

physical emotional physical / emotional

Oil Blend	Suggested Uses	Uses/Cautions	Oil Blend	Suggested Uses	Uses/Cautions
^{Lc} EndoRelief	endocrine balance & support; improve metabolism & vitality; regulates thyroid, parathyroids & hormones; headaches; hot flashes; setting of personal boundaries; hypoglycemia; diabetes; UTI infections; avoiding illness or moving through it quickly if it begins	over specific organs and on lymph glands of neck & chest; under big toe; apply early when illness is just getting started; A bit of caution during pregnancy	^{Lc} Focus	overcoming negative thought patterns & self-defeating behaviors; increase mental alertness, especially in afternoon; improve concentration and recall of facts; victim mentality; paranoia; mental confusion; study and study habits; feeling alert and awake	excellent, but strong when diffused—short periods only; sniff; wrists, temples, feet—big toe; use caution when pregnant or have seizures
^{Lc} Energy	increases circulation; adrenal stimulant; balances mechanical function of the ear; improves energy & mental alertness without the side effects of drugs; aids decision making ability and helps us take responsibility for our lives and actions; improves vitality and radiance from the solar plexus	apply over thyroid, kidneys, liver, pancreas, any gland; excellent for massage; always dilute well for massage or putting on the skin ; strong oils; caution advised if diffusing or sniffing	^{Lc} GoodNite	insomnia ; snoring; soothes inflamed nasal and sinus passages; feeling/expressing emotions; restful sleep & peaceful dreams—knowing all is well with our world while we sleep; opens the throat chakra & improves ability to express one's emotions; supports the immune system	diffuse during the evening; place on your pillow; dilute and apply to sinus area and throat; use faithfully during cold, cough & flu season
^{Lc} Eternity	a powerful anti-oxidant , aids in the absorption of vitamins and minerals for improvement of health; improves cardiovascular function; for osteoporosis; raises energy levels, improves mood and mental outlook	dilute well and apply to the chest, especially along the sternum; can also be diffused	^{Lc} Grace	helps us connect w/reality and God's view of our potential & who we are; helps us find and move toward our place in the universe; for grief, loss, depression & anxiety; compassion & peace in relationships; regulates heartbeat, pulse and blood pressure	as a perfume or massage oil; bath; apply over heart; use with ^{Lc} Heart Song or with ^{Lc} Reconciliation
^{Lc} Everlasting	a unique blend of 5 very high-frequency blends—the emotional impact of each high range blend can be felt one by one, but the synergistic lower overall frequency of the blend carries the healing deep into the physical body at a cellular level; improves emotional health; relieves feelings of hopelessness or self-pity ; promotes restful sleep	can be applied diluted with carrier oil to the chest, over the heart, on the forehead, and down the sternum (along the sternum is for allergy relief); flowery, but very nice as a perfume; Perfect added to a bath and nice for a whole body massage	^{Lc} Grateful Heart	feelings of gratitude for all that we have and for what others do for us; depression; immune support; stabilize blood sugar; hypoglycemia; supports the immune system; auto-immune disorders	diffuse for feelings of empathy; over heart, forehead, temples; use as a perfume or cologne
^{Lc} Exhilaration	improvement of attitude; confidence; courage; stabilize emotions; release emotional blocks ; relieve feelings of hopelessness and discouragement; stimulate the amygdala in the brain	should be applied to wrists, temples, over the heart chakra or on the forehead; very nice added to bath or used as perfume or cologne, pleasant aroma	^{Lc} HeartSong	#1 for depression ; grief, trauma, and deep sorrow; feeling appreciated and loved; removing emotional blocks; balance electrical fields; adrenal glands and adenoids: <i>apply in clockwise motion over each chakra, beginning at base</i>	dilute for massage; perfume; sniff; if aroma seems offensive, first use ^{Lc} Unity over navel & thymus before using ^{Lc} HeartSong
^{Lc} Expressions	to pamper yourself; enhance romantic relationships ; improve communication; contains high frequency oils	very nice diffused or in a relaxing bath; dilute with carrier oil for a wonderfully uplifting massage	^{Lc} Holiday Spirit	family relationships ; happiness & security; anti-viral & antiseptic; of benefit to the respiratory system; excellent for use all year	as a perfume; diffuse, add to potpourri, pine boughs, etc.
