

^{Le}AboutFace	
<i>fear of upcoming changes</i> or when suffering from loss or death; skin regeneration; anti-inflammatory; arthritis; crosses blood/brain barrier; multiple sclerosis, Parkinson's disease; Alzheimer's	apply to any area of the body and face; in the bath; diffused
^{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; <i>quiets feelings of fear</i> , insecurity, and hopelessness; aids in accepting love; expressing feelings and finding enthusiasm for life; promotes self confidence	beautiful as a perfume; diffuse; use in bath; apply over the liver when liver is toxic or mind and emotions are slow or angry; on wrists
^{Le}AgeLess	
<i>nourishes and protects the skin</i> ; provides feelings of confidence and contentment; protects from free radical damage; strengthens capillaries; supports the heart chakra; helps to move forward	apply to face, neck, hands and arms; in the tub; diffuse; use with jojoba oil for more emolliency
^{Le}Angel	
releasing traumatic memories; <i>sexual abuse</i> (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 and liver distress	apply on temples or over chakras; pleasant diffused or in the bath where it promotes feelings of protection and safety
^{Le}Aspire	
relief from colds, <i>bronchitis</i> , sinusitis, respiratory congestion, allergies, pneumonia, asthma; an excellent expectorant; best layered with ^{Le} Breezey, ^{Le} Mariah, or ^{Le} Deliverance; helps prevent snoring; use with arnica carrier oil for bone spurs	diffuse; layer on chest, neck, ears, feet; use in humidifier to decongest sinus or lungs; diffuse under nose for snoring
^{Le}Assurance	
coping with fear, <i>procrastination</i> , anxiety, apathy; motivate to action in difficult tasks or circumstances; sorting out reasons for reluctance to move forward; self-confidence; achieving goals	nape of neck for improved state of mind; solar plexus; sternum, big toe; diffuse; in the bath
^{Le}Away	
This is a blend of essential oils that are used the world over to <i>repel insects</i> —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}Baby Me	
special blend for mothers and babies; use for skin rashes and hives; scaly patches, psoriasis and eczema; diaper rashes; as an aftershave; prevent or remove <i>stretch marks</i> ; opens heart chakra	dilute with carrier for massage or for use on babies and children
^{Le}Balance	
supports the endocrine system; balances hormones in older women; <i>hot flashes</i> ; 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}Believe	
releases negative emotions at cellular level; joyous anticipation of the future; satisfaction with personal efforts so far in life; <i>contentment</i> ; forgiveness and release of the past; balances need for protection with being ready for anything coming	diffuse to enjoy aroma; exceptional in a bath; beautiful enough to wear as perfume
^{Le}Beloved	
a beautiful oil for <i>relationships</i> —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 a perfume; over the heart chakra
^{Le}Benediction	
<i>protects from negative energy</i> ; subdues anger, promotes emotional resilience; for depression, high blood pressure, circulation; favorite of massage therapists!	to strengthen auric field, place on wrists, shoulders, crown and thymus; use in bath; diffuse
^{Le}Bountiful	
generosity, thankfulness, creating and <i>attracting abundance</i> ; comfortable with money issues; helps with sluggish thinking; anti-viral, anti-fungal, immune stimulant	dilute and wear as as perfume; place on wrists, car dash or wallet; <i>possible skin irritant</i>
^{Le}Breezey	
use for <i>pneumonia</i> , tuberculosis, asthma, viral or bacterial respiratory ailments, stuffy head, sore throat, colds, and pleurisy; immune stimulant; rebuilding of lung tissues; muscle relaxant; pain reliever	topically to back, chest and throat; diffuse; put on pillow; may use with ^{Le} Aspire, ^{Le} Mariah and ^{Le} Stefanie
^{Le}Candila	
use for <i>thrush</i> , vaginal yeast infections and skin rashes; also a reproductive and digestive system balancer; use as a disinfectant in kitchen and bathroom	dilute well, 1-2 drops in 4 ounces distilled water for douche; undiluted to disinfect an area

