with or without accompanying nausea. This blend is also useful following neck injuries and to open the blood supplies to and from the head. <sup>Le</sup>MyGraine does its best work with headaches related to stress and circulation problems.

Mild hormone oils make it effective for some women for the headache which comes at the beginning or end of their period. <sup>Le</sup>MyGraine may be useful for some types of depression. Use with <sup>Le</sup>Woman Wise or <sup>Le</sup>Balance if hormone imbalances are suspected.

## <sup>Le</sup>NoMore

**INGREDIENTS:** calamus, elemi, mountain savory, oregano, patchouli, spikenard

**AFFINITY FOR:** immune system, lymphatic system, skin

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>NoMore is used mainly to disinfect and prevent mold growth. It can be applied diluted to the body if any type of infection has occurred. If the infection is caused by a fungus (rather than a bacteria) it is probably best to dilute with water rather than with a vegetable protein based carrier oil. A fungus can feed on vegetable protein carrier oils such as almond, olive, or grapeseed. This blend is effective against such nasties as athlete's foot and toe nail fungus.

**AROMATIC CONSIDERATIONS:** Very effectively kills airborne germs.

**PHYSICAL ASPECTS:** Because of the oxygen-carrying capabilities of essential oils, they are all antibacterial, antifungal, antiseptic, etc., to some extent. This blend contains many of the most powerful antiseptic oils available. Having been blended synergistically, they are even more effective than any of the singles would be if used alone. Each single oil is less likely to create any reactions or problems when it is a percentage of a blend.

## <sup>Le</sup>Paine

**INGREDIENTS:** birch, clove, copaiba balsam, eucalyptus, helichrysum, peppermint

**AFFINITY FOR:** nervous system, muscle tissue, bones

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Paine should be diluted and applied to the area where the pain is located. It can also be used very effectively as a compress. <sup>Le</sup>Paine is often used in layers with <sup>Le</sup>WarmDown, <sup>Le</sup>TendaCare, <sup>Le</sup>Deeper, and <sup>Le</sup>Millenia. It should be layered with <sup>Le</sup>Patches if you suspect tendon or ligament damage.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Paine is a very refreshing essential oil blend. It is like a breath of fresh air for the mind, bringing instant clarity. Eucalyptus and peppermint aid us in moving forward, leaving behind negativity and helping us find stability if we are prone to great emotional highs followed by deep depression.

**PHYSICAL ASPECTS:** <sup>Le</sup>Paine is much more than a pain reliever, although it is strongly analgesic. <sup>Le</sup>Paine promotes quicker healing by bringing oxygen to the injured area and increasing circulation. <sup>Le</sup>Paine is anti-inflammatory, antispasmodic, and calming to nerves. This essential oil blend can be used for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, headaches, osteoporosis, bone spurs, bursitis, back pain, and bruising. <sup>Le</sup>Paine contains essential oils that make it useful as a muscle relaxant and as a respiratory oil.

**CAUTIONS:** If you use <sup>Le</sup>Paine in the tub or shower for pain relief or muscle relaxation, use no more than 2 or 3 drops.

## <sup>Le</sup>Patches

**INGREDIENTS:** frankincense, gingergrass, rosewood, peppermint, spruce

**AFFINITY FOR:** nerves, bones, joints, muscles, tendons, ligaments, all 5 subtle bodies, all of the meridians, all of the chakras

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Patches should be diluted and applied at the site of the pain or injury. <sup>Le</sup>Patches is excellent as a compress and as a general massage oil.

**PHYSICAL ASPECTS:** <sup>Le</sup>Patches was designed for the repair and healing of damaged tissues, tendons, and ligaments. <sup>Le</sup>Patches is strongly anti-inflammatory, making it effective in restoring motion to inflamed and swollen joints. <sup>Le</sup>Patches promotes quicker and more complete healing by inducing oxygen and blood flow to the injured tissue. <sup>Le</sup>Patches should be used for sports and other injuries, muscle spasms, torn ligaments and tendons, bruises, and bursitis. This blend, applied to the neck and shoulders, is useful for headaches that are produced by tension, stress, and the tightening of the muscles in the neck or upper back. <sup>Le</sup>Patches is an excellent oil for improving and restoring circulation.

**EMOTIONAL ASPECTS:** <sup>Le</sup>Patches heals the damaged and broken energy places in the chakras and meridians. It helps the various layers of our bodies (physical, emotional, spiritual, and mental) work together and communicate freely with each other. “Patching” us up (actually healing us is a better description) on every level is what this essential oil blend is good for.

## <sup>Le</sup>Purify

**INGREDIENTS:** citronella, grapefruit, lavender, lemongrass, manuka, tea tree

**AFFINITY FOR:** digestive system, skin, emotional stability

**RESONANCE:** physical, emotional

**APPLICATION:** Diffuse to purify the air, kill germs, and remove odors.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Purify purifies the air, neutralizes mildew, removes the smell of cigarette smoke and many other noxious odors when diffused in a room.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** Some citrus oils and lavender, all of which are in this essential oil blend, are useful for anorexia and eating disorders because they moderate feelings of insecurity, self-doubt, and self-loathing. For this purpose, <sup>Le</sup>Purify should be diffused every night and as much as possible during the day. Other essential oils, chosen according to the emotional picture of the person, should be worn as perfume or cologne every day.

**PHYSICAL ASPECTS:** <sup>Le</sup>Purify kills odors, bacteria, molds, and fungus. This is an excellent oil for cleaning any portion of your home. This blend can be sprayed onto window sills and into corners during the winter months to prevent the growth of molds. It is effective when applied to spider bites and insect stings and can be used for repelling bugs, insects, and mice. <sup>Le</sup>Purify sometimes brings relief from toothaches and dental abscesses; at the very least, it may relieve the problem somewhat until a dentist can be reached.

