LeWarm Down

Tight, sore, tired, and aching muscles; muscle spasms; sprains and sports injuries; anti-inflammatory; torn or stretched ligaments and muscles; fatigue; joint and back pain; bursitis; charley horses; arthritis; stress headaches. Add to bath water; dilute with carrier oil for body massage.

Ingredients: Lavender, Basil, Cypress, Marjoram

Affinity for: muscles, bones, respiratory system

Application: Apply diluted on location for all muscles, neck, feet. Often used in conjunction with LePaine; use with LeMillenia to improve and correct structural alignment.

Resonance: physical

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