

Synergy and Blended Oils

A blended essential oil combines two or more pure single essential oils in such a manner that the result is an oil blend that is more effective than if those oils had been used separately. When oils are mixed together in the correct order and in the correct proportions, a chemical compound is created that is very particular and very powerful. The frequencies of each single oil seem to act both separately and as part of the unique frequency of the blend. Often a drop or two of the blended oil will accomplish what a drop or two of each of the single oils would do. It will also give you the unique healing properties of the blend itself. As a simple example: the anti-inflammatory properties of chamomile are greatly increased by adding lavender in the correct proportion. This cooperative effort by the ingredients in a blend is referred to as *synergy* or *synergism*. The interaction of particular essential oils upon each other gives a dynamism to the blend which could not be achieved by using the single oils separately.

There are several factors that contribute to the effect that oils have on one another. One factor that drastically affects the properties of an essential oil blend is what kind of 'note' the individual single oils are. The term note, at least in part, refers to the evaporation rate of a single essential oil. Top notes are those oils which evaporate (diffuse into the air) most quickly. Oils that disperse more slowly are considered middle notes and then, finally, base notes are those oils which evaporate the slowest.

In general, base notes are considered to ground our energies. These oils, especially those from the conifer family, ground us to earth while allowing us to keep our vision lofty and pointed toward Heaven. Their impact is often on the lower chakras, or on the energy that vibrates between the crown and the sacral chakra. This energy must vibrate smoothly if we are to be vibrant and healthy.

Middle notes are usually essential oils that are derived from the leaves, seeds, spices, or herbs, and are healing to the individual organs and systems of our bodies. They bring nutrition and balance to us physically. The higher notes, usually fruit or floral oils, resonate with us on emotional and spiritual levels. Individual essential oils contain constituents which cover a limited range of frequencies, and operate on all three levels. A well-done blend operates deeply at many frequency levels in the body. A comparison can be made to listening to 3 violins playing well together, or listening (and responding to) music played by a famous orchestra.

The notes of the individual components of a blend enable it to work on all aspects of a problem and a person in the most correct and effective order. A well-blended oil, comprised of several individual essential oils, works in layers when applied to the body or inhaled. The top note oils clear the spiritual aspects of the situation and then evaporate off. The middle notes, according to their various diffusion rates, clear the emotions and begin working on the digestion, respiration, and metabolism before they evaporate off. Finally, the deeper notes finish the process by stabilizing the physical body and grounding the emotions.

Blended oils have the added advantage of being less likely to cause a reaction or any kind of problem. For example, there is quite a long list of cautions associated with the use of clary sage. However, in a blend, there is rarely more than a very small percentage of this oil. All the best effects of the use of clary sage can be accomplished, along with the benefits of the other oils in the blend, with much less risk of side effects or over-dose of any one oil. This is a very great advantage when working with pregnant women, children, the elderly or those who suffer from seizure disorders or other major health concerns.

It should be noted, before a discussion of essential oil blends begins, that there really is no such thing as an essential oil that works only on the emotions or only on the physical body. Every physical ailment either has its roots in the emotions, or because of the stress and disruption to life that it has caused, has created emotional components that need to be dealt with.

There are a few blends discussed in the remainder of this chapter that have few physical aspects listed. This is not because they do not affect the physical body. Negative emotions can wreak havoc anywhere in the body. It would be almost impossible to list all of the organs and systems that may have been affected by those emotions. Always keep an eye out for an emotional description of an oil that seems to match you (or the person you are working with). Pay attention, after you have used the oil for a little while, to what has improved physically in the body.

This chapter provides in-depth descriptions and information about specific essential oil blends created by the author, LaRee Westover, and currently marketed by Butterfly Express, llc.

Using Essential Oil Blends Other Than Those From Butterfly Express, llc.

This book talks about blends that are for sale at Butterfly Express. That is because those are the oil blends with which I am most familiar. I should be. I created the majority of them, and I use and love them everyday. I know, first hand, of their quality and the love and careful handling that they receive.

There are many excellent essential oil blends on the market, and there is a lot to be learned from comparing the ingredients of one blend to the ingredients of another, similar blend. If you have a blend that you like, whose intended use is similar to a Butterfly Express blend, it will be educational to compare their ingredients. Make a note of the single oils that are found in **both** blends. Study what these oils do by themselves and ponder on what they are meant to accomplish in the blends. Then, make a note of the component oils that are different in each blend. Study what those oils do as singles. Here again, try to decide why each oil was added to the blend. Ask yourself what each oil brings to the blend that makes it unique and different from the other blend. By the time you have done this, you will have a good idea of the subtle differences in the therapeutic action and direction of each blend. You will also have expanded your knowledge of essential oils and how they work together. Then, take a whiff of each one and decide on your own aroma preference. You are now ready to decide which blend is best for you in different situations.

Making Your Own Blends

Perhaps, you would like to try your hand at making your own blends. In blending, there is just no substitute for experience. Learning to blend can be expensive, but it very fun and rewarding. But even your mistakes will bless you in ways you may not see at the time. Here are a few tips to help you get started (and hopefully, save you a little bit of money):

The first thing your blend will need will be a stabilizer. Conifer oils such as spruce or cedarwood are often used here. The part of the plant used to make the essential oil will usually be the wood, the root, or the resin. If a resin or a root, the percentage will be quite small; the conifers are often quite a large percentage of a blend. Myrrh, as a stabilizer, increases the shelf life and stability of a blend. Be careful; keep the percentage low, and make sure you really want myrrh's aroma in your blend.

The next level of your blend, usually comprising more than one oil, will be essential oils made from the leaves, seeds, spices, and herbal parts of the plants. Which specific oils you chose will depend completely on what you are trying to accomplish and how 'medicinal' you can tolerate letting the blend become. Pay attention to plant families and the part of the plant the various essential oils were derived from. This, and the medicinal properties of the plant, can guide your thinking and make your blend more effective.

The top, and final, notes of a blend will be either florals or fruits. These are the most volatile oils and have the highest frequency. They go in last so their fragile molecules will not be destroyed by the heavier molecules of the stabilizer oils. Florals and fruits are the crowning achievement of the plant. These essential oils are considered to operate on the emotional and spiritual level in our bodies.

When blending essential oils together, work slowly. 'feel' your way. When the right amount has been added for a synergistic and harmonious blend, the energy will shift; you will feel it, if you are working slowly and feeling with your heart. A deep yawn or the urge to let your mind wander and think about something else is often a sign of energy shifting.

If the proportions of each oil were right and the oils were added in a reasonably correct order, there will be harmony in the blend. The aroma and energy of each individual oil will not bombard you all at once. Such a bombardment of disassociated energies is referred to in blending as 'clattering'. and you will know when you are feeling it! The blend will feel 'unpleasant', and won't 'open' the energy of the body like a well-done blend does. Just try again. With each experience, you will have learned something about the characteristics and personalities of essential oils.