## <sup>Le</sup>QuietEssence

**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, diuretic, antiparasitic

**APPLICATION:** <sup>Le</sup>QuietEssence 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 <sup>Le</sup>QuietEssence is calming and relaxing and promotes deep states of restful, dreamless sleep. <sup>Le</sup>QuietEssence lifts the mood and is a remedy for use in the treatment of depression.

**PHYSICAL ASPECTS:** The valerian root 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.

<sup>Le</sup>QuietEssence 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. <sup>Le</sup>QuietEssence 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.

## <sup>Le</sup>Reconciliation

**INGREDIENTS:** anthopogon, rose, ylang ylang, vanilla

**AFFINITY FOR:** immune system, digestive system, liver, ligaments, bones, skin, hair, all four fire meridians, wood element (1st meridian), heart and crown chakras

**RESONANCE:** emotional, physical

**APPLICATION:** <sup>Le</sup>Reconciliation makes a very nice perfume. It is excellent diffused, as a massage oil, or added to a bath.

**AROMATIC CONSIDERATIONS:** The strength of <sup>Le</sup>Reconciliation lies in helping us find perspective and peace by bringing us understanding and compassion. This empathy is like a warm blanket, covering ourselves and others, allowing us to stay connected even when distance separates us.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Reconciliation can fill the deep well of loneliness we sometimes feel when our lives are being lived at a distance, physically or emotionally, from the home and heritage of our formative years. Sometimes we feel that who we have become is so different from who we were that our loved ones no longer have any idea who we are. We feel misunderstood, unappreciated, and isolated from those with whom we would like to share the depths of ourselves. The aroma of <sup>Le</sup>Reconciliation helps us find peace with the past, joy in our relationships as they are today, and hope for the future of our connections to loved ones near to us or far away.

<sup>Le</sup>Reconciliation is a marvelous oil for grief and loss, especially if there were hard feelings or trauma in the relationship at the time of the parting.

**PHYSICAL ASPECTS:** <sup>Le</sup>Reconciliation is a good oil for skin care and massage. If there are any physical ailments with roots reaching into relationships, this blend should bring relief—both to the emotions and the physical imbalances.

**CAUTIONS:** This is a very mild and pleasant oil. It has no contraindications.

## <sup>Le</sup>Reflections

**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:** <sup>Le</sup>Reflections, diluted, should be applied to the abdomen, the lower back, and the soles of the feet with emphasis on the in-step area. <sup>Le</sup>Reflections 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:** The kidneys have been given the vital task of collecting and disposing of the waste products from 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. <sup>Le</sup>Reflections can strengthen our kidney function, helping us to cope emotionally with the events of our lives.

### <sup>Le</sup>RefreshMint

**INGREDIENTS:** cedarwood, clove, cypress, eucalyptus, frankincense, juniper berry, lemongrass, myrrh, patchouli, chamomile Roman, spearmint, wintergreen, ylang ylang

**APPLICATION:** Place 2 to 5 drops of <sup>Le</sup>RefreshMint in the bottom of a small bathroom paper cup; add enough water for a mouthful or two. Stir the oil vigorously into the water. Swish in the mouth and gargle for at least 60 seconds two or more times a day to promote healthy gums.

**PHYSICAL ASPECTS:** <sup>Le</sup>RefreshMint contains essential oils blended synergistically to promote gum health, kill a wide variety of bacteria, and leave behind a refreshing, clean taste and sensation.

### <sup>Le</sup>Revitalize

**INGREDIENTS:** bergamot, blue tansy, cabreuva, chamomile Roman, carrot seed, davana, fennel, geranium, helichrysum, lemon, rosemary

**AFFINITY FOR:** digestive system, brain function, emotional stability

**RESONANCE:** physical, emotional

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Revitalize, diffused, can give everyone in the room a boost of energy and alertness.

**APPLICATION:** Dilute well when applying <sup>Le</sup>Revitalize to the body. This essential oil blend is best applied over the liver or on the bottoms of the feet.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Revitalize increases mental alertness and alleviates mental fatigue. It is a great blend for replenishing inner stores of strength and increasing stamina. <sup>Le</sup>Revitalize is especially effective for those who are worn out from chronic illness or who make a habit out of running faster than they have strength most of the time. This blend has proven useful in programs for anger management and in overcoming addictions.

**PHYSICAL ASPECTS:** <sup>Le</sup>Revitalize cleanses the liver, but does so gently and steadily. It stabilizes energy levels and improves vitality. <sup>Le</sup>Revitalize is a good digestive aid, particularly in eliminating bloating, belching, and heartburn. <sup>Le</sup>Revitalize should be applied over the abdomen, either massaged on or applied in a compress, for parasites. A compress or direct application over the gallbladder or kidneys can relieve distress and pain in these areas. This is an excellent oil for lymphatic congestion and immune stimulation.

## <sup>Le</sup>Safeguard

**INGREDIENTS:** anethi, cinnamon berry, davana, goldenrod, laurel, ledum, turmeric

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

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Safeguard should be applied, diluted with a carrier oil, over the abdominal area several times a day.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Safeguard has a surprisingly pleasant aroma for a parasite remedy.

**PHYSICAL ASPECTS:** <sup>Le</sup>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. <sup>Le</sup>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.

## <sup>Le</sup>Sanctuary

**INGREDIENTS:** cedarwood, fir, pine, spruce, vanilla, ylang ylang

**AFFINITY FOR:** respiratory system, nervous system, emotional balance, central vessel meridian, bladder meridian, all chakras

**RESONANCE:** <sup>Le</sup>Sanctuary is a very high frequency oil. It can often be used in place of the very expensive single oils like rose, jasmine, or neroli with equally effective results.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Sanctuary has a pleasant aroma that just wraps around you and transports you to a place of peace and calm where you may rest and gather strength for the day.

