

# **<sup>Le</sup>Acknowledge**

## **Ingredients**

bergamot, frankincense, geranium, melissa blend, neroli, palmarosa, rosewood, sandalwood,

## **Affinity for**

nervous system  
liver

heart chakra  
throat chakra  
sacral chakra

liver meridian

## **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 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.

## **LeAngel**

### **Ingredients**

blue tansy, copaiba balsam, cedarwood, 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**

LeAngel 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. LeAngel 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 Aspects**

LeAngel 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.’ LeAngel 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. LeAngel 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. LeAngel is helpful in the relief of anxiety and can protect us from the negative energy and unprocessed emotions of others. LeAngel 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 LeAngel helps to cleanse the liver, it can be of benefit in many of these ailments.

## **LeAspire**

### **Ingredients**

cypress, eucalyptus, laurel, marjoram, myrtle, peppermint, pine needle, rosemary, spruce

### **Affinity for**

respiratory system  
uptake of calcium

liver meridian

### **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 her 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**

frankincense, lavender, chamomile Roman, spruce, ylang ylang

## **Affinity for**

nervous system  
emotions

solar plexus chakra

## **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, wrist, 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 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.

## **LeAway**

### **Ingredients**

catnip, cedarwood, cinnamon berry, citronella java, clove bud, eucalyptus peppermint

### **Application**

LeAway 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. LeAway is a blend of some of the single essential oils most often used to repel insects.

## **LeBaby Me**

### **Ingredients**

bergamot, palmarosa, chamomile Roman, rose, rose geranium, rosewood, ylang ylang

### **Affinity for**

skin	heart chakra
endocrine system	emotions

### **Resonance**

spiritual, physical, emotional

### **Application**

LeBaby Me is usually applied diluted with distilled water or carrier oil, especially for frequent use or application over larger areas of the body. LeBaby 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**

LeBaby 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 Aspects**

LeBaby 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. LeBaby Me is good for depression and the 'baby blues.'

### **Physical Aspects**

LeBaby 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. LeBaby 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. LeBaby Me makes an excellent diaper rash cream. It can be used, diluted of course, for a full body massage at any stage of life. LeBaby 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 very mild oils but is still best diluted well, especially for use on babies and small children



## **Emotional/Spiritual 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 brings 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, ylang ylang

## **Affinity for**

spiritual side of our natures                      heart chakra  
emotions

## **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 what is most important in our lives.

## **Emotional/Spiritual 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	throat chakra	central vessel meridian
establishing emotional balance	crown chakra	bladder meridian
biliary ducts		
liver		
respiratory system		
endocrine system		
pineal gland		
pituitary gland		

### **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 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 sometimes 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 skin where <sup>Le</sup>Benediction was applied to direct sunlight for 3 to 6 hours.

## <sup>Le</sup>Bountiful

### Ingredients

orange bitter, cassia, cinnamon, clove, frankincense, myrrh, patchouli, orange sweet, thyme

### Affinity for

immune system	stomach meridian
respiratory system	pericardium meridian
body’s external magnetic field	
emotional balance	

### 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 wrist, 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 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. It 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 in our natures. 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.

## LeBreezey

### Ingredients

birch, eucalyptus, lemon, peppermint, ravensara

### Affinity for

respiratory system

immune system

skin

muscles

### Resonance

physical

### Application

LeBreezey should be diluted and rubbed on the chest or back. It can also be diffused or placed on your pillow at night.

### Aromatic Considerations

LeBreezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring.

### Emotional/Spiritual Aspects

While generally thought of as an oil for physical illness, the aroma of LeBreezey lifts the spirits and brings a sense of confidence and self-worth.

### Physical Aspects

LeBreezey, 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 conditions such as colds, asthma, allergies, sinus congestion, and flu. LeBreezey is an immune stimulant. LeBreezey makes an excellent muscle relaxant and pain reliever when you do not have LeWarm Down or LeDeeper handy and you have strained a muscle.

### General Information

LeBreezey is often used alternately with LeAspire.