One last thing: everything is relative in blending. An essential oil that was a middle 'note' in one blend, may be the 'top' note of another blend, depending on what else is in the blend and what you were trying to accomplish in the first place. Study blends that you like as clues for new blends that you might make.

LeAcknowledge

Ingredients

bergamot, frankincense, geranium, melissa blend, neroli, palmarosa, rosewood, sandalwood

Affinity for

nervous system
liver

liver meridian

heart chakra
throat chakra
sacral chakra

Resonance

physical, emotional, spiritual

Application

LeAcknowledge should be applied over the liver when the liver is toxic and the mind and emotions are sluggish or slow. Other particularly effective places for application are behind the ears, on the face, neck, thymus, or wrists. I especially like applying oils to the wrists because I frequently wave my wrists in front of my face for one reason or another.

Aromatic Considerations

This blend has a pleasant enough aroma to be worn as a perfume and is especially nice used in a bath when one is feeling overwhelmed or discouraged by life. The aroma of this blend can promote feelings of calmness, courage, and increased self-confidence.

Emotional/Spiritual Aspects

LeAcknowledge nourishes and strengthens the nervous system, helping to quiet feelings of fear and discouragement. Another benefit of this blend is in enabling us to see the 'reality' of life or health situations. Accepting what will be or will not be in our lives can allow us to move forward with healing and peace instead of discouragement and despair. Recognizing what it is that we are feeling, and knowing that it is acceptable to feel that way for the moment, often allows us to move through that feeling and move on with our lives. LeAcknowledge may also give us increased confidence in social situations and enhanced creativity in our attitudes and skills. One aspect of this blend concerns a better balance in attitudes and desires in sexual matters. LeAcknowledge is also one of the great oils for depression.

Because it balances the heart and sacral chakras, LeAcknowledge can help us recognize and accept the love and sympathy that people around us are trying to express. For those of us with very independent natures, it may help us with the ability to let others be of service to us. Increased balance in the throat chakra allows us to express our own feelings and needs and to express feelings of appreciation and gratitude for the services we receive. Balance in these areas may also bring relief from feelings of frustration, self-pity, insecurity, hopelessness, inadequacy and feeling that we are being overwhelmed by the responsibilities of our lives. This allows us to feel enthusiasm for new things and to expect to find joy and abundance in our lives.

LeAcknowledge, like LeBountiful, may change the way that we feel toward material possessions, making us both more appreciative of them and less focused on their acquisition.

Physical Aspects

Because LeAcknowledge has a cleansing effect on the liver it may be useful for allergies and other mild immune system dysfunctions. Any ailment that has anger as an underlying emotional component, which many physical ailments do, would benefit from the use of LeAcknowledge. Kidney and bladder problems such as frequent infections and cystitis, with their emotional connection to fear and feelings of inadequacy, often respond favorably to this blend. The use of this essential oil blend may not only relieve the discomfort of the moment, but will also help lessen the likelihood and frequency of future attacks. LeAcknowledge is an excellent oil when applied as a deodorant and is considered a mild hormone balancer.

^{Le}Angel

Ingredients

blue tansy, copaiba balsam, cedarwood, lavender, geranium, orange sweet, rose, rose geranium, ylang ylang

Affinity for

All of the energy centers (chakras), especially if the imbalance is the result of childhood abuse—absolutely amazing in this regard!

Resonance

emotional, spiritual

Application

^{Le}Angel should be applied, diluted in a carrier oil, over the energy centers (chakras) or on the temples. It is very pleasant when diffused and can be used in a bath or worn as a perfume. ^{Le}Angel is a simple, yet beautiful fragrance.

Aromatic Considerations

Use of this blend often brings memories of a time or place when one felt safe and loved. Often the person will wish to express these feelings or talk about a loved one from their past with whom they felt particularly loved, accepted, and safe.

Emotional/Spiritual Aspects

^{Le}Angel is specific for use in releasing traumatic memories connected to negative experiences of various kinds. It is particularly effective for feelings of insecurity, helplessness, and rage resulting from childhood abuse, both sexual and otherwise. Adults who were abused as children often feel confusion, anger at themselves, and misplaced guilt because ‘they let *it* happen’. ^{Le}Angel can bring them to a place of safety where they can acknowledge these feelings and sort through them. The releasing and processing of these memories has a cleansing effect on the stored anger that is often held in the liver meridian. ^{Le}Angel does not erase the memory of these events. It allows one to move through the anger, validate themselves, let go, and move forward rather than let past experiences dictate their actions and their decisions in the present. ^{Le}Angel is helpful in the relief of anxiety and can protect us from the negative energy and unprocessed emotions of others. ^{Le}Angel is one of the best essential oil blends for stabilizing mood swings, especially in children.

Physical Aspects

There are some behavior patterns and illnesses that are common to people who feel a lot of anger. This is true whether the roots of the anger lie in childhood abuse or in some other event or cause. Some of these physical symptoms are vascular headaches and migraines, high blood pressure, tension and stiffness in the neck and shoulders, muscle cramping, inflammation of the nerves, and distress in the gall bladder and liver. Because ^{Le}Angel helps to cleanse the liver, it can be of benefit in many of these ailments.

LeAspire

Ingredients

cypress, eucalyptus, laurel, marjoram, myrtle, peppermint, pine needle, rosemary, spruce

Affinity for

respiratory system

uptake of calcium

liver meridian

Resonance

physical

Application

LeAspire should be applied diluted with a carrier oil on the chest and neck for respiratory ailments. Using LeAspire, with or without herbs, as a compress or poultice can be particularly effective. This blend can also be applied to the energy points on the ears and to the bottoms of the feet. LeAspire can be applied alternately with LeBreezey. Although the oils in LeAspire are quite effective against infectious agents, LeDeliverance, which is strongly antiviral and antibacterial, is often applied simultaneously to aid in the fight against infection. LeAspire is used to open the airways and relieve the congestion in the lungs.

Aromatic Considerations

LeAspire is especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats.

Physical Aspects

LeAspire is used to bring relief from colds, bronchitis, pneumonia, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma, and flu that have settled in the lungs. LeBreezey is considered by some to be more effective for upper respiratory conditions and LeAspire for use in deeper chest complaints affecting the bronchial passages and the lungs. Both LeBreezey and LeAspire have proven effective in eliminating snoring when diffused or applied, well diluted, to the face and chest areas. LeAspire is an excellent expectorant, aiding the body in the discharge of phlegm and mucus. This blend also has antispasmodic properties which help to quiet dry, hacking coughs.