**APPLICATION:** This blend is meant to be diffused! It surrounds us with feelings of contentment and faith. Alternatively, it can be worn as perfume, cologne, or applied to the solar plexus, brain stem, crown of the head, back of the neck, behind the ears, over the thymus, or on the wrists. I like to carry this one in an inhaler so that I can let it take me to a quiet place whenever I need to.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Sanctuary promotes feelings of protection and safety. From this safe place we can examine ourselves comfortably, listening closely to the whisperings of the spirit and our own intuitive knowledge of our strengths and weaknesses. This process helps us develop wisdom and good judgement and lets us build trust in ourselves and our decisions. <sup>Le</sup>Sanctuary has a special affinity for the central vessel and bladder meridians. In doing so, it can help us replace fear in our lives with faith in healthy ways. <sup>Le</sup>Sanctuary brings all of the chakras into harmony with each other, balancing the energy cohesively between them.

## <sup>Le</sup>Sego Lily

**INGREDIENTS:** copaiba balsam, grapefruit, rosewood, vanilla

**AFFINITY FOR:** skin, heart chakra, emotional health

**RESONANCE:** physical, emotional

**APPLICATION:** Diffuse or wear as a perfume. Diluted, <sup>Le</sup>Sego Lily makes an excellent massage oil and is excellent in the bath.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Sego Lily is light and airy with a beautiful, uplifting, and calming aroma.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** The aromatic influence of <sup>Le</sup>Sego Lily is, in part, to bring a feeling of calmness during a crisis or when feeling anxious and out of sorts. <sup>Le</sup>Sego Lily also promotes a feeling of being loved and appreciated. Its aroma often inspires us to show love and appreciation to others.

**PHYSICAL ASPECTS:** Physically, <sup>Le</sup>Sego Lily is a blend for skin care and health. It promotes skin elasticity and may seem to slow the process of aging as it nourishes the skin and smooths out wrinkles. <sup>Le</sup>Sego Lily is used to bring relief from the itching of hives and allergic rashes. When used for this purpose, a more emollient carrier oil containing jojoba, apricot, or rosehip oil would be beneficial.

## <sup>Le</sup>Simplicity

**INGREDIENTS:** lavender, lemon, manuka, melissa, mountain savory, oregano wild, rosemary, tea tree, thyme

**AFFINITY FOR:** skin, nerves, immune system

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Simplicity should be applied to the blistered areas of a cold sore and the skin around them, usually diluted in distilled or spring water. It makes an excellent mouthwash, diluted well.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Simplicity is best used topically.

**PHYSICAL ASPECTS:** <sup>Le</sup>Simplicity is a blend of potent antiviral oils which target the HSV-1 and 2 (Herpes Simplex) viruses. HSV infection causes fluid-filled blisters which form in clusters and then spread. Fatigue, irritability, low-grade fever, slow healing of cuts, infections, and whitlows around the fingernails are other signs of infection. These viruses are carried from person to person in body fluids such as saliva. The initial infection often occurs during childhood when well-meaning relatives subject children to on-the-mouth kisses.

Once the virus has entered the body, it “creeps” along neural pathways and establishes a home-base. HSV-1’s site of latency preference is the trigeminal ganglion, a collection of nerve cells near the ear. From this spot, outbreaks tend to occur on the lower lip or face when the body is under stress or the immune system has been compromised in some way. HSV-2 seems to prefer to lodge in the nerves at the base of the spine or sacral area.

This blend is designed to kill the viruses at the areas of outbreak, then follow the same neural pathways that the virus traveled until it reaches the colonies in the nerve bundles to kill it at the source.

## <sup>Le</sup>Solitude

**INGREDIENTS:** cabreuva, chamomile German, lavender, marjoram, rosewood, orange sweet

**AFFINITY FOR:** skin, cardiovascular system, emotional health, heart chakra, kidney meridian

**RESONANCE:** physical, emotional

**APPLICATION:** Dilute and apply to the chest and anywhere you have unsightly or uncomfortable veins. <sup>Le</sup>Solitude is excellent in the bath or diluted for a massage oil.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Solitude is calming and can help one to “de-stress” following a stress filled day. Diffusing <sup>Le</sup>Solitude at night helps me relax into a peaceful sleep.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** The aroma of <sup>Le</sup>Solitude can be useful in creating an atmosphere of peace and quiet in which to regenerate and rebuild emotional reserves. This oil brings peace and happiness to mind and body. It has been useful to some in overcoming depression and coping with anxiety. The name of this blend, <sup>Le</sup>Solitude, is an appropriate description of the mood this blend creates—that of spending some time in solitary contemplation and regenerating of one’s self.

**PHYSICAL ASPECTS:** <sup>Le</sup>Solitude’s affinity is for anything to do with heart or vein health. It is truly a cardiovascular oil and vein health essential oil. This blend should be used for varicose veins, spider veins, and to promote capillary health. <sup>Le</sup>Solitude can be used as a muscle relaxant and to relieve tension headaches. The chamomile and rosewood, in a synergistic arrangement with the stronger antiseptic oils in this blend, combine to make an oil that moisturizes dry skin and is a good treatment for eczema.

Whenever essential oils are massaged onto veins or capillaries, especially weak one, the motion should always be toward the heart.

## <sup>Le</sup>SpiceC

**INGREDIENTS:** cinnamon bark, clove, eucalyptus radiata, lemon, orange sweet, rosemary

**AFFINITY FOR:** immune system, lymphatic system, respiratory system

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>SpiceC can be added to water to soak toothbrushes or used as a gargle for sore throats. This blend needs to be diluted well to be applied to the skin.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>SpiceC should be diffused periodically during the cold and flu season.