## LeCandila

### Ingredients

cypress, lavender, manuka, tagette, tea tree, rosemary, ylang ylang

### Affinity for

immune system

reproductive system

digestive system

skin

### Resonance

physical

### Application

LeCandila 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

LeCandila was created for use against thrush, candida, and vaginal yeast type infections. LeCandila 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 anti-biotics, if we find it necessary to subject ourselves to such a regimen, can also create the optimal environment for a candida overgrowth. Candila, and a product carried by Butterfly Express, llc, called Candidase, can be very beneficial in keeping yeast from multiplying out of control.

## **LeConnection**

### **Ingredients**

angelica, cedarwood, fir, sage, spruce, ylang ylang

### **Affinity for**

root/base chakra  
solar plexus chakra  
emotional balance

### **Resonance**

spiritual and emotional

### **Application**

LeConnection is very nice applied to the back of the neck, on the temples, or just about any where that you can imagine.

### **Aromatic Considerations**

LeConnection has a delightful aroma which is centering, grounding, and emotionally balancing.

### **Emotional/Spiritual Aspects**

LeConnection 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. LeConnection is an excellent oil to use as part of a journal or prayer session. LeConnection 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 mis-perceptions.

## **LeCrystal Clear**

### **Ingredients**

basil, peppermint arvensis, peppermint piperata, rosemary

### **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, <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.

**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.

## <sup>Le</sup>Dandy

**Ingredients**

basil, cypress, lavender, rosemary, sage, thyme

**Affinity for**

hair, scalp, skin

**Resonance**

physical

**Application**

<sup>Le</sup>Dandy is applied by adding 2-3 drops to your shampoo each time you wash your hair. It is often beneficial to follow this treatment with <sup>Le</sup>Delicate and <sup>Le</sup>Eternity. <sup>Le</sup>Delicate and <sup>Le</sup>Eternity both seem to help with the absorption of the nutrients necessary for scalp and hair health.

## **Physical Aspects**

This is a formula for general scalp and hair health and works well for eliminating dandruff. Regular use adds attractive natural highlights to the hair and costs much less than regular appointments at the salon.

## **Cautions**

Avoid contact with the eyes

# **<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 deep penetrating, anti-inflammatory oils which are effective 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 conditions such as 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 include pain relief with shingles and bursitis.

## **Cautions**

Always remember to dilute essential oils when applying them to the skin.

# **<sup>Le</sup>Delicate**

## **Ingredients**

cypress, lavender, rosemary, sage, thyme

## **Affinity for**

hair  
scalp

## **Resonance**

physical

## **Application**

<sup>Le</sup>Delicate can be applied by adding 3-4 drops to the 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 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 so that the hair becomes more healthy and vibrant with each use. <sup>Le</sup>Delicate adds attractive natural highlights to the hair. 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.

## LeDeliverance

### Ingredients

clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano, wild oregano

### Affinity for

immune system  
lymphatic system  
the skin

### Resonance

physical, spiritual

### Application

LeDeliverance 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 LeDeliverance 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 LeDeliverance alternately with LeLife Force. 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 LeDeliverance 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 air-borne bacteria and viruses.

### Physical Aspects

LeDeliverance is one of the most potent antiviral, antibacterial, anti-fungal combinations available. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, any type of infections, athlete's foot fungus, *toe nail fungus*, and infection from slivers. Apply faithfully undiluted to get rid of a wart (this takes a little time so be patient). Frequent and consistent use also strengthens the immune system. LeDeliverance is an expectorant and helps the lymph system to drain. *This is a very effective oil. Everyone should have it on hand.*

### General Information

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses, and air borne 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.

## LeDiscernment

### Ingredients

geranium, hinoki, lavender, rose, rosewood, sage, spruce, orange sweet

### Affinity for

emotional balance  
brow chakra  
crown chakra  
heart chakra

### Resonance

physical and emotional

### Application

LeDiscernment 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 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 almost 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, sandalwood, spruce, orange sweet dark

## **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 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.

## LeEndo Relief

### Ingredients

cumin, cypress, coriander, dill, geranium, myrtle, nutmeg, oregano, petitgrain, sage

### Affinity for

endocrine system	pineal gland
lymph system	pituitary gland
emotional boundaries	

### Resonance

physical, emotional, spiritual

### Application

LeEndo Relief should be applied to the lymph glands of the neck, chest, and armpits whenever a cold, sore throat, or flu is suspected. Using LeEndo Relief early, before the illness is fully developed will lessen its severity.

