



Butterfly Express<sup>LLC</sup>®



# February Specials

15% off



Le Deeper

Le Deliverance



Le Solitude

Bergamot

Clary Sage



Rosewood

Buy all six and receive 20% off



**FREE Shipping** on all web orders

through the month of February



1-888-747-3021



[visit www.butterflyexpress.net](http://www.butterflyexpress.net)



# Upcoming Chrysalis Energy Class

Stage 1 of 6 is starting

March 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup>

Each stage is 4 days.

The dates for the following stages will be determined at the first class.

Don't miss this opportunity to learn

- healing with energy
- essential oils
- homeopathy
- herbal medicine
- and so much more

call us for more information @ 208-747-3009

or visit our website @ [http://butterflyexpressions.org/Handouts/Course\\_Outline.pdf](http://butterflyexpressions.org/Handouts/Course_Outline.pdf)

## Health Tip:

LET GO OF ANGER, FRUSTRATION AND RESENTMENT

# Free shipping

on all web orders

through February 2009

go to [www.ButterflyExpress.net](http://www.ButterflyExpress.net)

+ receive a **FREE** 10ml

*LeKey to My Heart*

on all orders over \$150.00

**Ingredients:** balsam, cypress, geranium, helichrysum, mandarin, sweet orange, palmarosa, ylang ylang

*This oil is not available through our store*

## LeKey to My Heart

Effective and delightful blend for the cardiovascular and circulatory systems; helps improve the situation in a very loving and passionate way, allowing the heart to “unlock” and reduce the stress being put on the heart - both physically and emotionally; helps normalize high blood pressure, use for shock and to increase the stamina in the sick and elderly

**Affinity for:** cardiovascular and circulatory systems, heart chakra

**Aromatic Considerations:** use for shock to increase vitality; use for stubborn, stress related problems

**Application:** apply over heart, on the feet; diffuse

**Resonance:** physical, emotional



## Clary Sage (*Salvia sclarea*)

Regulates and strengthens cell structure and balances hormones; may calm and enhance the dream state of sleep, bringing about a feeling of contentment; for those who are hyper-sensitive and find fault with everyone when over tired; for people who show a pattern of continually choosing the wrong friends; use for muscular fatigue, menstrual problems & cramping, PMS, fertility, frigidity, impotence, menopausal problems, hemorrhoids, kidneys, bronchitis, throat infections, whooping cough, intestinal cramps, weak digestion, excessive perspiration, nervous tension; use with caution during pregnancy and is not for use with babies; avoid during and after consumption of alcohol. This is an example of a single oil being quite 'tricky' to use but as a small percentage of a blend, it can be used safely and effectively in most situations.

**Ingredient In:** <sup>Le</sup>Balance, <sup>Le</sup>Exhilaration, <sup>Le</sup>Tomorrow, <sup>Le</sup>Woman Wise



**Therapeutic Properties:** may regulate cells and balance hormones, antiseptic, calmative, tonic, emmenagogue, anti-infectious, antispasmodic, anti-sudorific, aphrodisiac, nerve tonic, nervine, estrogen-like properties

**Application:** appropriate areas on feet, directly on areas of concern

**Aromatic:** may reduce stress and tension and encourage communication; pleasant aroma but difficult to describe - has elements of earthiness, a fruit layer with floral, nutty and herbaceous aromas all at the same time

**Contra-indications:** avoid, or use with extreme caution, during pregnancy; not to be used with children; avoid if consuming alcohol; not in the bath; best when diffused; low doses are sufficient



## <sup>Le</sup>Deeper

Contains deep penetrating, anti-inflammatory oils which are effective in relieving pain deep in tissues and nerves; use for sciatica, arthritis or injuries with bruising and nerve damage.

**Ingredients:** birch, eucalyptus, helichrysum, peppermint, lemongrass, myrrh, spruce, wintergreen

**Affinity for:** muscles, bones, nerves

**Application:** apply on location, use in bath for general aches or over exertion; use in the bath or diluted and applied to abdomen and back for pre-menstrual cramps and pain. (Can be used alternately with <sup>Le</sup>Paine.)

**Resonance:** physical

**Cautions:** strong so dilute well; caution during pregnancy and if epileptic or if individual has high blood pressure



## Rosewood (*Aniba rosaeodora*)

Brings a synergy to all the oils used in a blend; soothing to the skin, appealing to the mind and relaxing to the body; creates a feeling of peace and gentleness necessary to give and receive; can be helpful in releasing emotional blocks; beneficial for bone and joint pain; recognized for the ability to get rid of candida on the skin and slow the aging process; use for cuts, nausea, oral infections, skin care (eczema, acne, dry skin, etc.), tissue regeneration, vaginitis, and wounds.