**PHYSICAL ASPECTS:** <sup>Le</sup>SpiceC is similar to <sup>Le</sup>Deliverance, but has a stronger cinnamon aroma and no oregano or thyme. Because the leaf/herb essential oils of oregano and thyme are missing, this blend tastes better on a toothbrush and has a more pleasant aroma.

This blend is antiviral, antibacterial, antifungal, etc. <sup>Le</sup>SpiceC strengthens the immune system. It (or <sup>Le</sup>Deliverance) should be used for respiratory illnesses, colds, sore throats, bronchitis, flu, and nervous exhaustion.

**GENERAL INFORMATION:** This is an excellent blend for diffusing during the cold and flu season.

## LeStefanie

**INGREDIENTS:** cinnamon berry, cumin, helichrysum, manuka, melissa, oregano wild, spruce, valerian, yarrow

**AFFINITY FOR:** immune system, respiratory system, nervous system

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** LeStefanie should be applied on the chest, back, and on the feet. It can also be diffused or inhaled.

**AROMATIC CONSIDERATIONS:** LeStefanie is balancing and uplifting to the emotions. The melissa in this blend adds a light, lemony scent.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** The high percentage of melissa in this blend makes it uniquely effective for instilling a positive mental outlook on life and for improving one's ability to enjoy life to the fullest.

**PHYSICAL ASPECTS:** LeStefanie was developed to help fight antibiotic resistant pseudomonas bacteria, especially in the lungs. This blend has a great affinity for the entire respiratory system. LeStefanie should be considered for any respiratory problem, such as asthma, bronchitis, chest colds, or flu.

The melissa oil used in this blend is one of the strongest antiviral, antibacterial essential oils in the essential oil repertory. This blend is anti-infective, anti-inflammatory, antispasmodic, antibacterial, antimicrobial, antiviral, sedative, antidepressant, and mucolytic.

## LeSunburst

**INGREDIENTS:** citronella, grapefruit, lemon, lemongrass, orange sweet, spearmint, tangerine

**AFFINITY FOR:** skin, muscles, bones

**RESONANCE:** physical, emotional

**APPLICATION:** LeSunburst can be used as a perfume or cologne and added to bath water. It is excellent added to the dish water, dishwasher, or laundry. LeSunburst makes an excellent oil for cleaning surfaces throughout the house.

**AROMATIC CONSIDERATIONS:** LeSunburst can be diffused to purify the air, remove odors, or just to enjoy a nice citrus aroma.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** LeSunburst is a favorite among the citrus blends because it is relaxing and calming, especially for children. This blend promotes a sense of well-being and is an excellent remedy for insomnia. LeSunburst is not a sedative, however. It promotes restful sleep from which you wake in the morning feeling energetic and refreshed.

Some citrus oils have proven effective against eating disorders. Because of the variety of citrus oils contained in LeSunburst, it has been used in treatments for anorexia and bulimia.

**PHYSICAL ASPECTS:** LeSunburst is useful for circulatory problems, varicose veins, and lymphatic congestion. It is a powerful immune stimulant. When used as a cleaner, it retards the growth of mold and mildew. This is my personal favorite blend for use in the wash or in housecleaning. It always leaves behind a wonderful, uplifting, absolutely delightfully clean aroma.



## <sup>Le</sup>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:** <sup>Le</sup>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 <sup>Le</sup>Synopsis can help relieve stress, soothe the emotions, moderate mood swings, and curb irritability.

**PHYSICAL ASPECTS:** <sup>Le</sup>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.

<sup>Le</sup>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:** <sup>Le</sup>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:** <sup>Le</sup>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.

## <sup>Le</sup>TendaCare

**INGREDIENTS:** eucalyptus, gingergrass, juniper berry, lemongrass, marjoram, peppermint, spikenard, thyme, wintergreen

**AFFINITY FOR:** skin, muscles, bones

**RESONANCE:** physical

**APPLICATION:** Use <sup>Le</sup>TendaCare by placing a small amount of carrier oil in the palm of your hand. Add a few drops of <sup>Le</sup>TendaCare. Use this as a massage oil for tired, overworked muscles, or to help you relax at the end of a long day. <sup>Le</sup>TendaCare can be added to a bath as an excellent muscle relaxant and overall tonic.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>TendaCare has an aroma that is pleasant and light for lifting the mood and clearing the mind.

**PHYSICAL ASPECTS:** <sup>Le</sup>TendaCare is intended to be used when muscles are tight, strained, or injured. This blend is analgesic, anti-inflammatory, antispasmodic, and has some excellent nervine properties. Besides sports injuries and muscle relaxation, <sup>Le</sup>TendaCare can be used for back pain, sciatica, bruising, and charley horses.

**COMMENTS:** Essential oils added to a carrier immediately begin to “break down” and become less effective therapeutically. Following the method described above will insure that the essential oils are potent and effective each time you use them.

## <sup>Le</sup>ThermaCare

**INGREDIENTS:** coriander, litsea cubeba, peppermint, yarrow

**AFFINITY FOR:** nervous system, fevers

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>ThermaCare should be diluted well and applied to the back of the neck and down the spine. It is also effective to apply <sup>Le</sup>ThermaCare to the bottoms of the feet.

**AROMATIC CONSIDERATIONS:** It is better to apply this essential oil blend to the body. Diffusing might be pleasant but may not give you the results in fever reduction that you need.

**PHYSICAL ASPECTS:** <sup>Le</sup>ThermaCare was specifically designed to aid in gently reducing the very high fevers we often see with the high-powered and quick-onset flu “bugs” that are so prevalent in the world today. The use of this essential oil to reduce fever is especially nice with children. The essential oils contained in <sup>Le</sup>ThermaCare are gentle. They stimulate the body’s defense while calming the nerves and soothing the spirit. In addition to the fever reducing properties of the yarrow and the peppermint, the coriander is well renowned for giving strength both during an illness and during the convalescent stages.