### Aromatic Considerations

This blend is best applied to the body.

### Emotional/Spiritual Aspects

LeEndo Relief 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 re-establish) 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, LeEndo Relief 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 LeEndo Relief useful for such things as diabetes, hypoglycemia, bladder and kidney infections, candida, and so much more. Support of the thyroid and parathyroids aid the proper absorption of calcium. Calcium absorption affects such things as the prevention of gallstones, kidney stones, arthritis, and osteoporosis. LeEndo Relief regulates hot flashes and moderates the other symptoms of menopause because the hormones balance as the endocrine system function improves.

## LeEnergy

### Ingredients

black pepper, cinnamon, clove, juniper berry, lemongrass, nutmeg, pine, rosemary, thyme

### Affinity for

endocrine system	heart chakra
hormone balancing	solar plexus chakra

### Resonance

physical, emotional, spiritual

### Application

LeEnergy *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. LeEnergy 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 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-oxidant 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>Heart Song, <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 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, patchouli, rosewood, sandalwood, orange sweet

## **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 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.

## **Physical Aspects**

Several of the oils in this blend are oils that 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.

## **LeExpressions**

### **Ingredients**

frankincense, jasmine, rose, sandalwood, ylang ylang

### **Affinity for**

heart chakra  
throat chakra

### **Resonance**

spiritual, physical, emotional

### **Application**

LeExpressions 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 heart.

### **Emotional/Spiritual Aspects**

LeExpressions contains many of the highest frequency spiritual and emotionally healing essential oils. It is very nice for pampering yourself a little. LeExpressions is healing to the heart. This oil is used to enhance communication and connection in romantic relationships and is most definitely an aphrodisiac.

## **LeEZ-Traveler**

### **Ingredients**

birch, chamomile Roman, frankincense, lavender, myrrh, orange sweet, peppermint, ylang ylang

### **Affinity for**

digestive system  
nervous system

### **Resonance**

physical, emotional

### **Application**

LeEZ-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 LeEZ-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 Aspects**

Besides alleviating the physical symptoms of motion sickness, LeEZ-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**

LeEZ-Traveler was originally created to assist with motion sickness during airplane travel. It has proven effective against other forms of motion sickness and unrelated incidences of nausea, dizziness, and vertigo. LeEZ-Traveler can be used as a preventative or to calm the symptoms once they have begun. It often brings relief from the symptoms of morning sickness that some women experience during pregnancy. This is a good oil to use in the days *before* traveling to *avoid* sickness while traveling.



### **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 on the skin could result in skin irritation, even when diluted.

## **<sup>Le</sup>Good-Nite**

### **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>Good-Nite can be diffused in the home during the evening to promote restful sleep.

### **Emotional/Spiritual Aspects**

Part of the reason that <sup>Le</sup>Good-Nite 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>Good-Nite 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>Good-Nite is effective for insomnia and snoring and soothes inflamed or swollen nasal and sinus passages while promoting deep and restful sleep.

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

### **Ingredients**

coriander, frankincense, geranium, howood, melissa blend, myrrh, pine needle, 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 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 help us achieve relaxation of 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>Heart Song**

## **Ingredients**

bergamot, geranium, grapefruit, lemon, mandarin, rose, rose geranium, rosewood, orange sweet, ylang ylang

## **Affinity for**

emotional balance

heart chakra

brow chakra

adrenal gland

throat chakra

crown chakra

electrical system

## **Resonance**

<sup>Le</sup>Heart Song allows the heart to find its joy and learn to sing again. It is a very high frequency spiritual and emotional blend. <sup>Le</sup>Heart Song is the #1 blend for the treatment of depression.

## **Application**

If you have the time, <sup>Le</sup>Heart Song is very effective applied in a clockwise motion over each chakra. 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.) <sup>Le</sup>Heart Song 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>Heart Song 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 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>Heart Song 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>Heart Song is the blend to use. <sup>Le</sup>Heart Song 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>Heart Song. 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.