^{Le}Cherish	
high frequency blend; impacts the physical body on every level; rebuilt emotional balance ; balances both yin and yang; magnifies strength and courage; improves skin elasticity	diffuse; wear as a perfume; use in the bath
^{Le}CinnamonBear	
stimulates the lymphatic and circulatory systems; helps remove resistance to change ; use during convalescence; lifts the spirits and gives us joy; use well diluted for massage; arthritis; rheumatism	mouthwash; for massage; diffuse; <i>skin irritant - dilute well; use caution during pregnancy</i>
^{Le}Connection	
delightful aroma; for people who are over-enthusiastic or unable to see things realistically , have a tendency to hasty decisions and unrealistic expectations of themselves and others; use during journal and prayer sessions	back of neck, on the temples, on the body anywhere you like; diffused; wear as a perfume
^{Le}Crystal Clear	
stimulant for low energy or shock; improve memory & concentration; aid in staying awake or alert when studying; aids in remembering difficult data; brings oxygen to the brain; organizing thoughts; headaches	apply to brow; back of neck; to the temples or wrists; carefully in bath; diffuse; <i>mild caution if pregnant</i>
^{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 oil), apply to areas as needed
^{Le}Deeper	
contains deeply penetrating anti-inflammatory oils for deep tissue, bone or nerve pain; deep bruising of tissues; sciatica , arthritis, rheumatism; use with ^{Le} Women Wise for pre-menstrual cramping and backache; increases lymph and blood circulation to extremities	dilute, apply to painful areas; in bath for general aches and pains; layer w/ ^{Le} Paine, ^{Le} TendaCare, ^{Le} WarmDown, and ^{Le} Patches
^{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; dandruff	dilute with carrier oil for hair loss and massage into scalp (shampoo out very gently after 20 minutes); add to shampoo or conditioner

^{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 and ^{Le} Life Force, alternately on feet and thymus during infectious illnesses	diffuse periodically to kill airborne germs; dilute well to apply; use in dishwasher; soak toothbrushes
^{Le}Discernment	
emotional balance; faith in the future; achievement of goals and dreams; contentment ; balance living for now and preparing for the future; decision making ability; balance between left and 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 oil for massage
^{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; excellent for children	forehead, temples, behind ears, base of neck; as a perfume, diffuse—night or day; on your pillow, in the bath
^{Le}EndoRelief	
endocrine balance and support; improves metabolism and vitality; regulates thyroid, parathyroids and hormones ; headaches; hot flashes; setting of personal boundaries; hypoglycemia; diabetes; UTI infections; avoiding illness or moving through it quickly once it begins	over specific organs and on lymph glands of neck and chest; under big toe; apply early when illness is just getting started; <i>slight caution during pregnancy</i>
^{Le}Energy	
increases circulation; adrenal stimulant; balances mechanical function of the ear; improves energy and 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; excellent for massage when diluted well or putting on the skin; <i>not to be diffused</i>
^{Le}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

LeEverlasting	
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 <i>self-pity</i> ; promotes restful sleep	apply diluted with carrier oil to the chest, over the heart, on the forehead, and down the sternum (along the sternum is for allergy relief) very nice as a perfume; add to bath; massage
LeExhilaration	
improvement of attitude; confidence; courage; stabilizes emotions; <i>releases emotional blocks</i> ; relieves feelings of hopelessness and discouragement; stimulates 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
LeExpressions	
to pamper yourself; enhances <i>romantic relationships</i> ; improves communication; contains high frequency oils	very nice diffused or in a relaxing bath; dilute with carrier oil for a wonderfully uplifting massage
LeEZ Traveler	
<i>motion sickness</i> ; nausea; morning sickness; calming; provides a sense of humor; emotional strength; coping; for anxiety; anorexia	apply on areas of soft skin—behind the ears, wrists, inner thighs; diffuse; in bath
LeFaith	
<i>emotional healing</i> ; self-awareness without negative feelings about the past, often centered on being abandoned or left to cope all alone; faith instead of fear and 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
LeFocus	
<i>overcoming negative thought patterns</i> and self-defeating behaviors; increases mental alertness, especially in afternoon; improves concentration and recall of facts; victim mentality; paranoia; mental confusion; study and study habits; feeling alert and awake	excellent, but strong diffuse for short periods only; sniff; wrists, temples, feet—big toe; <i>use caution when pregnant or have seizures</i>