## <sup>Le</sup>Tomorrow

**INGREDIENTS:** clary sage, cypress, frankincense, geranium, lemongrass, lime, rose, sandalwood, orange sweet, ylang ylang

**AFFINITY FOR:** emotional balance

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Tomorrow can be applied over the heart chakra, on the wrists, behind the ears, or on the neck. This blend, mixed with a carrier oil makes an excellent massage oil. It can be diffused or worn as a perfume.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Tomorrow should be diffused for the calm atmosphere that it creates. This blend creates feelings of joy, peace, and forgiveness.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Tomorrow is used in emotional work to bring the focus from the past to a happy anticipation of the potential of the future. <sup>Le</sup>Tomorrow helps one to find calmness and joy in the challenges of every day living. It is useful during the changing seasons of our lives to help us maintain emotional stability. One of the most pleasing aspects of this essential oil blend is the desire that it creates within us to forgive and love others more unconditionally. I find that this blend helps people leave the past behind while attaining wisdom and acceptance.

## LeTranquility

**INGREDIENTS:** blue tansy, geranium, chamomile German, lavender, palmarosa, patchouli, orange sweet, tangerine, ylang ylang

**AFFINITY FOR:** nervous system, circulatory problems, emotional stability

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** LeTranquility can be used as a perfume or cologne. It is an excellent essential oil for a relaxing bath. This blend can be placed anywhere on the body.

**AROMATIC CONSIDERATIONS:** Diffuse or wear LeTranquility as a perfume. Everyone around you will get to enjoy it and reap the benefits. The aroma of LeTranquility has been known to reduce or eliminate panic attacks and other anxiety based disorders.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** One of the best loved of the Butterfly Express, llc, blends, LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression.

LeTranquility is useful as a sleep aid, especially when the problem is “mind chatter” that just won’t quit. Instead of sleeping, even though we need sleep badly, we lay there reviewing the past day in our minds or making plans for tomorrow. LeTranquility helps us take a step back from a situation so that we may come to a fuller understanding of all aspects of the situation. From this perspective we are usually able to see solutions to our dilemmas more easily.

**PHYSICAL ASPECTS:** Physically, LeTranquility can be useful for circulatory problems to the extremities. Stress takes a high toll on the vitamin and mineral levels of the body, especially the levels of calcium. The use of LeTranquility, which promotes calmness and quells anxiety, has been helpful in cases of osteoporosis.

LeTranquility is one of the best blends to relieve migraines and tension headaches. Since so many of our minor, but annoying physical distresses have their roots in our emotions and our thought patterns, LeTranquility has proven useful in a very wide range of physical discomforts.

LeTranquility has been used in programs to help children and adults get off Ritalin and Prozac. Of course, it is recommended that you work closely with your doctor.

**GENERAL INFORMATION:** This essential oil blend is the first thing you should reach for whenever someone is having a panic attack. More times than not, LeTranquility will stop the attack completely. This is a great blend for any type of anxiety disorder.

## LeTrust

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

**AFFINITY FOR:** emotional balance and stability, lung meridian

**RESONANCE:** LeTrust is a very high frequency essential oil blend.

**APPLICATION:** LeTrust should be massaged over the heart or around the navel. It is also good when applied behind the ears or on the wrists.

**AROMATIC CONSIDERATIONS:** This blend makes a very nice perfume or cologne. LeTrust, diffused in the home, can make changes for the better in family communication, especially at meal times.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Trust helps us be more accepting, tolerant, compassionate, and forgiving of ourselves and others. This blend can be useful in leaving behind old hurts, guilts, and frustrations. The emotions supported by <sup>Le</sup>Trust can help us evaluate our relationships and leave behind attitudes of co-dependency. Finding a balance between trusting others and ourselves and reasonable caution of new situations and old relationships is a very important life skill.

**PHYSICAL ASPECTS:** Although <sup>Le</sup>Trust is a high frequency blend and definitely a spiritual/emotional oil, it has proven useful for the relief of pain with pleurisy and gallstones. Some people report that used as a mouth rinse, this blend is good for gum disease.

## <sup>Le</sup>Turmoil

**INGREDIENTS:** ajowan, davana, frankincense, helichrysum, lavender, lemon, lime, palmarosa, rose, rosemary, rosewood, sandalwood, spikenard, zanthoxylum

**AFFINITY FOR:** immune system, emotional stability

**RESONANCE:** physical, emotional

**APPLICATION:** “Rain drop” this blend down the spine or along the inside of the foot (the spine in foot zone therapy); then massage it in. Put on the chest, behind the ears, or on the forehead. This blend can also be helpful when diffused or sniffed. The aroma can be gently stimulating and centering.

**AROMATIC CONSIDERATIONS:** If someone is recovering from an accident or surgery, diffuse <sup>Le</sup>Turmoil near them or have them inhale it frequently.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Turmoil helps us to view trials from a more positive perspective. This blend is useful in rebuilding the physical/emotional connection after trauma or loss. <sup>Le</sup>Turmoil should be considered for the anger stage of grief and later, if the grief seems to be settling into depression. <sup>Le</sup>Turmoil calms hyperactivity and nervousness. This remedy can calm a person who is jumping from project to project, thought to thought, and help them settle down, organize themselves, and accomplish something.

**PHYSICAL ASPECTS:** <sup>Le</sup>Turmoil is a remedy for shock and trauma, especially those that are affecting physical well-being and weakening the immune system. It stabilizes a person who is feeling faint or going into shock.

## <sup>Le</sup>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:** <sup>Le</sup>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:** <sup>Le</sup>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 <sup>Le</sup>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. <sup>Le</sup>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.