## 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 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 must use this blend with caution when angry or when caught up in negative emotions as this essential oil blend acts as an amplifier.*** 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!

# <sup>Le</sup>Inside-Out

## Ingredients

aniseseed, cardamom, fennel, juniper, lemon, lemongrass, patchouli, peppermint piperita, tarragon, thyme, cilantro

## 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>Inside-Out can also be applied over the abdomen either by diluting with a carrier oil or as a compress.

## Emotional/Spiritual Aspects

<sup>Le</sup>Inside-Out 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>Inside-Out can be helpful in discovering and sorting through the emotions underlying the digestive problems.

<sup>Le</sup>Inside-Out can help calm the obsessive worry that sometimes contributes to digestive difficulties.

## Physical Aspects

<sup>Le</sup>Inside-Out improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. <sup>Le</sup>Inside-Out'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>Inside-Out 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>Inside-Out has been useful in the treatment of parasites in animals and humans. For humans, place <sup>Le</sup>Inside-Out on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

## Cautions

<sup>Le</sup>Inside-Out 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 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.*

## LeIQ

### Ingredients

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

### Affinity for

emotional balance  
nervous system

### 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

LeIQ has the most pleasing aroma and the highest frequency of all the blends for mental alertness; it is my personal favorite.

### Emotional/Spiritual Aspects

LeIQ alleviates mental fatigue and increases mental alertness. It aids in concentration and memory. LeIQ 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

LeIQ 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.

## LeJourney

### 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, LeJourney 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 aspects

LeJourney gives us a sense of harmony with ourselves and an increased ability to learn from the experiences of our lives.

### Physical Aspects

LeJourney 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. LeJourney is an immune stimulant and is effective against colds and flu.

## LeKadence

### Ingredients

allspice, cedarwood, orange sweet, ylang ylang

### Affinity for

nerves	heart chakra	all aspects of the 5th meridian
cardiovascular system	throat chakra	gallbladder meridian
	brow chakra	liver meridian

### Resonance

physical, emotional, spiritual

### Application

LeKadence 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 LeKadence are similar to LeGood-Nite, but with a delightful spicy twist that completely changes its aroma, use, and frequency.

### Emotional/Spiritual Aspects

The focus of LeKadence is the exhaustion, both mental and physical, that is associated with too much work and worry.

### Physical Aspects

LeKadence 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. LeKadence 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. LeKadence, with the same oils that make LeGood-Nite effective, can be helpful here. The addition of allspice aids the rejuvenation of the cells as the body rests.

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

## LeLetting Go

### Ingredients

blue tansy, hinoki, lavender, lemon, geranium, 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

LeLetting 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 & 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 Aspects**

<sup>Le</sup>Letting Go is literally for what the name implies. It is for ‘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**

<sup>Le</sup>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.

## **<sup>Le</sup>Life Force**

### **Ingredients**

blue tansy, caraway, clove bud, dill, frankincense, galbanum, geranium, hyssop, lemon, 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>Life Force 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 Aspects**

<sup>Le</sup>Life Force immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma.

### **Physical Aspects**

<sup>Le</sup>Life Force 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>Life Force builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with <sup>Le</sup>Endo Relief 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>Life Force with <sup>Le</sup>Aspire or <sup>Le</sup>Breezey applied to the chest. For an earache, put 1 drop of <sup>Le</sup>Life Force 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>Life Force 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>Life Force effective against allergies and other mild auto-immune dysfunctions.

## LeMagi

### 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. LeMagi can also be applied just above the eyebrows, on the solar plexus, and thymus, also in a clockwise direction.

LeMagi would make a unique statement as a perfume or cologne, but not an offensive one.

### Aromatic Considerations

LeMagi should be diffused after a spiritual or energy work session to complete the changes, carry them deeply, and make them permanent. When diffused, LeMagi creates feelings of reverence and heightened spirituality. It can help one overcome doubt and negative feelings about one's abilities.

### Emotional/Spiritual Aspects

LeMagi 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, LeMagi 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. LeMagi is helpful in coping with the fear of being left alone or with feelings of loneliness and isolation.