The synergy of the single oils in LeAspire gives it the unique ability to dissolve bone spurs *if* applied frequently and faithfully. A bone spur creates bruising in the tissues surrounding it, especially if the person is on their feet and pressure is being applied when walking or wearing shoes. It is recommended that a carrier oil containing arnica be used when LeAspire is used for a bone spur. The arnica will reduce the bruising and the pain that the bone spur is causing while LeAspire works to remove the spur. It is recommended that treatment with LeAspire be continued for a few weeks after the pain is gone.

Le Assurance

Ingredients

frankincense, lavender, chamomile Roman, spruce, ylang ylang

Affinity for

nervous system
emotions

solar plexus chakra

Resonance

emotional, spiritual, physical

Application

Le Assurance should be applied to the nape of the neck to stimulate the mind and help one move forward productively. Other areas of the body that are recommended are the solar plexus, sternum, navel, wrist, palms of the hands, and the feet—particularly on the top of the big toe and on the K1 acupressure points.

Aromatic Considerations

Le Assurance is wonderful worn as a perfume; effective for yourself and those around you when used in this way. This blend is also very pleasant when diffused.

Emotional/Spiritual Aspects

Le Assurance is an especially good choice when there is a need to overcome feelings of anxiety, fear, or apathy that leads to procrastination. This blend can aid us in getting back to the task at hand or back to life in general. It helps to sort out the reasons for the reluctance we are experiencing about working toward or achieving our goals. This blend was created to help us find self-confidence and self-assurance. It provides the enthusiasm to tackle the tasks necessary to achieve our goals.

Le**A**way

Ingredients

catnip, cedarwood, cinnamon berry, citronella java, clove bud, eucalyptus peppermint

Application

LeAway should be diluted in water or Miracle II Neutralizer and applied, either by misting or rubbing on, just as you would with any other insect repellent. You can also spray the diluted solution on clothing and on the bottoms of pant legs, sleeves, and hats, being careful to avoid contact with the eyes.

General Information

Insect bites can be dangerous as well as just annoying, but slathering yourself with chemicals may not be a good solution. LeAway is a blend of some of the single essential oils most often used to repel insects.

LeBaby Me

Ingredients

bergamot, palmarosa, chamomile Roman, rose, rose geranium, rosewood, ylang ylang

Affinity for

skin	heart chakra
endocrine system	emotions

Resonance

spiritual, physical, emotional

Application

LeBaby Me is usually applied diluted with distilled water or carrier oil, especially for frequent use or application over larger areas of the body. LeBaby Me is appropriate for all skin types. The type of carrier oil you will use will depend on the type of skin you have. This blend is very relaxing when added to a bath.

Aromatic Considerations

LeBaby Me helps to open the heart chakra, enabling us to give and receive love. This blend also brings a sense of calmness and competence.

Emotional/Spiritual Aspects

LeBaby Me is a special combination for mothers, expectant and otherwise, and for babies of all ages. The use of this oil brings feelings of connection and willingness to give and take in relationships, particularly in parent/child relationships. It is also recommended for use in bonding between a mother and a new baby. This blend also helps us to feel a connection with the Eternal Father of us all.

The frequency of this blend is extremely high, well into the spiritual range, but is so well balanced that notes from all three realms (physical, emotional and spiritual) can be felt and enjoyed. First the more volatile top notes do their work with the spirit and the emotions, and then the middle and lower notes kick in to ground and balance the more physical aspects. LeBaby Me is good for depression and the 'baby blues'.

Physical Aspects

LeBaby Me contains ingredients which increase skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. The synergistic effect of this blend increases the ability of the skin to act as a protective barrier against germs. LeBaby Me is effective applied on the inner ankles, lower back and abdomen to reduce cramping during menstruation and following childbirth. This blend is also used to reduce or prevent stretch marks during and after a pregnancy. Please refer to Chapter 13 for information on the many uses of this oil during pregnancy and childbirth. LeBaby Me makes an excellent diaper rash cream. It can be used, diluted of course, for a full body massage at any stage of life. LeBaby Me is wonderful for skin conditioning and makes an excellent aftershave for sensitive skin, especially when mixed with a little Miracle Salve. The oils in this blend were chosen for their cell regenerating properties. This blend has an affinity for the endocrine organs, particularly in stabilizing low blood sugar.

Cautions

Contains very mild oils but is still best diluted well, especially for use on babies and small children.

LeBalance

Ingredients

chaste tree, clary sage, cypress, chamomile Egyptian, lavender, marjoram, myrtle, peppermint, rose, geranium, sage, yarrow, ylang ylang

Affinity for

nervous system

endocrine system

emotions

Resonance

spiritual, emotional, physical

Application

LeBalance should be applied around the ankles on both men and women. It can also be diffused and is soothing when a drop or two is placed in the tub. If using in the shower, plug the drain and allow a couple of inches of water to accumulate in the bottom of the tub. Add your oils and continue your shower.

Aromatic Considerations

LeBalance is beneficial in the control of mood swings brought about by hormone and endocrine system imbalances in both men and women. (Yes, men have hormones that can and do get out of balance, too!)

Physical Aspects

LeBalance is a great oil for supporting the endocrine system and balancing the hormones in both men and women. For men, LeBalance helps balance male energy, regulate prostate function, and reduce congestion and enlargement of the prostate which often re-establishes proper urinary function. For women, LeBalance has been used successfully many times to reduce or eliminate hot flashes and headaches in women who are approaching or going through menopause.

LeBalance has antispasmodic properties. It is helpful as a digestive aid and as a diuretic, especially when the problems in these areas are linked to hormone imbalances.

General Information

LeBalance often brings quick relief from the symptoms of menopause and should be used by women age 45 and older. LeWoman Wise is a better choice for younger women of menstruating age to balance hormones and relieve the symptoms of PMS. For best results, LeWoman Wise and LeBalance should be used in conjunction with LeEndo Relief, which has a strengthening effect on the entire endocrine system.

Cautions

LeBalance, being an oil which has an effect on hormones, should definitely not be used during pregnancy!!

LeBelieve

Ingredients

copaiba balsam, frankincense, palmarosa, rose, rosewood, vanilla, ylang ylang

Affinity for

nervous system
emotions

all of the chakras
cellular memory

most of the meridians

Resonance

physical, emotional

Application

LeBelieve is beautiful diffused, is nice worn as a perfume, and exceptional when used in the bath.

Aromatic Considerations

LeBelieve should be considered whenever there is a need to forgive and release emotions from the past that are holding one back in life. This oil aids in learning to love oneself and achieve a sense of inner peace.

Emotional/Spiritual aspects

LeBelieve was created to release negative emotions and perceptions at the cellular level. This helps us to replace negativity with love, forgiveness, peace, and understanding. Working at the cellular level helps to make these changes permanent. Such changes brings us more confidence in ourselves. LeBelieve can help us see that we have the abilities we need and that we will be led to where we need to be at appropriate times in our lives. LeBelieve is a great oil to aid us in being more optimistic, more motivated, and more tenacious.