^{Lc} EZTraveler	motion sickness ; nausea; morning sickness; calming; provides a sense of humor; emotional strength; coping; for anxiety; anorexia	apply on areas of soft skin, behind the ears, wrist, inner thighs, diffuse; add to bath	^{Lc} Inner Peace	focused & clear thoughts about life's direction; increases oxygen to pineal & pituitary glands; harmony in relationships & with God; protection from negative energies; it is important to use with ^{Lc} Millenia, ^{Lc} Magi, ^{Lc} Unity, or ^{Lc} Sanctuary	diffuse; apply to temples moving from right to left; on wrists and neck; over the heart & thymus; in a bath; as a perfume
^{Lc} Faith	emotional healing ; self-awareness without negative feelings about the past, often centered on being abandoned or left to cope all alone; promotes feelings of faith instead of fear & worry; menstrual cramps; high blood pressure	over the heart, neck, temples, wrists; very nice when diffused; relaxing in a bath; beautiful aroma as a perfume; dilute with carrier oil for massage	^{Lc} InsideOut	improves digestive function ; flu; food poisoning; belching; bloating; stomach cramps; heartburn; diarrhea; candida (yeast) overgrowth; 1 drop behind ears for morning sickness, nausea, or travel sickness	dilute & apply to abdomen; on the bone behind the ears; as a compress; sniff
			^{Lc} Insight	for the citrus lover; identity issues ; mental confusion; disconnected from self as a result of childhood trauma and abuse; intuition and organizational skills; Inner Child work; intuition; organizational skills; flexibility of thoughts & reactions	diffuse to calm the nerves; in bath; on the pillow; apply over the navel, on the chest, to the temples; excellent as a massage oil
			^{Lc} IQ	believed to carry oxygen & nutrients to brain increasing mental capacity & alertness; aids concentration ; for nervous system; stimulating—use when faint or going into shock; aids in completing projects when tired	diffuse or sniff to reduce brain fog; as perfume; apply to neck, throat & beneath the nose

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^{Lc} Julia	soothes emotions; allows 'knots' in stomach & colon to relax; letting go of tightly held emotions; emotion caused nausea, gas or constipation ; pancreatic stress; created for infants but proving helpful for adults also	dilute especially well for children; apply to abdomen or the bottoms of the feet; nice when diffused	^{Lc} Moonlight	connecting to and appreciating your partner; delight in the sensual & passionate ; achieving emotional depth in personal relationships; aphrodisiac	in the bath; wear as a perfume; dilute and use for a sensuous massage
^{Lc} Journey	tone & cleanse body ; immune system builder; effective against colds and flu; remove dead tissue, both internally and externally; aids in learning from life's experiences; sense of harmony within ourselves	dilute well for skin, contains cinnamon & cassia; apply to feet or chest; diffuse carefully	^{Lc} MyGraine	migraine and stress related headaches with or without accompanying nausea; use for depression, neck injuries & circulation to head; excellent for some types of depression	apply to temples, back of neck, or forehead; in bath or diffused; carry in pocket, (diffuser is nice) sniff as needed
^{Lc} Kadence	use for exhaustion, worry & physical weakness; reduces inflammation in and around heart; heart palpitations ; aids recovery from deep illnesses; improves uptake of nutrients to brain and nervous system	delightful aroma for perfume or cologne; in a bath; diluted for massage; similar to ^{Lc} GoodNite but spicy & uplifting	^{Lc} NoMore	nail fungus ; athlete's foot; fungal based rashes; disinfecting, and preventing mold growth around the home; strong antimicrobial	diffuse; apply to skin diluted with water if fungal; can irritate skin
^{Lc} Letting Go	release anger, resentment, negativity & frustration ; clear emotions & toxins from liver; create feelings of tolerance, compassion, safety & trust for ourselves & other people; use when progress is physical or emotional healing has been halted	in a bath; perfume or cologne; behind the ears, on the feet, directly over liver area; diffuse; use frequently in any way at all	^{Lc} Paine	strongly analgesic ; improves circulation; aids healing by bringing oxygen to injured area; anti-inflammatory ; calming to nerves; osteoporosis; bone spurs	dilute & apply to the area; as a compress; can be layered with ^{Lc} Patches, ^{Lc} Deeper, ^{Lc} Millenia, etc.
