LeFocus

Useful in overcoming negative thought patterns and self-defeating behaviors; alleviates mental confusion and increases levels of mental alertness.
Ingredients: Nutmet, Sandalwood, Sage, Ginger, Cinnamon, Patchouli, Rosewood
Affinity for: nervous system and emotional balance
Aromatic Considerations: as listed above
Application: Apply to feet, directly to areas of concern; on wrists, temples; add to bath, dilute for use as a massage oil.
Resonance: physical and emotional
Cautions: This blend contains nutmeg, cinnamon, and sage - use with care if susceptible to seizures or are pregnant; repeated use could result in skin irritation, even when diluted well. It is a wonderful oil, just use reasonable caution and good judgement.

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