## <sup>Le</sup>Unity

**INGREDIENTS:** angelica, frankincense, geranium, hyssop, lavender, mandarin, neroli, orange bitter, palmarosa, rose, rose geranium, sage, sandalwood, spikenard, spruce, ylang ylang

**AFFINITY FOR:** emotional balance, every chakra, liver meridian, spiritual growth, small intestine meridian

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** <sup>Le</sup>Unity can be applied over each chakra, beginning at the base and working up to the crown. It can be applied on the feet, over the heart, and on areas of poor circulation.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Unity should be diffused in groups where incompatibility or quarrelsomeness is a problem. Use it in the home to increase peace and cooperation.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Unity promotes harmony within ourselves, with others around us, and with our Creator. It helps us work with others in a relationship of cooperation, patience, and tolerance. This is the greatest essential oil product I know of for fostering a sense of physical and mental well-being. It can rid us of stubbornness, anger, judgement, and jealousy. Frequent use can promote unity among family members. This essential oil blend has to be experienced to be believed.

If <sup>Le</sup>Benediction is not providing enough protection from other people's energies for you, try adding <sup>Le</sup>Unity, too. This blend, like <sup>Le</sup>Bountiful, fosters a sense of abundance and appreciation in our hearts.

**PHYSICAL ASPECTS:** One of the great strengths of <sup>Le</sup>Unity is its ability to balance every chakra to the extent of greatly minimizing or eliminating altogether any reaction from overuse of essential oils. This is very useful for children who get into essential oils that have been left laying around the house. Many times the balancing of all of the chakras eliminates or minimizes any allergic reaction. <sup>Le</sup>Unity makes a good deodorant.

**IMPORTANT INFORMATION:** <sup>Le</sup>Unity can be used to eliminate or minimize reactions to oils that are caused by suppressed emotions or a toxic physical body. Apply the oil to the palms of the hands and place one hand over the navel and the other hand over the thymus. Hold for 20 seconds and then reverse the position of the hands and hold for another 20 seconds or more. This really works! This procedure is also effective for grounding and balancing in a multitude of situations.



## <sup>Le</sup>Vallee

**INGREDIENTS:** carrot seed, helichrysum, kanuka, parsley, ravensara, spikenard, tagette, vetiver, wintergreen, yarrow

**AFFINITY FOR:** skin, muscles, nerves

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Vallee should be diluted well and applied to the area of concern.

**PHYSICAL ASPECTS:** This blend was created specifically for rebuilding skin and muscle tissue following a severe burn. It is proving useful in other conditions involving deteriorated muscle and skin tissues. <sup>Le</sup>Vallee is an emollient and is soothing to damaged skin and should be used to combat dryness and skin irritation. <sup>Le</sup>Vallee contains oils renowned for the rebuilding of nerve cells and networks.

## <sup>Le</sup>Victory

**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:** <sup>Le</sup>Victory should be applied to the tops and bottom of each big toe and is a good oil for the bath, especially just before bedtime. <sup>Le</sup>Victory may also be diffused.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Victory, although it contains a large percentage of vetiver, has a deep, calming, and pleasant aroma which boosts confidence and stabilizes emotions. <sup>Le</sup>Victory can help in coping with and conquering the effects of emotional traumas and physical injuries and disabilities.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Victory 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 <sup>Le</sup>Victory 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. <sup>Le</sup>Victory absolutely shines in the development of that attitude.

**PHYSICAL ASPECTS:** <sup>Le</sup>Victory 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. It 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.

<sup>Le</sup>Victory 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. <sup>Le</sup>Victory also helps improve concentration skills and attention span.

**COMPANION OIL (FOR PARENTS):** <sup>Le</sup>Faith 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.

## <sup>Le</sup>Visibility

**INGREDIENTS:** cypress, geranium, hyssop, orange sweet

**AFFINITY FOR:** veins, capillaries

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>Visibility should be diluted and applied wherever there are broken capillaries or damaged veins. Be sure to dilute very well if applying to hemorrhoids.

**PHYSICAL ASPECTS:** Capillaries are the finest branches of the blood vessel system. They are fragile and can be easily damaged. <sup>Le</sup>Visibility promotes capillary health and reduces both the visibility and the pain of broken or weak capillaries. These broken capillaries sometimes appear on the face or as “spider veins” on the legs.

Broken capillaries can be quite painful because they impede proper circulation. Restless Leg Syndrome (where the legs feel tingly, “asleep”, and painful, especially when you are at rest) is caused by broken capillaries. These capillaries may be seen or unseen. <sup>Le</sup>Visibility, applied to the legs at bedtime, often brings relief. <sup>Le</sup>Visibility is also good for varicose veins. Always massage upward from the feet when working on vein health.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** Any oil to which orange sweet has been added will lift the spirits and bring relief from sadness. Geranium and orange sweet together always act to eliminate mental and emotional fatigue and to stabilize the high and low mood swings that are typical of circulatory dysfunction.

## <sup>Le</sup>Vision

**INGREDIENTS:** angelica, chamomile German, chamomile Roman, howood, hyssop, lavender, lemon, mountain savory, spruce

**AFFINITY FOR:** nervous system, stomach meridian, emotional stability and balance

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Vision can be diffused. It is very nice in the bath, especially at the end of the day.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Vision, when the aroma is inhaled, can promote self-awareness, intuitiveness, and self-confidence.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Vision is especially suited to dominant personality types who have become unfocused or overbearing in their personal lives. It is designed to help us see ourselves more clearly, discover our misperceptions, and grow from our mistakes. <sup>Le</sup>Vision may even be helpful in overcoming apathy and finding the will power to change. If we have begun to rely too much on other people’s opinions and advice, <sup>Le</sup>Vision can help us see our own path and our own worth more clearly. This blend clears the mind, reduces anxiety and stress levels, restores inner strength, and improves decisiveness—without our needing to be overbearing or impatient. If you tend to be irritable, this may be a good blend for you.