^{Lc} LifeForce	raise overall body frequency ; improves response to stress; builds, strengthens, supports the immune & adrenals; speeds recovery from accident or illness; reduces fever; detox from poisons and meds; earache; bronchitis; cleanse air	diffuse; dilute and apply along spine or on feet (see note for ^{Lc} Deliverance); use w/ ^{Lc} Endo Relief in cold/flu season	^{Lc} Patches	repair and healing of damaged tissues, tendons, and ligaments ; anti-inflammatory; induces oxygen & blood flow to injured tissue; repairs broken energy in chakras & meridians; patches energetic holes in the aura	dilute and apply on area of pain or injury; excellent as a compress, dilute for massage; add to the bath for whole body or energetic healing
^{Lc} LivN	blood & liver cleanser ; eliminates fatty cells and toxins; improves immune function; increases energy & stamina; resilience & equilibrium	dilute and apply to the feet or the abdomen; use in bath or shower	^{Lc} Purify	kills odors , bacteria, molds, fungus; apply to spider bites, insect stings; use to repel insects & mice; use for dental abscesses; eating disorders	diffuse to purify the air; apply topically; place in air vents, etc.; useful for cleaning projects
^{Lc} Magi	promotes clearness & intuition ; opens solar plexus & crown chakras; protection from negative energy and emotions; loneliness; low self-esteem; no concept of the value of their contribution	diffuse; put on the crown in a clockwise motion; on solar plexus, thymus; wear as a perfume	^{Lc} Reconciliation	loneliness & disconnection, physically or emotionally, from home or loved ones; relief from feelings of being misunderstood; peace with the past , hope for future, joy in relationships as they are, and connection to loved ones who are far away; grief, loss, hard feelings & mistrust	diffuse; wear as a perfume; very good blend for diluting and using for a massage oil; feels like a warm blanket covering ourselves and our loved ones, near or far away
^{Lc} Mariah	use against virulent flu strains to help with accompanying respiratory symptoms; layer with ^{Lc} Revitalize for endocrine support & ^{Lc} Vitality to protect heart during the illness	diffuse to aid in clearing lungs; dilute and apply to feet, back & chest areas frequently	^{Lc} RefreshMint	for gum health and halitosis; kills a wide variety of bacteria; creates refreshing, clean taste	2-5 drops in water, swished in mouth or as a gargle
^{Lc} Meditation	decision making ability; for spiritual pondering, studying, & communication; breaking negative thought patterns	apply to bumps on forehead, crown of head, shoulders, back of the neck	^{Lc} Revitalize	cleanse & support the liver and lymphatic system; digestive aid; overall rejuvenation; build stamina & endurance; anger; work with addictions	as a compress over liver; dilute well for massage; apply over the liver, on bottoms of feet, along spine
^{Lc} MelaPlus	antiseptic for cleaning cuts & scrapes ; use for burns, rashes, insect bites, cold sores, odors; is anti-bacterial and anti-fungal	apply topically to areas of concern; diffuse to dispel odors, kill bacteria	^{Lc} Sanctuary	feelings of contentment, faith, protection, safety & security ; intuition; harmony in all of the chakras and central/governing meridian; soothing to nervous and respiratory systems	meant to be diffused as a perfume; on the solar plexus, brain stem, crown, back of neck, behind ears; nice to carry in an inhaler
^{Lc} Millenia	aligns physical structures and electrical energies ; builds courage, confidence and self-esteem; helps maintain integrity of connective tissues; courage to move forward, tenacity; improved self-expression; fosters independence of spirit; use with ^{Lc} Tranquility for ADHD in children (on the feet so they don't go to school smelling like flowers)	apply locally, also along the spine or along the inside of the foot from toe to heel; diffuse; in the bath or shower; on bottoms of feet (boys like this, they don't smell like oils)	^{Lc} Sego Lily	promotes skin elasticity ; slows process of aging; relieves itching of hives & allergies; calmness during a crises; feelings of love	diffuse; wear as a perfume; on wrists; diluted as a massage oil; bath
			^{Lc} Simplicity	the oils in this blend target HSV-1 and HSV-2 (Herpes Simplex) viruses; they attack the virus at latency sites in the nerve bundles of the jaw and lower back	apply diluted in spring or distilled water to blisters and surrounding area; dilute as mouthwash

