

# Better Half Kit

The Better Half Kit is designed to focus on and spoil your better half. Diffusing <sup>Le</sup>Tranquility or <sup>Le</sup>Unity will help the atmosphere become more relaxing, relieve stress and help relationships grow stronger. Use this kit to build understanding and tolerance. This kit also contains some great massage oils like <sup>Le</sup>Intensity and <sup>Le</sup>Paine. Everything you need to pamper your Better Half.

## <sup>Le</sup>Intensity

<sup>Le</sup>Intensity is good for improving mood and mental clarity. It can help with nervous depression, bringing warmth and light to your heart and emotions. <sup>Le</sup>Intensity was created to use the wonderful healing and pain-relieving properties of Hemp essential oil. Hemp and the other oils in this blend are great for pain management, muscle relaxation, re-establishing good blood supply to tissues, reducing inflammation, and promoting healing. This blend is amazing for any kind of physical pain, and for any muscle or connective tissue injury. The Capsicum in this blend makes it especially beneficial for arthritis. <sup>Le</sup>Intensity should be diluted before being applied to the skin. This blend can produce intense heat depending on how much is used and where it is applied. Water can reactivate and intensify this blend, even hours after it has been applied. Many people feel <sup>Le</sup>Intensity is too strong for use in the bath. Care should be taken to dilute well especially for those with sensitive skin. Not for use with children or pregnant women. The camphor in this blend may temporarily negate homeopathics. If you are using homeopathics it is best to use them a couple hours before or after using this blend.

## <sup>Le</sup>Tranquility

<sup>Le</sup>Tranquility can help us develop inner strength, patience, understanding, and confidence. <sup>Le</sup>Tranquility promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. Helps alleviate anxiety based disorders; helps reduce insomnia; quiets the mind and helps with feelings of rebellion; aids in understanding all aspects of a situation; helps develop inner strength and confidence; useful for migraines and tension headaches. A wonderful oil in the diffuser.

## Coconut Oil

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. Doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is considered one of the best carrier oils.

## <sup>Le</sup>Paine

<sup>Le</sup>Paine is a very refreshing essential oil blend. It is like a breath of fresh air for the mind, bringing instant clarity. As you can see, <sup>Le</sup>Paine is much more than a pain reliever, although it is strongly analgesic. It promotes quicker healing by bringing oxygen to the injured area and increasing circulation. <sup>Le</sup>Paine is anti-inflammatory, antispasmodic, and calming to nerves. This essential oil blend can be used for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, headaches, osteoporosis, bone spurs, bursitis, back pain, and bruising. <sup>Le</sup>Paine contains essential oils that make it useful as a muscle relaxant and as a respiratory oil. <sup>Le</sup>Paine should be diluted and applied to the area where the pain is located. It can also be used very effectively as a compress. If you use <sup>Le</sup>Paine in the tub or shower for pain relief or muscle relaxation, use no more than 2 or 3 drops.

## <sup>Le</sup>Unity

<sup>Le</sup>Unity promotes harmony within ourselves, with others around us, and with our Creator. It helps us work with others in a relationship of cooperation, patience, and tolerance. This is the greatest essential oil product I know of for fostering a sense of physical and mental well-being. It can rid us of stubbornness, anger, judgement, and jealousy. Frequent use can promote unity among family members. This essential oil blend has to be experienced to be believed. I love to use this one in a diffuser or bath.