This blend can help us balance the need we feel to protect ourselves and be ready for anything that may come along, while providing us with a healthy trust in the future. We can feel confidence in our ability to thrive as we cope with the circumstances and situations of our lives. LeBelieve helps us to forgive ourselves for mistakes made in the past and returns our heart to a state of joyous anticipation for whatever experiences life may have in store for us next.

This blend seems to have the ability to help the dying accept death as the next phase of life, moving peacefully and calmly toward death when the time has come. LeBelieve can also be of benefit to those left behind in finding solace and relief from loneliness.

As LeBelieve helps us move into a more self-forgiving and self-confident state, we should feel more generous, cooperative, and compassionate towards others. We will also find contentment and inner strength. LeBelieve seems to have a beneficial effect on our intuition and our ability to act upon it.

Physical Aspects

LeBelieve can reach into the core of a cell and release traumas and negative emotions on a cellular level. This blend is also useful in energy corrections that reset cellular memory. When the cell reproduces itself through mitosis, it will begin to reproduce the original undamaged and untraumatized version of the cell instead of the cell in its traumatized state. This is very valuable in healing following accidents, burns, and other physical traumas.

LeBeloved

Ingredients

bergamot, geranium, lemon, mandarin, orange sweet, ylang ylang

Affinity for

spiritual side of our natures emotions heart chakra

Resonance

spiritual, emotional, physical

Application

^{Le}Beloved should be applied over the heart chakra using the palms of the hands. It can also be diffused.

Aromatic Considerations

The aroma of ^{Le}Beloved is like a breath of fresh air for our hearts and souls. When we feel out of sync with our loved ones or overwhelmed by our responsibilities to them, this oil helps bring us back to what is most important in our lives.

Emotional/Spiritual Aspects

^{Le}Beloved profoundly affects the heart chakra and is a beautiful oil for relationships—both romantic and with family and friends. It opens our hearts and our spirits to recognize that we are loved more than we can possibly comprehend. Understanding the great love that God has for us can help us to heal our own emotional wounds. From our wholeness of heart, we can then see clearly and respond generously in just the right way.

^{Le}Beloved is helpful in developing inner strength and fortitude. The oils in this blend are of benefit when we are feeling overwhelmed or must accept changes in the circumstances of our lives.

^{Le}Beloved has been of value with mood swings and panic attacks.

The negative emotions found in dysfunctional and destructive relationships can manifest in a variety of ways, making this blend effective for a broad spectrum of physical complaints. This list may include bed-wetting, a tendency for cystitis and urinary tract infections, headaches, heart palpitations, menstrual cramps and just about anything else. The important thing to pay attention to is the emotional drivers of physical pain.

L^eBenediction

Ingredients

angelica, bay, geranium, hyssop, lemon, melissa blend, myrrh, rose, rose geranium, rosewood, sandalwood, spruce, ylang ylang

Affinity for

energy system	endocrine system	central vessel meridian
establishing emotional balance	pineal gland	bladder meridian
biliary ducts	pituitary gland	throat chakra
liver		crown chakra
respiratory system		

Resonance

spiritual, physical

Application

L^eBenediction should be placed on shoulders, wrists, and thymus area and is also of great benefit when diffused into a room that is highly charged with energy.

Aromatic Considerations

The aroma of L^eBenediction can increase the integrity of the auric field, strengthening our personal energy barriers. This blend is particularly useful for meditation and gospel study.

Emotional/Spiritual Aspects

L^eBenediction is a favorite among massage and energy therapists. It strengthens one's own energy boundaries and protects against 'energy drains' that sometimes occur when working with other people's energy fields. This blend should be used at times when you are feeling particularly vulnerable and 'energy sensitive' and easily drained by people and situations.

L^eBenediction can help us speak up and express our needs clearly without blaming or whining, especially if we are sensitive to or over-awed by the person we are addressing. This blend can also temper our tendency to judge unkindly when we feel that a person has created the mess they are in and we are justified in leaving them alone to fix it.

L^eBenediction also aids us in learning to acknowledge the role that blessings from above have played in our own successes and achievements. Gratitude to heaven is a very healing emotion; probably the best thing you can do to balance your own chakra centers. Try this blend any time you are feeling angry, stressed, or depressed.

L^eBenediction is also very effective after an illness for returning energy levels to normal and getting us back on our feet both physically and emotionally.

Physical Aspects

L^eBenediction is often useful for tension headaches, heart palpitations, and high blood pressure where picking up on the energies of others is a contributing factor. L^eBenediction makes an effective deodorant.

Unique Characteristics

Frequently utilized to create an energy 'bubble barrier' which allows us to interact with others without compromising our 'self'. This is true whether we are being drained by others or are at a low point ourselves and having a draining effect on those around us.

Cautions Avoid exposing areas of skin where L^eBenediction was applied to direct sunlight for 3 to 6 hours.

LeBountiful

Ingredients

orange bitter, cassia, cinnamon, clove, frankincense, myrrh, patchouli, orange sweet, thyme

Affinity for

immune system	stomach meridian	body's external magnetic field
respiratory system	pericardium meridian	

Resonance

physical, mental—the frequency of this blend is similar to that of a healthy brain

Application

LeBountiful can be diluted and worn on the wrists, behind the ears, or as a perfume or cologne. It is sometimes helpful to place a drop or two on the checkbook, on the car dashboard, on a phone or a wallet. The results are often quite profound.

Aromatic Considerations

The intent of this blend is to create feelings of security, generosity, and thankfulness. These feelings then bring the 'blessings of heaven' down on our heads.

Emotional/Spiritual Aspects

LeBountiful is specifically designed to affect the energy fields around us and to help us achieve a frequency that attracts goodness into our lives. It is an aid to our thinking clearly about money issues and lessens the stress in these areas. One of the most outstanding effects of this blend is the feeling of abundance that it creates in our minds and spirits. It simply moderates, or evaporates altogether, any feeling that there is never going to be enough and that there is certainly not enough for everybody to have what they think they need. The absence of these fearful feelings helps us eliminate even the slightest tendencies to greed and selfishness in our natures. Benevolence is the best word I can find to describe the feeling this blend creates. We find ourselves able to let go of our fear of trusting others, being dependent on them, or needing to ask for help. LeBountiful has a profound effect on the things we worry about and how we choose to respond to these situations.

Physical Aspects

LeBountiful is also beneficial to the brain in other ways. It seems to clear the mind and rejuvenate sluggish thought processes. This blend can be stimulating and energizing if we are feeling tired and worn down. LeBountiful is also an immune support and stimulant. LeBountiful can be used as a decongestant for the lungs during bronchitis or pneumonia. Use of LeBountiful at these times provides a needed boost in energy and mood.