**Ingredient In:** <sup>Le</sup>Acknowledge, <sup>Le</sup>Baby Me, <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Discernment, <sup>Le</sup>Everlasting, <sup>Le</sup>Exhilaration, <sup>Le</sup>Faith, <sup>Le</sup>Focus, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Heart Song, <sup>Le</sup>Inner Peace, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>Sego Lily, <sup>Le</sup>Solitude, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil

**Therapeutic Properties:** anti-bacterial, anti-fungal, anti-infectious, emollient, tonic

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

**Aromatic:** pleasant, evokes a peaceful, gentle atmosphere



## Bergamot (*Citrus bergamia*)

Soothing to the endocrine system, emotions and hormones; diffuse to feel 'young-at-heart'; aids with inner despair that is masked by cheerfulness; good for depression, stress, fear, hysteria, anorexia, loss of appetite, psoriasis, nervous eczema, emotional crisis, convalescence; helps us find peace when our heart hurts for other's distress; alleviates infections, sore throat, bronchitis, coughs, cold sores, colic, spot varicose veins, thrush, ulcers, vaginal candida, and intestinal parasites. Use as an insect repellent and on insect bites and on wounds.

**Ingredient In:** <sup>Le</sup>Baby Me, <sup>Le</sup>Beloved, <sup>Le</sup>Dreams, <sup>Le</sup>Everlasting, <sup>Le</sup>Faith, <sup>Le</sup>Heart Song, <sup>Le</sup>Revitalize

**Therapeutic Properties:** antiseptic, antibiotic, anti-spasmodic, stomachic, antidepressant, calmative, febrifuge, vermifuge

**Application:** appropriate areas on feet, directly on areas of concern, diffused

**Aromatic:** has a refreshing and uplifting quality

**Contra-indications:** repeated use can result in extreme contact sensitization; bergamot contains bergaptene, which is phototoxic (increases the effect of sunlight): avoid direct sunlight after use



## <sup>Le</sup>Solitude

Useful in creating an atmosphere of peace and quiet in which to regenerate and rebuild emotional reserves; brings peace and happiness to mind and body; useful in overcoming depression; coping with anxiety; stimulating digestion; maintaining cardiovascular health; useful for varicose veins, spider veins and to promote capillary health; aids in peaceful sleep; can be used as a muscle relaxant; relieves tension headaches; moisturizes dry skin; treats eczema.

**Ingredients:** marjoram, sweet orange, lavender, German chamomile, rosewood

**Affinity for:** cardiovascular system, skin, emotional health; heart chakra

**Aromatic Considerations:** calming and de-stressing; relaxes one into sleep

**Application:** apply to areas of concern; use in the bath; dilute as a massage oil; dilute and apply to the feet

**Resonance:** physical and emotional



## <sup>Le</sup>Deliverance

Strengthens the immune system; eliminates bacteria, fungus and is a potent anti-viral; use for respiratory illnesses, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, infections, athlete's foot, toenail fungus, slivers; a truly great oil; always have this one on hand going into the winter season.

**Ingredients:** clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano

**Affinity for:** immune system, lymphatic system, skin

**Aromatic Considerations:** diffuse periodically for one half hour at a time, during the cold/flu season to eliminate air-borne critters

**Application:** soak the family toothbrushes; place a drop on toothbrush at least once a day; add to dish water if anyone in the family is ill; apply <sup>Le</sup>Deliverance alternately with <sup>Le</sup>Life Force - one on the K1's (acupressure points on the feet) and the other on the thymus in the evening, then in the opposite positions first thing in the morning; very effective against really nasty stuff

**Resonance:** physical, emotional, spiritual



# Learn to Foot Zone

## Seminar Schedule For The New Year

Dates are set for the first of nine seminars.

South Town  
March 6th and 7th

For more information Call Kris @ 801-347-7980  
E-mail: [SoleExperienceSeminars@live.com](mailto:SoleExperienceSeminars@live.com)



Are You into Feet?

## Zone Balance Classes

*Jeanne Hair Harold*

Practitioner and Instructor for almost 20 years

Taught and trained with Katri Nordblom for 14 years, studied with Dr. Charles Ersdall, spent 15 years studying other health modalities and health care. Classes taught in 7 months, work with students schedules. Classes being taught in Lewiston UT. starting in February. Orem UT. Classes start in March.

- Learn Anatomy Physiology and how the body heals itself if it has what it needs.
- Prepare for hard times ahead by being self sufficient caring for your children by building immunity for things to come.
- Be self-employed while blessing those you work with, with better health, improved quality of life. Learn techniques of healing sickness in your home without harmful drugs and chemicals.

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