LeGoodNite	
<i>insomnia</i> , snoring; soothes inflamed nasal and sinus passages; helps with expressing emotions; promotes restful sleep and peaceful dreams—knowing all is well with our world while we sleep; opens the throat chakra and 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 and flu season
LeGrace	
helps us connect with reality and <i>God's view of our potential</i> and who we are; helps us find and move toward our place in the universe; for grief, loss, depression and anxiety; compassion and peace in relationships; regulates heartbeat, pulse, blood pressure	as a perfume or massage oil; bath; apply over heart; use with ^{Le} Heart Song or with ^{Le} Reconciliation
LeGrateful Heart	
feelings of <i>gratitude</i> 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
LeHeartSong	
<i>#1 for depression</i> ; grief, trauma, and deep sorrow; feeling appreciated and loved; removing emotional blocks; balances electrical fields; adrenal glands and adenoids; apply in clockwise motion over each chakra, beginning at base	dilute for massage; perfume; sniff; if aroma seems offensive, first use ^{Le} Unity over navel and thymus
LeHoliday Spirit	
<i>family relationships</i> ; happiness and security; anti-viral and antiseptic; of benefit to the respiratory system; excellent for use all year; improves Christmas Spirit	as a perfume; diffuse, add to potpourri, pine boughs, pine cones
LeHousewarming	
<i>creates an atmosphere of welcome and warmth</i> ; powerful oxygenator; removes free radicals; strengthens the immune system; cardiovascular tonic	meant to be diffused; <i>can burn nostrils</i> ; <i>skin irritant</i>
LeInner Peace	
<i>focused and clear thoughts</i> about life's direction; increases oxygen to pineal and pituitary glands; harmony in relationships and with God; protection from negative energies; it is important to use with ^{Le} Millenia, ^{Le} Magi, ^{Le} Unity, or ^{Le} Sanctuary	diffuse; apply to temples moving from right to left; on wrists and neck; over the heart and thymus; in bath; as a perfume

^{Le}InsideOut	
<i>improves digestive function</i> ; flu; food poisoning; belching; bloating; stomach cramps; heartburn; diarrhea; candida (yeast) overgrowth; 1 drop behind ears for morning sickness, nausea, or travel sickness	dilute and apply to abdomen; on the bone behind the ears; as a compress; sniff
^{Le}Insight	
for the citrus lover; <i>identity issues</i> ; 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 and 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
^{Le}Intention	
<i>stimulates and calms the amygdala</i> ; stabilizes blood pressure fluctuations; increases circulation; builds and sustains energy levels; prevents gallbladder inflammation; increases nutrient absorption; tones and cleanses the liver; boosts metabolism	use in bath; diffuse; excellent massage oil; can be applied anywhere on the body
^{Le}IQ	
believed to carry oxygen and nutrients to brain increasing mental capacity and alertness; aids <i>concentration</i> ; for nervous system; stimulating, use when faint or going into shock; aids in completing projects when tired	diffuse or sniff to reduce brain fog; wear as perfume; apply to neck, throat and beneath the nose
^{Le}Julia	
soothes emotions; allows 'knots' in stomach and colon to relax; letting go of tightly held emotions; emotion caused nausea, <i>gas or constipation</i> ; pancreatic stress; created for infants but proving helpful for adults as well	dilute especially well for children; apply to abdomen or the bottoms of the feet; nice when diffused
^{Le}Journey	
<i>tones & cleanses body</i> ; immune system builder; effective against colds and flu; removes dead tissue, both internally and externally; aids in learning from life's experiences; sense of harmony within ourselves	dilute well for skin, contains cinnamon and cassia; apply to feet or chest; <i>diffuse carefully</i>
^{Le}Kadence	
use for exhaustion, worry and physical weakness; reduces inflammation in and around heart; <i>heart palpitations</i> ; 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 ^{Le} GoodNite but spicy and uplifting