### General information

LeMagi 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.

## LeMariah

### Ingredients

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

### Affinity for

respiratory

immune system

### Resonance

physical

### Application

LeMariah should be applied, diluted, to the chest and back at frequent intervals.

### Aromatic Considerations

LeMariah 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. LeMariah should be used in conjunction with LeRevitalize for endocrine support to increase energy and stamina. Use LeMariah in conjunction with LeVitality to strengthen the heart.

## LeMeditation

### Ingredients

frankincense, 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 the answers from above.

### Emotional/Spiritual 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.

## LeMela Plus

### Ingredients

cajeput, clove, niaouli, rosemary, tea tree

### Affinity for

skin

respiratory system

### Resonance

physical—very low frequency

### Application

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

### Aromatic Considerations

LeMela Plus can be diffused to dispel odors.

### Physical Aspects

LeMela Plus 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. Rosemary and tea tree, major ingredients in LeMela Plus, are said to be effective in treating infections.

# LeMillenia

## Ingredients

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

## Affinity for

emotions	energy/electrical system	every chakra
body structure and alignment	every meridian	
muscles		
skin		
nervous system		

## 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 Aspects

LeMillenia 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. LeMillenia 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 LeMillenia aligns so much more than just physical structures. LeMillenia aligns the electrical energies of the body, balances every meridian, and energizes every chakra. In addition, LeMillenia maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. LeMillenia balances the moisture and fluid levels in the body.

One of my favorite uses for LeMillenia is in working with ADHD and hyperactivity. Applying LeMillenia 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 LeTranquility along with the LeMillenia.

As an agent of structural alignment, LeMillenia can be used as a diuretic, an antispasmodic, an expectorant, and a nervine, LeMillenia is helpful for some types of arthritis, for sciatica, and to improve capillary circulation. LeMillenia should be tried at the very first moment a hernia is suspected. Using LeMillenia 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 LeMillenia 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 LeMillenia realigns the body systems changes the thinking and brings relief from this condition.

## LeMoonlight

### Ingredients

angelica, cedarwood, cinnamon, clary sage, geranium, jasmine, mandarin, neroli, patchouli, sandalwood, spikenard, orange sweet, ylang ylang

### Affinity for

emotions                      base chakra                      sacral chakra                      heart chakra

### Resonance

physical with deep emotional impact

### Application

LeMoonlight 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

LeMoonlight is a potent aphrodisiac. It sets a mood of connection to and appreciation for your romantic partner. LeMoonlight adds to the delight you feel in the sensual and passionate side of your lives together and creates emotional depth and bonding.

## LeMy-graine

### Ingredients

copaiba balsam, chamomile German, Grapefruit, helichrysum, lavender, marjorm, peppermint, zanthoxylum

### Affinity for

nerves    muscles    bones

### Resonance

physical

### Application

LeMy-graine 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

LeMy-graine 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. LeMy-graine 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. LeMy-graine may be useful for some types of depression. Use with LeWoman Wise or LeBalance if hormone imbalances are suspected.

## LeNo-More

### Ingredients

calamus, elemi, oregano, patchouli, spikenard

### Affinity for

immune system  
lymphatic system  
skin

## **Resonance**

physical

## **Application**

<sup>Le</sup>No-More 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 air-borne germs

## **Physical Aspects**

Because of the oxygen-carrying capabilities of essential oils, they are all antibacterial, anti-fungal, 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 bud, 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>Warm Down, <sup>Le</sup>Tenda Care, <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.

## **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.

## **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

all 5 subtle bodies

muscles, tendons, ligaments

all of the meridians

bones, joints

all of the chakras

## **Resonance**

physical

emotional

## **Application**

<sup>Le</sup>Patches should be diluted and applied on location 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, tea tree, manuka

### 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 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.

### Physical Aspects

<sup>Le</sup>Purify kills odors, bacteria, molds, and fungus. 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>Reconciliation

### Ingredients

anthopogon, rose, ylang ylang, vanilla

### Affinity for

immune system	liver	all four fire meridians
digestive system	hair	wood element (1st meridian)
ligaments, bones	skin	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.