General Information

This is an oil of 'attraction'. As we develop an attitude of abundance we find that we receive what we need to make us balanced, whether it is physical, emotional, or spiritual. In other words, the more you give, the more you receive.

^{Le}Breezey

Ingredients

birch, eucalyptus, lemon, peppermint, ravensara

Affinity for

respiratory system

immune system

skin

muscles

Resonance

physical

Application

^{Le}Breezey should be diluted and rubbed on the chest or back. It can also be diffused or placed on your pillow at night.

Aromatic Considerations

^{Le}Breezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring.

Emotional/Spiritual Aspects

While generally thought of as an oil for physical illness, the aroma of ^{Le}Breezey lifts the spirits and brings a sense of confidence and self-worth.

Physical Aspects

^{Le}Breezey, besides being very effective in times of illness, is an excellent respiratory tonic and immune stimulant. The inclusion of ravensara oil creates viral fighting and tissue rebuilding properties, especially for the lung and bronchial tissues. This blend should also be tried for conditions such as colds, asthma, allergies, sinus congestion, and flu. ^{Le}Breezey is an immune stimulant. ^{Le}Breezey makes an excellent muscle relaxant and pain reliever when you do not have ^{Le}Warm Down or ^{Le}Deeper handy and you have strained a muscle.

General Information

^{Le}Breezey is often used alternately with ^{Le}Aspire.

LeCandila

Ingredients

cypress, lavender, manuka, tagette, tea tree, rosemary, ylang ylang

Affinity for

immune system
reproductive system
digestive system
skin

Resonance

physical

Application

LeCandila should be diluted well and applied to affected areas. If you use this blend as a douche for vaginal candida, be sure to dilute very well!

Physical Aspects

LeCandila was created for use against thrush, candida, and vaginal yeast type infections. LeCandila is not a ‘magic bullet’—there is no such thing, really. To eradicate a candida overgrowth you *must* make dietary changes. The use of a good quality acidophilus or pro-biotic is also recommended. A vitamin E supplement in your diet may also be of benefit.

General Information

Most of us will have some sort of systemic yeast overgrowth at one time or another during our lives. This will probably be due to a diet which is too acidic or taking antibiotics. Even a brief period of an acidic diet, such as during the holiday season, can produce an acidic enough environment to cause an outbreak of candida. A round of anti-biotics, if we find it necessary to subject ourselves to such a regimen, can also create the optimal environment for a candida overgrowth. Candila, and a product carried by Butterfly Express, llc, called Candidase, can be very beneficial in keeping yeast from multiplying out of control.

LeConnection

Ingredients

angelica, cedarwood, fir, sage, spruce, ylang ylang

Affinity for

root/base chakra

solar plexus chakra

emotional balance

Resonance

spiritual and emotional

Application

LeConnection is very nice applied to the back of the neck, on the temples, or just about any where that you can imagine.

Aromatic Considerations

LeConnection has a delightful aroma which is centering, grounding, and emotionally balancing.

Emotional/Spiritual Aspects

LeConnection is designed for people who are characteristically over-enthusiastic and have unrealistic expectations of themselves, of others, or of life in general. This blend is helpful in moderating a tendency to make hasty decisions and choices. It is also of benefit to those who escape too often into their own fantasy world.

The spruce in this blend has an affinity for the solar plexus chakra. The solar plexus chakra connects us to divine energy and gives us balance and joy in our service to others. LeConnection is an excellent oil to use as part of a journal or prayer session. LeConnection can help us see where our perceptions have parted company with reality and truth. If we have been basing our decisions and behaviors on our mis-perceptions, this oil can help us make more appropriate decisions and behave in more appropriate ways.

Physical Aspects

The sage in this blend has an affinity for the pelvic area chakras and the organs contained in the pelvic region. This is an important thing to remember when trouble in these areas is connected to emotions and mis-perceptions.

^{Le}Crystal Clear

Ingredients

basil, peppermint arvensis, peppermint piperita, rosemary

Affinity for

brain	brow chakra	emotional balancing
nervous system	solar plexus chakra	

Resonance

emotional, mental

Application

^{Le}Crystal Clear can be applied on the brow, along the back of the neck, on the wrists, and on the temples. It is also useful diffused or placed, 1 or 2 drops only, in a bath. A few drops on a cotton ball placed next to you will help keep you alert and awake for a project that needs finishing.

Aromatic Considerations

^{Le}Crystal Clear diffused or inhaled clears and energizes the mind and increases mental alertness.

Emotional/Mental Aspects

This blend is very effective when studying or needing to remember difficult or complicated data. It helps to organize the thought processes, allowing more accurate recall later.

Physical Aspects

^{Le}Crystal Clear is nourishing to the nerves, the adrenal cortex, and the cardiovascular system. This is one of the best essential oil blends for the treatment of impending shock. ^{Le}Crystal Clear can help to balance hormones and bring relief from headaches that are associated with hormone imbalances.

General Information

There are three blends by Butterfly Express, llc, which help with mental alertness. These are ^{Le}Crystal Clear, ^{Le}Focus, and ^{Le}IQ.

LeCypernium

Ingredients

cypress, geranium, peppermint

Affinity for

circulatory system
vascular system
vein and capillary health

Resonance

physical

Application

LeCypernium is diluted (4 - 5 drops to 1 Tablespoon of carrier oil, almond oil, or KY jelly) and applied specifically to areas of trouble such as varicose veins, spider veins, and hemorrhoids.

Physical Aspects

LeCypernium was created for the relief of hemorrhoids but has proven useful for varicose veins and overall vein health. LeCypernium increases the circulation and vascular strength in any area to which it is applied. LeCypernium makes an excellent anti-inflammatory.

LeDandy

Ingredients

basil, cypress, lavender, rosemary, sage, thyme

Affinity for

hair, scalp, skin

Resonance

physical

Application

LeDandy is applied by adding 2-3 drops to your shampoo each time you wash your hair. It is often beneficial to follow this treatment with LeDelicate and LeEternity. LeDelicate and LeEternity both seem to help with the absorption of the nutrients necessary for scalp and hair health.

Physical Aspects

This is a formula for general scalp and hair health and works well for eliminating dandruff. Regular use adds attractive natural highlights to the hair and costs much less than regular appointments at the salon.

Cautions

Avoid contact with the eyes.

LeDeeper

Ingredients

birch, eucalyptus, helichrysum, fir, lemongrass, myrrh, peppermint, spruce, wintergreen

Affinity for

muscles

bones

nerves

Resonance

physical

Application

LeDeeper should be diluted whenever it is applied to the skin. This is an excellent oil for use in the bath.