^{Le}Key to My Heart	
stabilizes and opens the emotional and electrical rhythms of the heart; <i>improves the pericardium</i> ; lowers blood pressure; increases stamina; improves energy levels; creates enthusiasm for life	apply to chest and over heart; layer with ^{Le} Vitality; diffuse; use as perfume
^{Le}Kindred Spirit	
comforting and invigorating; helps establish <i>patience and tolerance</i> ; provides a willingness to embrace new things	use as a perfume; diffuse; in the bath
^{Le}Letting Go	
<i>releases anger, resentment, negativity and frustration</i> ; clears emotions and toxins from liver; creates feelings of tolerance, compassion, safety and trust for ourselves and others; use when progress in physical or emotional healing has been halted	in a bath; as perfume or cologne; behind the ears, on the feet, directly over liver area; diffuse; use frequently
^{Le}LifeForce	
<i>raises overall body frequency</i> ; improves response to stress; builds strengthens, and supports the immune system and adrenal glands; speeds recovery from accident or illness; reduces fever; detox from poisons and meds; earache; bronchitis; cleanses air	diffuse; dilute and apply along spine or on feet (see note for ^{Le} Deliverance); use w/ ^{Le} Endo Relief in cold and flu season
^{Le}LiteN	
improves <i>metabolic function</i> ; balances blood sugar; stabilizes hormones; encourages a desire for fitness and vitality	apply to wrists; inhale frequently; diffuse in home or workplace
^{Le}LivN	
<i>blood and liver cleanser</i> ; eliminates fatty cells and toxins; improves immune function; increases energy and stamina; restores resilience and equilibrium	dilute and apply to the feet or the abdomen; use in bath or shower
^{Le}Magi	
promotes <i>clearness and intuition</i> ; opens solar plexus and crown chakras; provides protection from negative energy and emotions; loneliness; low self-esteem; improves concept of the value of a person's contribution	diffuse; put on the crown in a clockwise motion; on solar plexus and thymus; wear as a perfume
^{Le}Mariah	
<i>use against virulent flu strains</i> to help with accompanying respiratory symptoms; layer with ^{Le} Revitalize for endocrine support and ^{Le} Vitality to protect the heart during the illness	diffuse to aid in clearing lungs; dilute and apply to feet, back and chest areas frequently

LeMeditation	
improves decision making ability; for spiritual pondering, studying, and communication; breaking negative thought patterns	apply to bumps on forehead; crown of head; shoulders, back of the neck
LeMelaPlus	
antiseptic for cleaning cuts and scrapes ; use for burns, rashes, insect bites, cold sores, odors; anti-bacterial, anti-fungal	apply topically to areas of concern; diffuse to dispel odors
LeMillenia	
aligns physical structures and electrical energies ; builds courage, confidence and self-esteem; helps maintain integrity of connective tissues; provides courage to move forward, tenacity; improved self-expression; fosters independence of spirit; use with LeTranquility for ADHD in children; balances all meridians	apply locally, along the spine or along the inside of the foot from toe to heel; diffuse; in the bath or shower; on bottoms of feet-especially for boys
LeMoonlight	
helps connecting to and appreciating your partner; delight in the sensual and passionate ; achieving emotional depth in personal relationships; aphrodisiac	in the bath; wear as a perfume; dilute and use for a sensual massage
LeMyGraine	
migraine and stress related headaches with or without accompanying nausea; use for depression, neck injuries and circulation to the head; excellent for some types of depression	apply to temples, back of neck, or forehead; in bath; diffused; carry in pocket with inhaler and sniff as needed
LeNoMore	
nail fungus ; athlete's foot; fungal based rashes; disinfecting and preventing mold growth around the home; strong anti-microbial	diffuse; apply to skin diluted with water if fungal; can irritate skin
LePaine	
strongly analgesic ; improves circulation; aids healing by bringing oxygen to injured area; anti-inflammatory ; calming to nerves; osteoporosis; bone spurs	apply to the area of concern; layer with LePatches , LeDeeper , and LeMillenia
LePatches	
repair and healing of damaged tissues, tendons, and ligaments ; anti-inflammatory; induces oxygen and blood flow to injured tissue; repairs broken energy in chakras and 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

