

December Specials

15% off

Get everyone around you in the

LeHoliday Spirit

LeMagi

LeMy-graine

“for all those holiday headaches”

Frankincense

Myrrh

Spruce





LeHoliday Spirit

Reminiscent of Christmas; brings feelings of happiness and security; desire to hang on to and build relationships with family and friends; increases the Christmas Spirit in your home (or in your favorite Christmas Scrooge!); anti-viral, antiseptic. diffuse, sprinkle on logs, Christmas trees, cedar chips; for use all year round!!

Ingredients: Clove, Cinnamon, Spruce, Tangerine, Orange Bitter

Affinity for: respiratory system, emotions

Aromatic Considerations: delightful holiday fragrance; fond family feeling; air purification

Application: Apply on the crown of the head, pine boughs and cones, cedar chips, logs to burn in fireplace; use as a potpourri.

Resonance: emotional and spiritual

Cautions: Contains cinnamon and can irritate the skin if used without being diluted or if used too frequently.

LeMagi

Derives its name from the Frankincense and Myrrh it contains and the Wise Men (Magi) who brought them as gifts to the Christ Child; favorite of many for feelings of clearness and intuitiveness; helpful with fear of being alone or loneliness; comforting in times of despair.

Ingredients: Angelica, Birch, Myrrh, Frankincense, Juniper, Spruce, Sandalwood

Affinity for: emotions, solar plexus and crown chakras

Aromatic Considerations: Diffuse after spiritual or energy work session to keep negative emotions worked through from reattaching; diffuse to create feelings of reverence and to heighten spirituality

Application: Apply on crown of the head, preferably in a clockwise motion; neck, eye brow, solar plexus, thymus (also clockwise); use as perfume or cologne.

Resonance: low frequency, physical range with profound effects on the emotional and spiritual planes



LeMy-graine

Use for migraine and stress related headaches with or without accompanying nausea; also useful following neck injuries and to open the blood supplies to and from the head; may be useful for some types of depression.

Ingredients: Grapefruit, Chamomile German, Lavender, Helichrysum, Peppermint, Marjoram

Affinity for: nerves, muscles, bones

Aromatic Considerations: very effective for headaches when inhaled

Application: Put on temples, forehead and back of the neck or just open the bottle and inhale deeply. For really tough headaches put 5 drops in a bath and 8-10 drops on a cold washcloth placed at the back of the neck at the same time.

Resonance: physical



Frankincense (*Boswellia carterii*)

Considered a holy oil in the Middle East. It was used in ancient times for improving the communication skills with the Creator. Frankincense contains sesquiterpenes, which recent research indicates crosses the blood-brain barrier to help oxygenate the pineal and pituitary glands. It supports the immune system. When we have a better attitude, we have a stronger immune system Most Valuable Uses: Skin diseases or disorders, circulation problems, hemorrhoids, coughs, colds, bronchitis, rheumatism, urinary tract infections, antiseptic, antibacterial, depress, general tonic, mental fatigue, headaches, laryngitis, nervous conditions, pneumonia, sores, stress, tension, ulcers and sciatic pain.

Ingredient In: LeAcknowledge, LeAssurance, LeBalance, LeBelieve, LeBountiful, LeEternity, LeEverlasting, LeEz-Traveler, LeFaith, LeGrateful Heart, LeInner Peace, LeIQ, LeJourney, LeLife Force, LeMagi, LeMeditation, LeTomorrow, LeTrust, LeTurmoil, LeUnity

Therapeutic Properties: Tonic, stimulant, expectorant, antidepressant, balsamic, antiseptic, revitalizer, anti-catarrrhal, anti-tumoral

Application: Apply to appropriate areas of the feet, directly on area of concern

Aromatic: Use in times of stress, tension, fear, anxiety, and mental exhaustion



Myrrh (*Commiphora myrrha*)

A true gift, although it doesn't have a pleasing aroma! When we open our hearts and minds to receive the gifts of the spirit and of the material world, they will be given. Other Valuable Uses: Asthma, bronchitis, coughs, diarrhea, digestion, dyspepsia, (impaired digestion), flatulence, fungal infection, gingivitis, gum infections, hemorrhoids, hypo-thyroid problems, mouth ulcers, prostate gland decongest, ringworm, sore throats, skin conditions (athletes foot, chapped & cracked skin, eczema), stretch marks, vaginal thrush, viral hepatitis, wrinkles, wounds, chilliness

Ingredient In: LeBenediction, LeBountiful, LeDeeper, LeEz-Traveler, LeGrateful Heart, LeMagi, LeMeditation, LeWhispering Hope