Physical Aspects

LeDeeper contains deep penetrating, anti-inflammatory oils which are effective 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 conditions such as 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 include pain relief with shingles and bursitis.

Cautions

Always remember to dilute essential oils when applying them to the skin.

LeDelicate

Ingredients

cypress, lavender, rosemary, sage, thyme

Affinity for

hair

scalp

skin

Resonance

physical

Application

LeDelicate can be applied by adding 3-4 drops to the shampoo when washing your hair. For hair loss, try placing 3-4 drops of LeDelicate in your conditioner. Leave the conditioner/ LeDelicate blend in your hair and wrap entire head in a warm towel for 10-15 minutes. Afterwards rinse hair gently. This process should be repeated several times a week until the problem has disappeared.

Aromatic Considerations

The aroma of this blend is pleasant and has an uplifting effect on the mind and the spirit.

Physical Aspects

LeDelicate is a wonderful blend for overall hair health. It seems to help the scalp absorb nutrients so that the hair becomes more healthy and vibrant with each use. LeDelicate adds attractive natural highlights to the hair. For babies with cradle cap, LeDelicate, diluted with almond oil, should be massaged gently into the scalp. Use a very soft brush to dislodge the scaly patches and then rinse or wipe away gently.

^{Le}Deliverance

Ingredients

clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano, wild oregano

Affinity for

immune system

lymphatic system

the skin

Resonance

physical, spiritual

Application

^{Le}Deliverance can be used in so many ways, I am sure that I will not manage to list them all here. Some common methods of use are soak the family toothbrushes in ^{Le}Deliverance mixed with water, place a drop on your toothbrush at least one time per day, and place on a cotton ball or in an inhaler and carry with you, inhaling frequently, during the cold and flu season. A particularly effective way to fight a very virulent illness is to apply ^{Le}Deliverance alternately with ^{Le}Life Force. In the evening put one of these essential oils on the K1's (acupressure points on the feet) and the other on the thymus. First thing in the morning, put the oils on again, then put them in opposite positions. If ^{Le}Deliverance was on the thymus area the night before, it should go on the feet in the morning. This method is *very effective against really nasty stuff*.

Aromatic Considerations

An excellent use for this blend is to diffuse it every day during the cold and flu season to eliminate air-borne bacteria and viruses.

Physical Aspects

^{Le}Deliverance is one of the most potent antiviral, antibacterial, antifungal combinations available. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, any type of infections, athlete's foot fungus, *toe nail fungus*, and infection from slivers. Apply faithfully undiluted to get rid of a wart (this takes a little time so be patient). Frequent and consistent use also strengthens the immune system. ^{Le}Deliverance is an expectorant and helps the lymph system to drain. *This is a very effective oil. Everyone should have it on hand.*

General Information

^{Le}Deliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses, and air borne bacteria.

Cautions

Care should also be taken to dilute well, especially if frequent use is anticipated. The clove, cinnamon, thyme and oregano in this blend make it a possible skin irritant.

LeDiscernment

Ingredients

geranium, hinoki, lavender, rose, rosewood, sage, spruce, orange sweet

Affinity for

emotional balance

brow chakra

crown chakra

heart chakra

Resonance

physical and emotional

Application

LeDiscernment can be diffused, applied to wrists or temples, added to a bath, or used with almond oil for massage.

Aromatic Considerations

Because this blend dissipates negative emotions, it helps us move forward with renewed vigor and enthusiasm to achieve our dreams.

Emotional/Spiritual Aspects

LeDiscernment promotes feelings of faith in the future and renewed enthusiasm for the pursuit of our goals and dreams. This blend can help us discern the path best suited for us and most likely to bring happiness and contentment to our lives. LeDiscernment is also helpful in bolstering decision making abilities.

LeDiscernment can help us achieve a healthy balance between the analytical left brain and the intuitive right brain. Its special function seems to be helping us maintain a balance between preparations for the future and living with joy and peace today.

LeDiscernment has a special place for those who struggle with pride or arrogance, or who fail to credit heaven and other people with any part in their successes. This blend can be particularly useful for those in leadership positions. It can aid them to see past the physical appearances and circumstances of others, while giving them the ability to discern the strengths and intrinsic worth of those they serve. The skill of seeing the worth of another soul is also a valuable asset among family members, members of a community, or work group.

Physical Aspects

All essential oils are antibacterial, antiseptic, and antiviral. LeDiscernment is no exception and it has a pleasant aroma. It can be used to disinfect almost anything. LeDiscernment is effective against canker sores.

Cautions

This blend contains a small amount of sage, which is strongly contra-indicated for use during pregnancy; it may be wise to exercise a bit of caution with this blend when pregnant, epileptic, or suffering from high blood pressure.

LeDreams

Ingredients

benzoin, bergamot, blue tansy, chamomile German, juniper, sandalwood, spruce, orange sweet dark

Affinity for

emotional balance	brow chakra and 3rd eye	pericardium meridian
	throat chakra	
	crown chakra	

Resonance

spiritual, physical, emotional

Application

LeDreams can be applied to the forehead, eyebrows, temples, behind the ears, on the base of the neck, and worn as perfume or cologne. For restful sleep, diffuse in the bedroom or apply 1 or 2 drops to your pillow. This essential oil blend makes a relaxing evening bath.

Aromatic Considerations

LeDreams has a beautiful aroma. It can be diffused during the day for pleasure or meditation, and at night to promote restful and dreamless sleep.

Emotional/Spiritual Aspects

This blend was formulated for helping us keep our dreams in sight and realize our potential without becoming self-centered or selfish. LeDreams is one of the best oils for insomnia due to negative emotions or nightmares. It is a favorite of children who are nervous in the dark or when left alone. If nightmares persist while using LeDreams, continue to use it in conjunction with energy work modalities. Finding the disturbing emotion, processing it, and letting it go is the only way to achieve lasting healing. LeDreams can help you do that. This blend has been beneficial for bedwetting if the root cause is fear or anxiousness.

LeEndo Relief

Ingredients

cumin, cypress, coriander, dill, geranium, myrtle, nutmeg, oregano, petitgrain, sage

Affinity for

endocrine system	pineal gland
lymph system	pituitary gland
emotional boundaries	

Resonance

physical, emotional, spiritual

Application

LeEndo Relief should be applied to the lymph glands of the neck, chest, and armpits whenever a cold, sore throat, or flu is suspected. Using LeEndo Relief early, before the illness is fully developed will lessen its severity.

Aromatic Considerations

This blend is best applied to the body.

Emotional/Spiritual Aspects

LeEndo Relief aids our emotional health because it strengthens and balances the wide range of organs and glands that make up the endocrine system. As our bodies and minds begin to function better, we feel more secure in ourselves. We are able to establish (or re-establish) boundaries between ourselves and others. This does not mean that we become prickly or rude; it enables us to be tactful and firm while still being kind and concerned.