**PHYSICAL ASPECTS:** <sup>Le</sup>Vision is often helpful with insomnia and, applied to the abdomen, is useful in the early treatment of gallstones.

## LeVitality

**INGREDIENTS:** allspice, copaiba balsam, cypress, geranium, helichrysum, mandarin, marjoram, palmarosa, ylang ylang

**AFFINITY FOR:** cardiovascular system, respiratory system, pulmonary system, lymphatic system, vein health, urinary tract, root and crown chakra-our connection to both Heaven and Earth, governing vessel meridian

**RESONANCE:** physical, emotional

**APPLICATION:** LeVitality should be diluted and applied on the chest over the heart area several times a day. LeVitality 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. Additional points that may be of benefit are found on the arms just above the elbow. It may also be of benefit to apply LeVitality on the arteries of the neck, and to massage it along the spine between the 1st and 4th vertebrae.

**AROMATIC CONSIDERATIONS:** The aroma of LeVitality is useful for shock. It also increases vitality, energy, and stamina.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** This blend provided me with a hopeful feeling about the state of my health. When I applied this essential oil blend, and smelled the aroma, I felt more confidence in my body's ability to heal and be strong again. LeVitality gives one more enthusiasm for life. As stamina and strength improve, there is more energy and you feel good enough to enjoy life more fully.

**PHYSICAL ASPECTS:** LeVitality is very specific for the cardiovascular, circulatory, pulmonary, and lymphatic systems. It should be tried for all heart related and circulatory conditions, but LeVitality has amazing uses in so many other areas. It is often useful for lowering high blood pressure and reducing stress levels. This blend can increase stamina among the sick or the elderly.

LeVitality is a remedy for the treatment of shock and has been used to stop or slow the progress of an oncoming stroke. For an impending stroke, LeVitality should be quickly applied to the neck and forehead. Encourage the person to breathe as deeply and calmly as possible.

LeVitality is an adrenal stimulant, aids the function of the kidneys, and clears lymphatic congestion. The anti-inflammatory properties of LeVitality make it useful for arthritis, pleurisy, and sciatica. LeVitality can help balance hormones and is useful in treating toxemia during pregnancy if it is related to heart or circulation problems. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well.

## LeWakeUp

**INGREDIENTS:** grapefruit, lemongrass, orange sweet, peppermint, rosemary, spearmint

**AFFINITY FOR:** nervous system, heart chakra, emotional balance, and spiritual side of our natures

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** LeWakeUp is wonderful diffused. It can be diluted and applied to the bottoms of the feet, with a special emphasis on the big toe.

**AROMATIC CONSIDERATIONS:** LeWakeUp does exactly what the name implies. It makes us feel more energetic and wide awake to our world.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** LeWakeUp helps us feel more energetic, enthusiastic, and even passionate about our life, the tasks we have before us, and the people around us. Somehow, it makes us want to encourage everyone around us to find the same joy that we are experiencing. This blend is a joyous vacation for our minds and spirits.

**PHYSICAL ASPECTS:** LeWakeUp is helpful, both by aroma and application, for blood sugar lows (hypoglycemia) that occur just before or during the onset of the menstrual period.

## <sup>Le</sup>WarmDown

**INGREDIENTS:** basil, cypress, fir, lavender, marjoram, wintergreen

**AFFINITY FOR:** muscles, bones, respiratory system

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>WarmDown should be applied, diluted, to any area of the body where there are sore or strained muscles. This blend makes an excellent massage oil. It is often used in conjunction with <sup>Le</sup>Paine, and if there is structural misalignment, <sup>Le</sup>Millenia is added to the regimen.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>WarmDown has an underlying aroma of “black licorice”. It is the aroma of basil and is wonderful if you happen to like black licorice. If you find this aroma offensive, try <sup>Le</sup>TendaCare instead.

**PHYSICAL ASPECTS:** <sup>Le</sup>WarmDown is antispasmodic and anti-inflammatory. This makes it an excellent remedy for tight, tired, sore, and aching muscles of any description. This blend is often reached for with sports injuries, muscle strains and sprains, and for torn ligaments.

<sup>Le</sup>WarmDown seems to aid calcium absorption and distribution throughout the body. This makes it useful for charley horses and the leg cramps during pregnancy. The regular use of <sup>Le</sup>WarmDown can slow the progress of osteoporosis by improving calcium absorption.

<sup>Le</sup>WarmDown makes an excellent massage oil for back and joint pain. It often relieves stress headaches, where tight muscles in the neck and shoulders are contributing factors. <sup>Le</sup>WarmDown increases capillary circulation and protects the skin by helping it to retain moisture.

## <sup>Le</sup>Weightless

**INGREDIENTS:** basil, grapefruit, green pepper, lemon, lime, sage

**AFFINITY FOR:** digestive system, emotional balance, metabolism

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Weightless is pleasant diffused, where it will eliminate odors and kill bacteria while being enjoyed for its emotional properties. <sup>Le</sup>Weightless can be used in the bath; be careful to use only 2 or 3 drops. An excellent essential oil blend for a full body massage. Be sure to dilute well.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Weightless is uplifting. It stimulates positive and creative thinking.

**EMOTIONAL/PHYSICAL ASPECTS:** This delightful blend is designed to function on both the physical and emotional planes, even more than is usual for essential oils. <sup>Le</sup>Weightless increases metabolism, especially fat burning, and helps to dissolve cellulite. It is a lymph drainer and blood purifier and can be helpful with acne. Emotionally it lightens the weight of our own negativity which is so often the trigger for “binge” eating or junk food consumption. <sup>Le</sup>Weightless is used in programs for eating disorders such as anorexia.

<sup>Le</sup>Weightless relieves stress, but it takes a minute. If you can remember to reach for the <sup>Le</sup>Weightless when you are craving that chocolate bar, then exercise a little self-control for a moment or two, you may find that you move on to something else in your life and the chocolate loses its allure!! This blend also has an effect on the mind, helping it to function more clearly and quickly.