Therapeutic Properties: Anti-inflammatory, pectoral, antiseptic, anti-spasmodic, cicatrivative, balsamic, expectorant, anti-fungal, astringent, vulnerary, soporific

Application: Apply to appropriate areas on the feet, or directly on areas of concern

Aromatic: Has been used in meditation for centuries, said to improve appetite, particularly after a long illness



Spruce (*Picea marianna*)

Creates the symbolic effect of the umbrella which protects the earth and brings energy in from the universe. At night the animals in the wild lie down under a tree for the protection, recharging, and rejuvenation the trees bring them. Spruce is grounding to the Solar Plexus and stimulating to the thymus, creating the feeling of balance necessary to receive and to give. It also helps one release emotional blocks. It may be beneficial for bone pain and aching joints. Valuable Uses: Arthritis, candida, glandular system, hyper-thyroidism, nervous system, prostate, respiratory system, rheumatism, sciatica pain, general tonic

Ingredient In: LeAspire, LeAssurance, LeBenediction, LeConnection, LeDeeper, LeDiscernment, LeDreams, LeEverlasting, Holiday Spirit, LeInner Peace, LeMagi, LeMeditation, LeMillenia, LeSanctuary, LeTrust, LeUnity, LeVision, LeWhispering Hope, LeWisdom

Therapeutic Properties: Anti-infectious, anti-inflammatory, anti-spasmodic, cortisone-like

Application: Apply to appropriate areas on the feet, directly on areas of concern

Aromatic: Slightly sweeter and less pungent than pine, calming, encourages communication

Essential Oil Symposium

Sponsored by Butterfly Express
LLC®



Saturday, January 5th 2008

8:00 a.m.- 6:00 p.m.



This is a great chance
to learn about Essential Oils,
how to use them,
how they can benefit you.

Two intensive Oil Seminars



Taught by



LaRee Westover

of Butterfly Expressions LLC

&

Sharon Moran

of Touch the Earth LLC

1st session from 9:00-11:30

2nd session from 1:00 -3:30

Introducing our new
Personal Aromatherapy Inhalers

 **FREE** with purchase
at the symposium

A variety of Mini Classes & Booths

Available throughout the day

- Avian Flu and SARS info
- Foot Zone Therapy
- Cranial Sacral
- Understanding Essential Oils through Botanical Life Cycles
- Essential Oils for Pregnancy & Childbirth
- Acupuncture
- Surviving the Flu Seasons / Sound Therapy for Healing
- Dealing with Functional Disturbances



Davis Conference Center

1651 North 700 West

Layton, UT

visit www.butterflyexpress.net for directions



Get your complimentary tickets

208-747-3021

Tickets will be \$5.00 at the door

Schedule of Events

| Meridian Ballroom | | |
|--------------------------|--|--|
| 8:00-9:00 | Registration | |
| 8:45-9:00 | Welcome | <i>Val Westover</i> |
| 9:00-11:30 | Oil Seminar Class book available 50% off | <i>LaRee Westover & Sharon Moran</i> |
| 11:45-12:30 Mini Class | Understanding Essential Oils through Botanical Life Cycles | <i>LaRee Westover</i> |
| 12:30-1:00 | Lunch | |
| 1:00-3:30 | Oil Seminar Class book available 50% off | <i>LaRee Westover & Sharon Moran</i> |
| 4:00 - 4:45 Mini Class | Essential Oils for Pregnancy & Childbirth | <i>LaRee Westover</i> |
| 5:00-5:15 | Symposium Summary Grand Prize Drawing | <i>Val Westover</i> |
| 5:15-5:45 | Wholesale Information / Questions & Answers | <i>Sharon Moran</i> |

| Twilight Room Mini Classes | | |
|-----------------------------------|--|-----------------------|
| 9:00-9:45 | Acupuncture | <i>David Flater</i> |
| 10:00-10:45 | Foot Zone - we do feet | <i>Brad Noal</i> |
| 11:00-11:45 | Surviving the Flu Season / Sound Therapy for Healing | <i>Linda Griffith</i> |
| 12:00-12:45 | <u>Class taught in the ballroom</u> | <i>LaRee Westover</i> |
| 1:00-1:45 | Foot Zone Therapy | <i>Kris Anderson</i> |
| 2:00-2:45 | Cranial Sacral | <i>Sid Napper</i> |
| 3:00-3:45 | Dealing with Functional Disturbances | <i>Karen Metzler</i> |
| 4:00-4:45 | <u>Class taught in the ballroom</u> | <i>LaRee Westover</i> |



Exhibit hall open 9:00 - 6:00