Physical Aspects

With improved endocrine function comes improved vitality and metabolism. Our weight naturally balances and we have enough energy to last through the day (and into the night, if we need to). As an endocrine system balancer, LeEndo Relief can have a beneficial effect on any ailment that is related to endocrine organs such as the thyroid, pancreas, pineal and pituitary glands, parathyroid, thymus and adrenal glands. This makes LeEndo Relief useful for such things as diabetes, hypoglycemia, bladder and kidney infections, candida, and so much more. Support of the thyroid and parathyroids aid the proper absorption of calcium. Calcium absorption affects such things as the prevention of gallstones, kidney stones, arthritis, and osteoporosis. LeEndo Relief regulates hot flashes and moderates the other symptoms of menopause because the hormones balance as the endocrine system function improves.

^{Le}Energy

Ingredients

black pepper, cinnamon, clove, juniper berry, lemongrass, nutmeg, pine, rosemary, thyme

Affinity for

endocrine system

heart chakra

hormone balancing

solar plexus chakra

Resonance

physical, emotional, spiritual

Application

^{Le}Energy *must* be diluted well before applying to the skin. It should be applied over the thyroid, kidneys, liver, pancreas, or any gland that is struggling. ^{Le}Energy may also be applied, diluted, to the feet and is an energizing massage oil. For massage, be sure to dilute very well.

Aromatic Considerations

Blends with a cinnamon should be diffused and inhaled with caution; cinnamon can burn the sensitive tissues of the nostrils if care is not taken.

Emotional/Spiritual Aspects

^{Le}Energy can aid us in making decisions and taking responsibility for our own lives and actions. It moderates our need for the attention and approval of others. Sometimes, in our zeal to keep those around us safe and happy, we have a tendency to become overly controlling. ^{Le}Energy can help us temper these tendencies with a dose of reality. Energy in the solar plexus chakra manifests as vitality and radiance. When we are balanced and energized here, we have such a giving spirit that we are almost magnetically attractive to other people. We will be very much liked and loved by all, and we will be more effective in our parental and leadership roles.

Physical Aspects

^{Le}Energy increases circulation, strengthens the adrenal glands, improves energy levels and mental alertness naturally without the side effects of drugs. This blend also balances the mechanical and electrical functions of the heart.

LeEternity

Ingredients

ajowan, allspice, clove, frankincense, orange sweet, thyme

Affinity for

cardiovascular health
metabolism of vitamins and minerals

Resonance

emotional, physical

Application

LeEternity should be applied, diluted, on the chest along the sternum. It can also be diffused.

Aromatic Considerations

The aroma of LeEternity balances energy and improves both mood and mental outlook.

Physical Aspects

LeEternity has powerful anti properties. It enhances vitamin and mineral absorption for the overall improvement of health and vitality. LeEternity, because it helps the body absorb calcium, can help prevent such things as osteoporosis. The oils in this blend have been used traditionally for various problems related to the cardiovascular system.

^{Le}Everlasting

Ingredients

A very unusual oil—it is a blend of 5 other blends: ^{Le}Dreams, ^{Le}Heart Song, ^{Le}Trust, ^{Le}Unity, ^{Le}Wisdom

Affinity for

emotional and spiritual health

Resonance

emotional, spiritual, physical

Application

^{Le}Everlasting can be applied, diluted, to the chest, over the heart, on the forehead, and down the sternum (for allergy relief). This blend is very nice worn as a perfume or diluted as a massage oil.

^{Le}Everlasting is relaxing in a tub, especially when life is being a little stressful.

Aromatic Considerations

The aroma of ^{Le}Everlasting balances energy and improves both mood and mental outlook. Diffuse ^{Le}Everlasting while sleeping for a restful night's sleep and to wake up refreshed and invigorated.

^{Le}Everlasting helps one to see and seek their highest potential and best good for themselves and others.

Emotional/Spiritual Aspects

Each of the five blends contained in ^{Le}Everlasting is in the mid to very high frequency range. Each one targets a specific range of emotions. Blending these five blends together into another essential oil blend is an amazing example of synergy. ^{Le}Everlasting is a lower frequency (physical range) blend which displays the ability to act on the emotions. A person using ^{Le}Everlasting receives the emotional impact of each separate high frequency blend. At the same time, the lower frequency of the whole carries the healing more deeply into the physical body. The negative emotions are released clear down to the cellular level. This amazing mixture relieves feelings of hopelessness and self-pity.

Physical Aspects

^{Le}Everlasting promotes a most wonderful relaxation that is followed by high levels of optimism, vigor, and energy.

LeExhilaration

Ingredients

cedarwood, clary sage, ginger, helichrysum, jasmine, melissa blend, neroli, patchouli, rosewood, sandalwood, orange sweet

Affinity for

nervous system

emotional balance

stimulation of the amygdala

Resonance

spiritual, physical

Application

LeExhilaration is beneficial applied on the wrists, temples, heart chakra area, and forehead. It can also be added to the bath. The aroma is very pleasant as a perfume or cologne.

Aromatic Considerations

The aroma of this essential oil blend can aid us in maintaining confidence and courage while it helps us improve our overall attitude. It is almost like being given a fresh new outlook and start in life.

Emotional/Spiritual Aspects

LeExhilaration is especially beneficial in those situations which appear hopeless and discouraging. With the use of this blend we find our emotions strengthening and stabilizing until we are able to see new and different solutions to old problems. It is as if there are now several paths available to us, but we previously could only see one way out of the woods. Suddenly we are able to see our surroundings in a more comprehensive way. LeExhilaration is also used to release emotional blocks and help us let go of negative feelings and perceptions.

Recent studies have shown that it is in the amygdala (located in the temporal lobes of the brain) where solutions to problems are developed. When we look at a situation, wanting to know what we should do, the amygdala 'lights up' and begins to present our minds with possible solutions. Activity in the amygdala increases with the use of LeExhilaration. This increased brain activity gives us more ability to see various new solutions to old problems.

Physical Aspects

Several of the oils in this blend are oils that profoundly affect physical body systems. Some are anti-inflammatories and others target specific organs or functions. If your physical body has been strained or weakened by situations that are testing your courage and confidence, LeExhilaration can be of benefit to you. It may have an impact on physical things that you did not realize were connected to the emotions you were feeling.

LeExpressions

Ingredients

frankincense, jasmine, rose, sandalwood, ylang ylang

Affinity for

heart chakra

throat chakra

Resonance

spiritual, physical, emotional

Application

LeExpressions is very nice diffused, wonderful for a relaxing bath and can be diluted with a carrier oil and used for a truly wonderful massage.

Aromatic Considerations

The aroma of this blend is amazing—sensuous and heady, almost euphoric and very healing to the heart.