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^{Le} Solitude	creates an atmosphere of <i>peace/happiness</i> ; regenerates emotional & spiritual reserves; promotes peaceful sleep & quiet meditations; skin & vein health; joy; tension headaches	diffuse; place on pillow; use in bath; dilute and apply to problem areas of skin and veins	^{Le} Visibility	overall vein health ; reducing pain & visibility of spider veins on legs and face; bruises & the tendency to bruise; becoming more tolerant, compassionate & forgiving	dilute with carrier and apply; use in the tub
^{Le} SpiceC	similar to ^{Le} <i>Deliverance</i> but has better aroma because it lacks thyme and oregano; beneficial to immune, lymphatic & respiratory systems; useful for nervous exhaustion	dilute well to apply, use daily to boost immune system	^{Le} Vision	for vibrant personalities who have become unfocused or overbearing; reduces anxiety & stress; restores inner strength and resilience ; aids in overcoming apathy	diffuse; apply to rims of ears, solar plexus, forehead, chest, excellent in bath, especially at the end of the day
^{Le} Stefanie	to help fight anti-biotic resistant pseudomonas & other bacteria , especially in the lungs and in the respiratory system; for asthma, flu, colds, & flu; anti-inflammatory; instills a positive outlook on life	diffuse to kill airborne germs; sniff; dilute and apply to chest, back and feet	^{Le} Vitality	cardiovascular, circulatory, pulmonary, & lymphatic systems; high blood pressure ; reduces stress levels; erratic heartbeat; varicosities; shock; can slow progress of impending stroke; builds confidence in body's ability to recover & heal itself	dilute to apply over heart, along spine, or on the acupressure heart points under left ring finger or left 4th toe; sniff, aroma is helpful for shock
^{Le} Sunburst	a favorite blend for the citrus lover; relaxing & calming, especially for children; use for insomnia and to promote restful sleep; lymph cleanser; antiseptic; eating disorders; purify drinking water	diffuse; use in clothes washer & dishwasher; as a perfume; dilute for massage, dilute with water & mist around the house	^{Le} WakeUp	feel wide awake, energetic , joyful & enthusiastic about life & the tasks ahead; encourages us to want everyone to feel as good as we do	diffuse to increase energy levels; dilute to apply to the feet especially on big toe
^{Le} TendaCare	use for tired, overworked, strained or injured muscles; sports injuries ; anti-inflammatory; bruises; back pain; sciatica; charley horses	diluted and applied to areas of the body as needed; full massage	^{Le} WarmDown	calcium absorption; headaches from tight muscles; charley horses; leg cramps; capillary circulation; antispasmodic; anti-inflammatory; tight, tired, sore, strained muscles; torn ligaments ; muscle spasms; fatigue; stress; osteoporosis; can be layered with pain	dilute to apply topically; add to bath or soak; has a black licorice aroma—if you don't like that, try ^{Le} TendaCare instead
^{Le} ThermaCare	aids in reducing high fever from flu bugs, etc.; improves strength and aids in recovery and convalescence; shortens duration of illnesses	dilute and apply to back of neck and down the spine; bottoms of feet	^{Le} Weightless	lightens the weight of our stress & negativity which is triggering binge eating; eating disorders; cellulite; increased metabolism	diffuse to eliminate odors & bacteria; sniff; add to bath; dilute for massage
^{Le} Tomorrow	recognizing own potential ; focusing on future possibilities rather than on past mistakes; feelings of hopefulness; calmness and sense of joy during challenges or during times of change in our lives; helps us attain wisdom and acceptance	diffuse; put in bath; use as a compress; apply over the heart chakra, on wrists or neck; as a perfume; dilute for massage	^{Le} Whispering Hope	relief from discouragement; gives a sense of potential achievement; coping with stress; for ambivalence about a pregnancy; lifts depression, relief of suicidal thoughts ; feeling hopeless, helpless, or frustrated	add to bath; diffuse; wear as perfume; dilute and apply to ears, chest, temples, solar plexus, back of the neck & wrists