LePurify	
kills odors , bacteria, molds, fungus; apply to spider bites, insect stings; use to repel insects and mice; use for dental abscesses; eating disorders	diffuse to purify the air; apply topically; place in air vents; spray for odors
LeQuietEssence	
promotes deep states of restful sleep ; lifts the mood, fights depression; balances all meridians; encourages understanding; helps with nervous tension; muscle spasms; neuralgia; premenstrual symptoms	apply to nerve-rich areas such as back of neck, coccyx, fingers and toes; diffuse; in bath; as massage oil
LeReconciliation	
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 and mistrust	diffuse; wear as a perfume; use for a massage oil; feels like a warm blanket covering ourselves and our loved ones, near or far away
LeReflections	
excellent balancer for the kidneys ; kidney stones; arthritis; bladder inflammation; helps with issues of fear, past or present	use as a compress over kidneys; add to bath
LeRefreshMint	
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
LeRevitalize	
cleanses and supports the liver and lymphatic system; digestive aid; overall rejuvenation; builds stamina and endurance; helps manage anger; works well with addictions; improves vitality; boosts energy	as a compress over liver; dilute well for massage; apply over the liver; on bottoms of feet; along spine
LeSafeGuard	
strengthens the digestive system; anti-parasitic ; establishes proper pH balance of colon and intestines	over the abdominal area several times each day
LeSanctuary	
promotes feelings of contentment, faith, protection, safety and security ; aids in listening and trusting intuition; provides harmony in all of the chakras and central/governing meridian; soothing to nervous and respiratory systems; develops wisdom and good judgement to trust in our decisions	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

LeSego Lily	
<i>promotes skin elasticity</i> ; slows the process of aging; reduces the appearance of wrinkles; relieves itching of hives and allergies; provides calmness during a crises; creates feelings of love; uplifting	diffuse; wear as a perfume; on wrists; diluted as a massage oil; in bath
LeSimplicity	
the oils in this blend target HSV-1 and HSV-2 (<i>Herpes Simplex</i>) viruses; attacks 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
LeSolitude	
creates an atmosphere of <i>peace and happiness</i> ; regenerates emotional and spiritual reserves; promotes peaceful sleep and quiet meditations; skin and vein health; restores joy; tension headaches; helps with anxiety and depression	diffuse; place on pillow; use in bath; dilute and apply to problem areas of skin and veins
LeSpiceC	
similar to <i>LeDeliverance</i> but has <i>a less herbal aroma</i> because it lacks thyme and oregano; beneficial to immune, lymphatic and respiratory systems; useful for nervous exhaustion	dilute well to apply; use daily to boost immune system; use as a mouthwash
LeStefanie	
<i>to help fight antibiotic resistant pseudomonas and other bacteria</i> , especially in the lungs and in the respiratory system; for asthma, flu, and colds; anti-inflammatory; instills a positive outlook on life; anti-viral	diffuse to kill airborne germs; sniff; dilute and apply to chest, back and feet; use in inhaler
LeSunburst	
a favorite blend for the citrus lover; relaxing and calming, especially for children; use for insomnia and to promote restful sleep; lymph cleanser; antiseptic; anorexia and and bulimia; <i>purifies drinking water</i> ; improves circulation	diffuse; use in clothes washer & dishwasher; as a perfume; dilute for massage; dilute with water and mist around the house
LeSynopsis	
supports and cleanses the <i>liver and gallbladder</i> ; bloating; constipation; diarrhea; moderates mood swings; lymphatic system	apply to abdomen; feet or any area of concern

