

Butterfly Express^{LLC}®



December Specials



15% off

LeAngel



LeDreams



LeVisibility



Marjoram



Peppermint

Mentha arvensis

Vanilla



Buy all six and receive 20% off

1-888-747-3021





LeAngel

Release of traumatic memories connected to negative experiences of various kinds; particularly effective for feelings of insecurity, helplessness and rage resulting from childhood abuse, both sexual and otherwise; has an affect on stored anger held in the liver - seems to clear both the negative energy and the physical toxic build-up. It is a simple, yet beautiful fragrance.

Ingredients: geranium, balsam, lavender

Special Affinity for: all energy centers (chakras) amazing!

Aromatic Information: often brings memories of a time or place when one felt safe and loved; helps sort the feelings of confusion, anger at themselves, and misplaced guilt because 'they let whatever it was happen' that adults who were abused as children often feel

Application: apply over energy centers (chakras) or on the temples, diffuse, use in the tub or wear as a perfume

Resonance: emotional, spiritual



Peppermint (*Mentha arvensis*)

Peppermint - mentha arvensis (Wild Mint or Field Mint)

Mentha arvensis has a delightful, mildly sweet aroma which is less intense than Mentha piperita. It is reminiscent of candy canes. Like all peppermint, it is soothing in small amounts and strongly stimulating in larger amounts. Mentha arvensis has a higher menthol content than Mentha piperita, making it a natural analgesic and helping to reduce inflammation in damaged tissues. It is also helpful for stress-related conditions such as headaches, insomnia and nervous tension.

Therapeutic Properties: tonic, cytophylactic, anti-infectious, antiseptic, decongestant, antibiotic, anti-fungal, anti-depressant, anti-toxic, astringent, calmative, nervine, anti-inflammatory, to the nerves and the prostate

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

Aromatic: refreshing, energizing, stimulating, uplifting

Contra-indications: can cause skin irritation, use extreme caution in the bath. Peppermint is very strong and the toxin dump can be quite severe; use extreme caution if pregnant or when using with small children. Placing one drop of peppermint under the tongue and breathing past has been known to stop asthma attack or clear the nasal passages and sinus cavities



LeVisibility

Useful for promoting capillary health and for reducing the visibility and pain of broken or weak capillaries. Capillaries are the finest branches of the blood vessel system and can be easily damaged; unsightly on the face and as 'spider veins' on the legs, they can be quite painful.

Ingredients: geranium, cypress, hyssop, sweet orange

Affinity for: vein and capillary health

Application: dilute and apply to areas of concern

Resonance: physical



Vanilla (*Vanilla planifolia*)

Vanilla is warming and welcoming; can be quite romantic; eases stress, anger and frustration; gives feelings of comfort and promotes confidence in one's ability to listen to inspiration and the guidance of the Spirit; has such a wonderful aroma that even if it had no medicinal qualities at all, I would have it around for the scent alone; is wonderful added to any blend, but is heavier than most oils so blends that it is in must be shaken before each use.

Ingredient In: ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Believe

Application: usually diffused or used in candles, etc.

Aromatic: uplifting and calming



LeDreams

Use for insomnia due to negative emotions and nightmares; loved by children who are nervous in the dark or when left alone; (if nightmares persist, continue to use the oil until whatever is in the subconscious has been released); helps us keep our dreams in sight and realize our potential without becoming self-centered or selfish.

Ingredients: bergamot, blue tansy, benzoin, German chamomile, spruce, sandalwood, juniper

Affinity for: 3rd eye or brow chakra; throat and crown chakras; emotional balance

Aromatic Considerations: beautiful aroma, can be diffused during the day for meditation or pleasure

but best at night **Application:** apply on the forehead, eyebrows, temples, behind the ears, base of neck, as perfume or cologne; on the pillow, in a bath

Resonance: physical and emotional

Marjoram (*Marjorana hortensis*)

Was known as the 'herb of happiness' to the Romans and 'joy of the mountain' to the Greeks. Can be used as a muscle relaxant and for muscular stiffness, bronchitis, colds, head congestion, constipation, internal cleansing, circulation, feeling cold, menstrual problems, tension, anxiety, general debility, sore throats, tension or circulation headaches, arthritis, asthma, high blood pressure, boils, bruises, burns, carbuncles, cramps, cuts, fungus and viral infections, insomnia, hysteria, migraine headaches, neuralgia, ringworm, shingles, shock, sprain, sunburns; increases the tone of the parasympathetic nerves and augments intestinal peristalsis.