^{Le} Tranquility	panic attacks, depression, anxiety , insomnia, feelings of rebellion; understanding all aspects of a situation; ADHD	under the nose, on the feet or back of neck; in bath; as a perfume; diffuse	^{Le} Wisdom	growing from our experiences, mellowing into wisdom; dwelling in the past; dealing with loss; resisting change; jet lag; fatigue; repressed emotions	diffuse; use in bath; dilute and apply over the thymus, on the neck & forehead
^{Le} Trust	improve relationships; healthy, balanced acceptance, tolerance & forgiveness of ourselves & others ; improve communication in families; for attitudes of codependency; relief of pain from gallstones and pleurisy; mouth rinse for gum disease	massaged over the heart or around the navel; behind ears; on wrists; diffuse; sniff; as perfume; for lung meridian	^{Le} WithIn	try for inguinal/hiatal hernias (not for surgical hernias); often best layered with ^{Le} Millenia	dilute, apply several times a day to the affected areas
^{Le} Turmoil	Treatment for physical & emotional shock & trauma ; recovery from accident or surgery; immune system; a positive perspective of trials; for anger stage of grief; hyperactivity; nervousness; lack of focus	along the spine; on bottom of feet; chest, behind ears; on the forehead; helpful when diffused or sniffed	^{Le} WomanWise	balancing of hormone-driven emotions; relief of various pre-menstrual and menstrual symptoms ; headache; cramping; hormone balance between periods; prostate problems	diffuse; use in the bath and apply, diluted with carrier oil on the lower abdomen. Not for use when pregnant.
^{Le} Unity	physical, emotional, and mental well-being & healing; promotes positive attitude & outlook; eliminate quarrels ; put on palms then place palms over thymus and navel for over-use of or reaction to essential oil	diffuse; (balances every chakra, liver & small intestine meridians); wear on chakras, over heart, on areas of poor circulation			
^{Le} Vallee	rebuild skin and muscle tissue; emollient; soothing; combats dryness; skin irritation & flaking	dilute with carrier oil and apply to areas of concern			

Informational Books written by LaRee Westover



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^{Le} Acknowledge	nourishes the nervous system; helps us recognize and accept our feelings, acknowledging them as reality or perception, move through the emotions, then move on with our lives; quiets feelings of fear , insecurity, and hopelessness; aids in accepting love; expressing feelings & finding enthusiasm for life	beautiful perfume; diffuse; use in bath; produces feelings of self-confidence; apply over the liver when liver is toxic or mind & emotions are slow or angry; on wrists	^{Le} Breezey	use for pneumonia , tuberculosis, asthma, viral or bacterial respiratory ailments, stuffy head, sore throat, colds, & pleurisy; immune stimulant; rebuild of lung tissues; as a muscle relaxant; pain reliever	topically to back, chest & throat; diffuse; put on pillow; may use with ^{Le} Aspire
^{Le} Angel	releasing traumatic memories; sexual abuse (during childhood); for feelings of insecurity, rage, helplessness and misplaced guilt; releases stored anger and toxins from liver; headaches; high blood pressure; inflamed nerves; muscle cramps; gall bladder & liver distress	apply on temples or over chakras; pleasant diffused or in the bath where it promotes feelings of protection and safety	^{Le} Candila	use for thrush , vaginal yeast infections and skin rashes; also a reproductive & digestive system balancer; use as a disinfectant in kitchen, bathroom, etc.	dilute well, 1-2 drops in 4 ounces distilled water for douche; undiluted to disinfect an area
^{Le} Aspire	relief from colds, bronchitis , sinusitis, respiratory congestion, allergies, pneumonia, asthma; an excellent expectorant; use with arnica carrier oil for bone spurs ; best w/ ^{Le} Breezey & ^{Le} Deliverance	diffuse; on chest, neck, ears, feet; use in humidifier to decongest sinus or lungs and prevent snoring	^{Le} Connection	delightful aroma; for people who are over-enthusiastic or unable to see things realistically , have a tendency to hasty decisions & unrealistic expectations of themselves & others; use during journal & prayer sessions	back of neck, on the temples, on the body anywhere you like; diffused; wear as a perfume