LeTendaCare	
use for tired, overworked, strained or injured muscles; <i>sports injuries</i> ; anti-inflammatory; bruises; back pain; sciatica; charley horses; anti-spasmodic; muscle relaxation	dilute and apply to areas of the body as needed; full massage; in bath
LeThermaCare	
aids in <i>reducing high fever</i> from flu bugs; 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
LeTomorrow	
aids in <i>recognizing own potential</i> ; focusing on future possibilities rather than on past mistakes; promotes feelings of hopefulness and calmness and a sense of joy during challenges or during times of change in our lives; helps us attain wisdom and acceptance; promotes unconditional love	diffuse; put in bath; use as a compress; apply over the heart chakra, on wrists or neck; as a perfume; dilute for massage
LeTranquility	
use for panic attacks; depression; helps alleviate <i>anxiety based disorders</i> ; helps reduce insomnia; quiets the mind and helps with feelings of rebellion; aids in understanding all aspects of a situation; ADHD; develops inner strength and confidence; osteoporosis; migraines and tension headaches	with an inhaler under the nose, on the feet or back of neck; in bath; as a perfume; diffuse; on pillow while sleeping
LeTrust	
improves relationships; promotes healthy, balanced acceptance, tolerance, and <i>forgiveness of ourselves</i> and others; improves communication in families; for attitudes of codependency; relief of pain from gallstones and pleurisy; mouth rinse for gum disease; high frequency blend that promotes emotional stability	massaged over the heart or around the navel; behind ears; on wrists; diffuse; sniff; as perfume; for lung meridian
LeTurmoil	
treatment for physical and emotional <i>shock and trauma</i> ; aids in the recovery from accidents or surgery; boosts the immune system; provides 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

LeUnDone	
heals scarring - both emotional and physical; works both externally and internally; rebuilds damaged tissues; encourages new cell growth	excellent massage oil; use in the bath; diffuse
LeUnity	
for physical, emotional and mental well-being and healing; promotes positive attitude and outlook; eliminates quarrels; put on palms then place palms over thymus and navel for over-use of or reaction to essential oil; balances all chakras	diffuse; wear as perfume; on chakras; over heart; on areas of poor circulation; in the bath
LeVallee	
rebuilds skin and muscle tissue; emollient; soothing; combats dryness, skin irritation and flaking; rebuilds nerve cells and nerve networks	dilute with carrier oil and apply to areas of concern
LeVictory	
helps conquer learning disabilities; ADHD and OCD; connects thought patterns; helps separate fantasy from reality; improves attention span; improves self-esteem; reduces fear of failure; rebuilds nerve tissue	apply to top and bottom of big toes; use in the bath, especially before bedtime
LeVisibility	
supports overall vein health; reduces pain and visibility of spider veins on legs and face; prevents bruising and the tendency to bruise; aids in becoming more tolerant, compassionate and forgiving	dilute with carrier and apply to area of concern; use in the tub
LeVision	
for vibrant personalities who have become unfocused or overbearing; reduces anxiety and stress; restores inner strength and resilience; aids in overcoming apathy; improves irritability; promotes self-awareness	diffuse; apply to rims of ears, solar plexus, forehead, chest, excellent in bath; especially at the end of the day
LeVitality	
supports the cardiovascular, circulatory, pulmonary and 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 and heal itself	dilute to apply over heart, along spine, or on the acupressure heart points; sniff; aroma is helpful for shock

LeWakeUp	
aids in feeling wide awake, energetic, joyful and enthusiastic about life and the tasks ahead; encourages us to want everyone to feel as good as we do; helps with hypoglycemia prior to menstrual cycle	diffuse to increase energy levels; dilute to apply to the feet especially on big toe
LeWarmDown	
aids in 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 LePaine	dilute to apply topically; add to bath or soak; has a black licorice aroma—if you don't like that, try LeTendaCare instead
LeWeightless	
lightens the weight of our stress and negativity which is triggering binge eating; eating disorders; cellulite; increased metabolism	diffuse to eliminate odors and bacteria; sniff; add to bath; dilute for massage
LeWhispering Hope	
provides relief from depression and discouragement; gives a sense of potential achievement; coping with stress; for ambivalence about a pregnancy; provides relief from suicidal thoughts; helps with 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, and wrists
LeWisdom	
aids in growing from our experiences and mellowing into wisdom; dwelling in the past; dealing with loss; resisting change; jet lag; fatigue; repressed emotions	diffuse; in bath; dilute and apply over the thymus, on the neck and forehead
LeWithIn	
try for inguinal and hiatal hernias (not for surgical hernias); often best layered with LeMillenia	dilute and apply several times a day to the affected areas
LeWomanWise	
balancing of hormone-driven emotions; relief of various pre-menstrual and menstrual symptoms; headaches; cramping; provides hormone balance during the month between periods; helps with prostate problems in me	diffuse; use in the bath and apply, diluted with carrier oil on the lower abdomen; <i>not for use when pregnant</i>