Ingredient In: ^{Le}Aspire, ^{Le}Balance, ^{Le}My-Graine, ^{Le}Solitude, ^{Le}Tenda Care, ^{Le}Vitality, ^{Le}Warm Down, ^{Le}Woman Wise

Therapeutic Properties: anti-spasmodic, arterial vasodilator, expectorant, digestive, analgesic, calming, sedative, antitussive, antiseptic, antibiotic, anti-infectious, diuretic, emmenagogue

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

Aromatic: promotes restful sleep and feelings of calmness and self-control

Contra-indications: mild use only during pregnancy

A Study in Cranio-Sacral Therapy

THIS CLASS IS:

- an introduction to the basic concepts and techniques of Cranio-Sacral Therapy
- methods in which body workers can incorporate this modality into their practices

INSTRUCTOR:

Sid Napper, who practices light-touch, energy therapies in Salt Lake City, is an instructor at the Myotherapy College of Utah. He received advanced training in BioMechanical Cranio-Sacral Therapy through the Upledger and Milne Institutes, as well as advanced training with Michael Shea in BioDynamic Cranio-Sacral Therapy. He has practiced and taught Cranio-Sacral Therapy for fifteen years and considers it to be one of the most powerful and gently effective therapies that he has ever learned.

OBJECTIVES: Each student will learn the following:

- The history of Cranio-Sacral Therapy
- Terminology and anatomy of the craniosacral system
 - Basic understanding of cranial rhythms and their palpation
 - Still point induction
- Fascial, dural and “diaphragm” release techniques
- Cranial Vault release techniques
- V-spread and other energy techniques
- Basic protocols for Cranio-Sacral Therapy
- Causes and resulting health problems associated with restrictions of the craniosacral system and how to release those restrictions

PREREQUISITE:

A desire to learn ways to help people

TIME AND LOCATION:

Classes will be held at the Butterfly Express^{LLC}® offices in Clifton, ID. Classes will be taught Jan. 21, 22, 23, and 24, 2009 from 9:00 A.M. until 5:00 P.M. Lunches will be potluck.

CLASS FEE:

\$495. A discount of \$50 dollars will be given if class fee is paid in full and received by thirty (30) before first class day. Please send check or money order to Sid Napper, 1210 West 4365 South #3D Salt Lake City, UT 84123. Please include your name, address, phone number, and E-mail address with your payment.

If you need additional information, please contact Sid at 801-891-3369 or 801-281-9559.

Learn to Foot Zone



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If you would like to learn to Foot Zone,
call for Seminar Schedule

Health Tip:

Disinfect your toothbrush BEFORE you use it.

Dip your brush in ^{Le}Deliverance or ^{Le}Spice C mouthwash or add a drop before brushing

Butterfly Express

LLC®

wants to wish you a

Merry Christmas

Receive a 10 ml bottle of cedarwood FREE with any \$50 purchase in the month of December

Cedarwood

Cedrus deodora

Cedarwood, *Cedrus deodora*, has a dry, woody aroma with a slight camphoraceous overtone and a hint of spice. It is sometimes called Tibetan cedarwood or Himalayan cedarwood.

Cedarwood is a very good astringent, making it useful in the treatment of asthma, cellulite and water retention. It is also helpful as an antiseptic as well as an anti fungal. In fact, Himalayan cedarwood has shown promise in India to have insecticidal and anti fungal properties, giving it some potential for the control of fungal deterioration of spices during storage. Try putting some on cotton balls around your storage containers.

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Check out the “NEW”

Grab and Go Emergency Kit



Homeopathic Kit

Tincture Kit

Essential Oil Kit

on our website @
www.butterflyexpress.net