## <sup>Le</sup>Whispering Hope

**INGREDIENTS:** chamomile Roman, juniper berry, lemon, melissa blend, myrrh, spruce, St. John's wort, ylang ylang

**AFFINITY FOR:** emotions, gallbladder meridian

**RESONANCE:** physical, emotional

**APPLICATION:** It should be diluted and applied on the outer edges of the ears, on the chest, heart, temples, solar plexus, back of the neck, and wrists. It is also good in the bath, diluted and massaged over the feet or as a massage oil for the whole body. It would be a unique scent to wear as a perfume.

**AROMATIC CONSIDERATIONS:** The aroma of this blend promotes feelings of peace, security, confidence, and optimism.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** <sup>Le</sup>Whispering Hope should be used to stimulate feelings of hope and a sense of potential and achievement if one has become discouraged. This essential oil blend can help us turn around feelings of hopelessness and helplessness. This is one of the most effective blends for suicidal thoughts.

<sup>Le</sup>Whispering Hope is particularly helpful for feelings of frustration we may have at other peoples' choices and the impossibility of "stepping in and doing it right for them". <sup>Le</sup>Whispering Hope can help us find peace when it seems that all we can do is stand by and pray for them.

Whether you choose to use this oil for yourselves or others, be assured that the influence of this blend is very subtle. It very literally "whispers" its message of hope.

There are many uses for this oil during a woman's childbearing years. <sup>Le</sup>Whispering Hope can help when a young mother (or any one else, really) is feeling stressed and overwhelmed. It helps to create a more positive attitude and a sense of optimism. This blend can help a young woman understand and move past feelings of ambivalence or non-acceptance of a pregnancy. <sup>Le</sup>Whispering Hope is useful during certain stages of labor and delivery. (See Chapter on childbirth.)

## <sup>Le</sup>Wisdom

**INGREDIENTS:** hinoki, lemon, neroli, orange sweet, spruce, ylang ylang

**AFFINITY FOR:** emotional balance and stability, gallbladder meridian, kidney meridian, triple warmer meridian, throat chakra, sacral chakra, crown chakra

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Wisdom should be diluted and applied in a counter clockwise direction over the center of the chest (thymus). To go counter clockwise you start over your heart (like pledging allegiance), moving upward toward the left shoulder, across to the right shoulder, and then back down and around again. It is as though the clock is sitting on your own chest, facing out for others to see.

**AROMATIC CONSIDERATIONS:** The aroma of <sup>Le</sup>Wisdom is uplifting, centering, and calming to the emotions.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** As we experience adversity and joy in this life, our fears, frustrations, annoyances, and irritabilities should mellow into wisdom. This blend can help us do that by moving us away from the negative patterns of our lives. It is of particular use for those who become distraught or discouraged because they continually pressure themselves to do more, be absolutely perfect, or to be ready for any future crisis situation that may happen.

This blend is often used in Inner Child work to establish a firm presence in the present time and situation. <sup>Le</sup>Wisdom can help us express and deal with repressed emotions. <sup>Le</sup>Wisdom is a wonderful oil for any grieving stages of our lives. It is one of the best blends for jet lag and fatigue.



## <sup>Le</sup>WithIn

**INGREDIENTS:** coriander, ginger, lavender, rosemary, yarrow

**AFFINITY FOR:** muscles

**RESONANCE:** physical

**APPLICATION:** <sup>Le</sup>WithIn should be diluted with a carrier oil and applied several times a day to the area of the hernia. It can also be used effectively as a compress.

**PHYSICAL ASPECTS:** <sup>Le</sup>WithIn is meant for use on inguinal and hiatal hernias. It is not applicable for surgical hernias. <sup>Le</sup>Millenia should be layered with <sup>Le</sup>WithIn for maximum structural realignment. The addition of cypress and hyssop should be considered for severe inguinal hernias. It is absolutely necessary to avoid strenuous exercise or anything that puts strain on the muscles involved until healing is complete. A good diet, which includes all of the nutritional needs of muscles during a repair stage, is also advised.

## <sup>Le</sup>Woman Wise

**INGREDIENTS:** clary sage, jasmine, lavender, marjoram, patchouli, spikenard, rue, St. John's wort

**AFFINITY FOR:** emotional balance, hormones

**RESONANCE:** physical, emotional

**APPLICATION:** <sup>Le</sup>Woman Wise should be diluted in a carrier oil and massaged on the lower back and abdomen. It is helpful to layer with <sup>Le</sup>Deeper if severe cramping or abdominal pain is involved during the menstrual period. <sup>Le</sup>Woman Wise can also be applied to the feet and ankles, used in the bath, and diluted for a body massage oil.

**AROMATIC CONSIDERATIONS:** <sup>Le</sup>Woman Wise, even just diffused rather than applied, can help to balance hormones, stabilize mood swings, and calm irritability.

**EMOTIONAL / SPIRITUAL / MENTAL ASPECTS:** There are many emotions that go completely out of whack when our hormones are out of balance. This blend can be very helpful for any of those. Sometimes trying an essential oil and seeing what changes take place can help us recognize which behaviors are hormone driven and which ones are just bad habits.

**PHYSICAL ASPECTS:** <sup>Le</sup>Woman Wise was created to help balance the hormones of younger women. It also brings a lot of relief from pre-menstrual and menstrual cramps and headaches. It may also be effective for prostate problems in men, although <sup>Le</sup>Balance is usually a better choice for men and women approaching, or in, their menopausal years. This blend should be used all month long, not just when the PMS symptoms are at their worst. Doing this will keep the symptoms from occurring.

**CAUTIONS:** This blend is not for use during pregnancy!!!

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are distributed by Butterfly Express, llc.*