^{Le} Assurance	coping with fear, procrastination , anxiety, apathy; motivates to action in difficult tasks or circumstances; sorting out reasons for reluctance to move forward; self-confidence	nape of neck for improved state of mind; solar plexus, sternum, big toe; diffuse; in the bath	^{Le} Crystal Clear	stimulant for low energy or shock; improve memory & concentration ; aid in staying awake or alert when studying; remembering difficult data; brings oxygen to the brain; organizing thoughts; headaches	apply to brow, along back of neck, to the temples or wrists; carefully in bath; <i>mild caution if pregnant</i>
^{Le} Away	a blend of essential oils that are used the world over to repel insects —a nice way to avoid slathering yourself and your kids with chemicals	dilute in water or Miracle II Neutralizer; apply using a spray bottle or by rubbing on	^{Le} Cypernium	effective for use on hemorrhoids , varicose veins or spider veins; use for circulation problems, especially in feet or legs; anti-inflammatory	dilute (4-5 drops to 1 Tablespoon of carrier), apply to areas as needed
^{Le} Baby Me	special blend for mothers & babies; use for skin rashes; scaly patches; diaper rashes; as an aftershave; prevent or remove stretch marks	dilute with carrier for massage or for use on babies & children	^{Le} Dandy	formula for overall scalp and hair health; especially effective for dandruff ; adds natural highlights	add 2 drops to shampoo in your hand, apply to hair
^{Le} Balance	supports the endocrine system; balances hormones in older women; hot flashes ; mood swings; use for decongestion of prostate and endocrine support in men	apply around the ankles; diffuse; in bath or shower; <i>not for use when pregnant</i>	^{Le} Deeper	contains deeply penetrating anti-inflammatory oils for deep tissue, bone or nerve pain; deep bruising of tissues; sciatica , arthritis, etc.; use with ^{Le} WomanWise for pre-menstrual cramping and backache	dilute, apply to painful areas; in bath for general aches & pain; use with ^{Le} Paine or ^{Le} TendaCare
^{Le} Believe	release negative emotions at cellular level; joyous anticipation of the future; satisfaction with personal efforts so far in life; contentment ; forgiveness and release of the past; balances need for protection with being ready for what may come	diffuse to enjoy aroma; exceptional in a bath; beautiful enough to wear as perfume	^{Le} Delicate	for overall hair health and hair loss due to lack of nutrients (often a result of long-term stress or the use of prescriptions medications)—seems to help the scalp absorb nutrients and moisture so that hair becomes vibrant and healthy; cradle cap in babies	dilute with carrier oil for hair loss & massage into scalp (shampoo out very gently after 20 minutes); add to shampoo or conditioner
^{Le} Beloved	a beautiful oil for relationships —romantic and otherwise; balances the heart chakra and the spiritual side of our natures; helps us feel God's love and capacity to heal us	diffuse; on palms to strengthen healing capabilities; diffuse; as perfume; over the heart chakra	^{Le} Deliverance	potent anti-viral ; immune stimulant; for respiratory illnesses, sore throat, dental diseases, canker sores, cuts, infections, athlete's foot, slivers; use ^{Le} Deliverance & ^{Le} LifeForce, alternately on feet and thymus during infectious illnesses	diffuse periodically to kill airborne germs; dilute well to apply; use in dishwasher; soak toothbrushes
^{Le} Benediction	protects from negative energy ; subdues anger; promotes emotional resilience; for depression, high blood pressure, circulation <i>favorite of therapists of all modalities</i>	to strengthen auric field, place on wrists, shoulders, crown & thymus; use in bath; diffuse	^{Le} Discernment	emotional balance; faith in the future; achievement of goals and dreams; contentment ; balances living for now and preparing for the future; decision making ability; balance between left & right brain; for those who struggle with pride	very pretty when diffused; apply to wrists and temples; add to the bath; sniff; dilute with carrier for massage
^{Le} Bountiful	generosity, thankfulness, creating & attracting abundance ; comfortable with money issues; helps with sluggish thinking; anti-viral, anti-fungal, immune stimulant	dilute & wear as as perfume; place on wrists, car dash or wallet; <i>possible skin irritant, dilute</i>	^{Le} Dreams	at night— can relieve insomnia from negative emotions; halt or moderate nightmares ; use for fear of the dark; during the day—realizing potential; meditation; pleasant and cleansing aroma; <i>excellent for children</i>	forehead, temples, behind ears, base of neck; as a perfume, diffuse—night or day; on your pillow, in the bath