### **Emotional/Spiritual 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>Refresh-Mint**

### **Ingredients**

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

### **Application**

Place 2 to 5 drops of <sup>Le</sup>Refresh-Mint 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>Refresh-Mint 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 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>Sanctuary**

## **Ingredients**

cedarwood, fir, pine, spruce, vanilla, ylang ylang

## **Affinity for**

respiratory system	central vessel meridian	all chakras
nervous system	bladder meridian	
emotional balance		

## **Resonance**

<sup>Le</sup>Sanctuary is a very high frequency. 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 the 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 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, LeSego Lily makes an excellent massage oil and is excellent in the bath.

## **Aromatic Considerations**

LeSego Lily is light and airy with a beautiful, uplifting, and calming aroma.

## **Emotional/Spiritual Aspects**

The aromatic influence of LeSego Lily is, in part, to bring a feeling of calmness during a crisis or when feeling anxious and out of sorts. LeSego 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, LeSego 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. LeSego 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 oils would be beneficial.

# **LeSimplicity**

## **Ingredients**

lavender, lemon, manuka, melissa, oregano-wild, rosemary, tea tree, thyme

## **Affinity for**

skin  
nerves  
immune system

## **Resonance**

physical, emotional

## **Application**

LeSimplicity 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**

LeSimplicity is best used topically.

## **Physical Aspects**

LeSimplicity is a blend of potent antiviral oils which target the HSV-1 and 2 (Herpes Simplex 1 and 2) viruses. HSV infection causes fluid-filled blisters which form in clusters and then continue to spread. Fatigue, irritability, low-grade fever, slow healing of cuts, infections around the fingernails, and whitlows 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.

# **LeSolitude**

## **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 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.

**Physical Aspects**

<sup>Le</sup>Solitude’s affinity is for anything to do with heart or vein health. It is truly a cardiovascular oil. It 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.

## <sup>Le</sup>Spice C

**Ingredients**

cinnamon, clove, eucalyptus radiata, lemon, opoponax, rosemary

**Affinity for**

immune system  
lymphatic system  
respiratory system

**Resonance**

physical, emotional

**Application**

<sup>Le</sup>Spice C 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>Spice C should be diffused periodically during the cold and flu season.

**Physical Aspects**

<sup>Le</sup>Spice C is similar to <sup>Le</sup>Deliverance, but has a stronger cinnamon aroma and no oregano or thyme. This blend is antiviral, antibacterial, anti-fungal, etc. <sup>Le</sup>Spice C strengthens the immune system. It (or <sup>Le</sup>Deliverance) should be used for respiratory illnesses, colds, sore throats, bronchitis, flu, and nervous exhaustion.

## <sup>Le</sup>Stefanie

**Ingredients**

cinnamon berry, cumin, helichrysum, manuka, melissa, oregano, spruce, valerian, yarrow blue,

**Affinity for**

immune system  
respiratory system  
nervous system

**Resonance**

physical, emotional, spiritual





## 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 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 calcium. The use of LeTranquility, which promotes calmness and quells anxiety, has been helpful in cases of osteoporosis. This is one of the best blends to relieve migraine and tension headaches.

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 Aspects**

LeTrust 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 LeTrust can help us evaluate our relationships and leave behind attitudes of co-dependency.

## **Physical Aspects**

Although LeTrust 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.

# **LeTurmoil**

## **Ingredients**

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.

## **Aromatic Considerations**

If someone is recovering from an accident or surgery, diffuse LeTurmoil near them or have them inhale it frequently.

## **Emotional/Spiritual Aspects**

LeTurmoil helps us to view trials from a more positive perspective. This blend is useful in rebuilding the physical/emotional connection after trauma or loss. LeTurmoil should be considered for the anger stage of grief and later, if the grief seems to be settling into depression. LeTurmoil 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**

LeTurmoil 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.

