

# Mini Starter Kit

The Mini Starter Kit is a great kit to get you started. Wonderful as a gift too. It has the top 6 oils that everyone should have plus 2 of our most popular carrier oils and a miracle salve. Miracle salve is a great moisturizer and salve. It has numerous healing properties and is our personal favorite. The Mini Starter kit helps with breathing issues, pain, sickness, aligns physical and mental structures, skin conditions and helps with focusing and concentrating, just to name a few. This mini kit packs a punch with the abilities it can help with. It is a must have!

## LeBreezey

LeBreezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits and brings a sense of confidence and self-worth. LeBreezey has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. LeBreezey should also be tried for colds, asthma, allergies, sinus congestion, and flu. It makes an excellent muscle relaxant and pain reliever when you do not have LeWarmDown or LeDeeper handy.

## LeDeliverance

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, general infections, athlete's foot, toenail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time). Frequent and consistent use of LeDeliverance strengthens the immune system and helps the lymph system to drain.

## Lavender

Lavender gives us the feeling of total and unchanging support around us. Lavender promotes faith, even in the hard times. It can help us move from judgement to kindness and generosity. Lavender can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is effective for muscle strains and sprains, cramps, and wound healing.

## Almond Oil

Sweet almond oil is easily the most popular carrier oil for many reasons. Almond oil is inexpensive and absorbs into the skin quite quickly. Almond oil is rich in vitamins A, B, and E, all of which are beneficial nutrients for healthy skin. Almond oil contains, along with the vitamins mentioned above, heart healthy fats, potassium and folic acid. Almond oil works well as a carrier, and you can also cook with it.

## Miracle Salve

This salve is incredibly healing. Herbal salves are wonderful things! They are convenient to use and very powerful. Miracle Salve is useful for burns (everything from sunburns to very serious burns), cuts/wounds (it will help it heal as well as preventing/fighting infection and minimizing scar tissue), rashes, dry or cracked skin, and just about anything else you can think of. You can use it by itself, or use it as a carrier oil to apply your essential oils.

## LeDeeper

LeDeeper contains penetrating, anti-inflammatory oils which aids in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage. LeDeeper increases blood and lymph circulation to the extremities, making it an effective choice for neuropathy and fibromyalgia. This blend often brings instant relief when applied to the abdomen and back for pre-menstrual cramps. Other important uses for LeDeeper are pain relief with shingles and bursitis. Dilute and apply to the skin. Excellent in the bath.

## LeMillenia

Diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. Place anywhere on body. LeMillenia is described as "Chiropractor in a bottle". It aligns physical structures, electrical energies of the body, balances every meridian, and energizes every chakra. It maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. LeMillenia balances the moisture and fluid levels in the body. Use with LeTranquility for ADHD and hyperactivity.

## Peppermint

Peppermint stimulates the mind, increasing the ability to focus and concentrate. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Inhaling peppermint can curb the appetite. Peppermint is useful for muscle pain, inflamed joints, and arthritis. It can be used for headaches and nerve regeneration. Used for the digestive system and in bowel disorders. It is one of the best for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness. It's supportive of prostate function. Dilute well. Not used in the bath.

## 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.