# **LeUnity**

## **Ingredients**

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

## **Affinity for**

emotional balance  
spiritual growth

every chakra

liver meridian  
small intestine meridian

## **Resonance**

physical, emotional, spiritual

## **Application**

LeUnity 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 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, parsley, ravensara, spikenard, tagette, vetiver, wintergreen, yarrow blue

## **Affinity for**

skin  
muscle tissue  
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>Visibility**

## **Ingredients**

cypress, geranium, hyssop, orange sweet

## **Affinity for**

veins  
capillaries

## **Resonance**

physical





## LeWarm Down

### Ingredients

basil, cypress, fir, lavender, marjoram, wintergreen

### Affinity for

muscles

bones

respiratory system

### Resonance

physical

### Application

LeWarm Down 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 LePaine, and if there is structural misalignment, LeMillenia is added to the regimen.

### Aromatic Considerations

LeWarm Down 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 LeTenda Care instead.

### Physical Aspects

LeWarm Down 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.

LeWarm Down 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 LeWarm Down can slow the progress of osteoporosis by improving calcium absorption.

LeWarm Down 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. LeWarm Down increases capillary circulation and protects the skin by helping it to retain moisture.

## LeWeightless

### Ingredients

basil, grapefruit, green pepper, lemon, lime, sage

### Affinity for

emotional balance

digestive system

### Resonance

physical, emotional

### Application

LeWeightless is pleasant diffused, where it will eliminate odors and kill bacteria while being enjoyed for its emotional properties. LeWeightless can be used in the bath; be careful to use only 2 or 3 drops. This is an excellent essential oil blend for a full body massage. Be sure to dilute well for use in a massage.

### Aromatic Considerations

The aroma of LeWeightless 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 usual for essential oils which all seem to do this to some extent. LeWeightless increases metabolism, especially fat burning, and helps to dissolve cellulite. Emotionally it lightens the weight of our own negativity which is so often the trigger for ‘binge’ eating or junk food consumption. LeWeightless is used in programs for eating disorders such as anorexia.

LeWeightless relieves stress, but it takes a minute. If you can remember to reach for the LeWeightless 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.

## LeWhispering Hope

### Ingredients

chamomile Roman, juniper, lemon, melissa blend, myrrh, spruce, ylang ylang

### Affinity for

emotions  
gall bladder meridian

### Resonance

physical, emotional

### Application

LeWhispering Hope 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 Aspects

LeWhispering 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 the most effective oil for suicidal thoughts.* It 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.' LeWhispering Hope can help you find peace in just standing by their heart and praying for them.

There are many uses for this oil during a woman's childbearing years. LeWhispering 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. LeWhispering Hope is useful during certain stages of labor and delivery. (See chapter on childbirth.)

## LeWisdom

### Ingredients

hinoki, lemon, neroli, orange sweet, spruce, ylang ylang

### Affinity for

emotional balance and stability	throat chakra	triple warmer meridian
	sacral chakra	kidney meridian
	crown chakra	gall bladder meridian

### Resonance

physical, emotional

### Application

LeWisdom 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 you own chest, facing out for others to see.

### Aromatic Considerations

The aroma of LeWisdom is uplifting, centering, and calming to the emotions.

### Emotional/Spiritual 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 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. LeWisdom can help us express and deal with repressed emotions. LeWisdom is a wonderful oil for any grieving stages of our lives. It is one of the best blends for jet lag and fatigue.

## LeWith-In

### Ingredients

coriander, ginger, lavender, rosemary, yarrow

### Affinity for

muscles

### Resonance

physical

### Application

LeWith-In 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

It is meant for use on inguinal and hiatal hernias. It is not applicable for surgical hernias. LeMillenia should be layered with LeWith-In 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.

## LeWoman Wise

### Ingredients

clary sage, fennel, jasmine, lavender, marjoram, patchouli, spikenard

### Affinity for

emotional balance

hormones

### Resonance

physical, emotional

### Application

LeWoman Wise should be diluted in a carrier oil and massaged on the lower back and abdomen. It is helpful to layer with LeDeeper if severe cramping or abdominal pain is involved during the menstrual period. LeWoman Wise can also be applied to the feet and ankles, used in the bath, and diluted for a body massage oil.

### Aromatic Considerations

LeWoman Wise, even just diffused rather than applied, can help to balance hormones, stabilize mood swings, and calm irritability.

### Emotional/Spiritual 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

LeWoman 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 LeBalance 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!!!