Emotional/Spiritual Aspects

LeExpressions contains many of the highest frequency spiritual and emotionally healing essential oils. It is very nice for pampering yourself a little. LeExpressions is healing to the heart. This oil is used to enhance communication and connection in romantic relationships and is most definitely an aphrodisiac.

^{Le}EZ-Traveler

Ingredients

birch, chamomile Roman, frankincense, lavender, myrrh, orange sweet, peppermint, ylang ylang

Affinity for

digestive system

nervous system

Resonance

physical, emotional

Application

^{Le}EZ-Traveler should be carried with you whenever you are traveling if you are inclined to motion sickness. An inhaler is a convenient way to carry ^{Le}EZ-Traveler or you can place a few drops on a cotton ball and carry it in a small plastic bag. You can also apply this oil diluted to the soft areas of the skin such as the wrists, inner thighs, or behind the ears. It can also be diffused or added to the tub.

Aromatic Considerations

The aroma alone is often enough to stop the symptoms of motion sickness. This oil is calming and restful, providing a hint of humor and a sense of gladness to be alive.

Emotional/Spiritual Aspects

Besides alleviating the physical symptoms of motion sickness, ^{Le}EZ-Traveler promotes feelings of calmness, emotional strength, and the ability to cope with the day's events and responsibilities. It has been used to treat anorexia.

Physical Aspects

^{Le}EZ-Traveler was originally created to assist with motion sickness during airplane travel. It has proven effective against other forms of motion sickness and unrelated incidences of nausea, dizziness, and vertigo. ^{Le}EZ-Traveler can be used as a preventative or to calm the symptoms once they have begun. It often brings relief from the symptoms of morning sickness that some women experience during pregnancy. This is a good oil to use in the days *before* traveling to *avoid* sickness while traveling.

LeFaith

Ingredients

bergamot, cabreuva, frankincense carterii, frankincense serrata, melissa blend, rose, rosewood

Affinity for

heart chakra

throat chakra

kidney meridian

Resonance

spiritual, physical, emotional

Application

LeFaith is very nice diffused, relaxing in a bath, can be diluted with a carrier oil and used for massage.

Aromatic Considerations

The aroma of this blend promotes feelings of self-worth and a desire to heal. It makes one want to be truly well, happy, and content. LeFaith turns our thoughts to gratitude for the blessings we have received.

Emotional/Spiritual Aspects

LeFaith is very much a blend specific for emotional healing. It seems to bring self-awareness without burying us in negativity or guilt concerning past mistakes. LeFaith promotes a healthy acceptance of the past and a desire to move forward into the future. This blend is specific for dealing with fears concerning being abandoned or left to cope with situations totally on one's own. If you are prone to useless worrying, you may find this blend helpful. As its name implies, it generates feeling of faith and self-confidence within us. Humility and teachableness are also gifts of this blend.

Physical Aspects

Although this blend is very much in the emotional realm, it has proven helpful for menstrual cramps and for lowering high blood pressure. In situations for which this blend proves useful, you will see the underlying emotional patterns described above.

LeFocus

Ingredients

cinnamon, cinnamon berry, ginger, nutmeg, patchouli, rosewood, sage, sandalwood

Affinity for

nervous system

emotional balance

governing vessel meridian

Resonance

physical, emotional

Application

This blend can be applied to the acupressure points on the feet that relate to the neck, head, and brain. These are found on the big toe, both top and bottom. LeFocus can also be applied to the wrists and temples.

Aromatic Considerations

I like to inhale LeFocus at times when I am studying and need to be extra alert. I also find it useful in the afternoons at the computer if my mind is slow or I am having difficulty concentrating. This blend can be diffused, but it is best to do so for short periods of time only; cinnamon, cinnamon berry, and ginger are very strong oils for diffusing. They may cause headache or a burning sensation in the nostrils.

Emotional/Spiritual Aspects

LeFocus is useful in overcoming negative thought patterns and self-defeating behaviors. Sometimes we choose to see ourselves as victims where life and everyone we know is 'out to get us'. This pattern of behavior gets in the way of our ability to take responsibility for ourselves. It can also keep us from accomplishing our goals. When LeFocus has helped us become aware of our self-defeating patterns, we can choose to change them.

Physical Aspects

This blend increases mental alertness, clears that 'foggy' feeling, and helps to alleviate mental confusion. It is a great aid to students and others when they face the need to commit something to memory quickly and be able to recall it with ease later.

General Information

LeFocus has much the same uses as LeCrystal Clear and LeIQ, but the aromas of these three blends are very dissimilar. These blends are classic examples of the wide range of plants that can accomplish similar healing tasks in the human body. Each person is unique with their own way of reacting to things. One of these three blends may work better for you and another one may work better for someone else. You may find all of them helpful, giving you the opportunity to choose one according to your preferred aroma or according to the price.

Cautions

This blend contains nutmeg, cinnamon, and sage. It should be used with care if you are susceptible to seizures or if you are pregnant. Repeated use on the skin could result in skin irritation, even when diluted.

LeGood-Nite

Ingredients

cedarwood, orange sweet, ylang ylang

Affinity for

throat chakra
season)

immune system (use faithfully during the cough and cold

Resonance

physical, emotional

Application

This blend can be diffused, placed on the pillow at night, or applied, diluted, to sinus areas any time.

Aromatic Considerations

LeGood-Nite can be diffused in the home during the evening to promote restful sleep.

Emotional/Spiritual Aspects

Part of the reason that LeGood-Nite promotes restful sleep is because it encourages feelings of peace. We feel assurance that all will be well in our world even though we are sleeping and not actively watching over it. LeGood-Nite seems to help us process, painlessly, deep emotions during our sleep. In the morning we will be able to express our deep feelings about these emotions clearly and without the usual stress.

Physical Aspects

LeGood-Nite is effective for insomnia and snoring and soothes inflamed or swollen nasal and sinus passages while promoting deep and restful sleep.

LeGrateful Heart

Ingredients

coriander, frankincense, geranium, howood, melissa blend, myrrh, pine needle, rosewood, ylang ylang

Affinity for

nervous system

muscles

emotional balance

immune system

bones

Resonance

physical, emotional, spiritual

Application

LeGrateful Heart should be applied over the heart, on the forehead, or the temples. It is very pleasant diffused and smells nice enough to wear as perfume or cologne.

Aromatic Considerations

LeGrateful Heart is relaxing and creates tender feelings of empathy, gratitude, tolerance, and compassion.

Emotional/Spiritual Aspects

This blend promotes feelings of gratitude for all that we have and all that others do for us. It has a marked effect on the dark clouds of depression. It can be used to help us achieve relaxation of mind and body.

Physical Aspects

Dissatisfaction and discontentment are destructive to the nervous and immune systems. LeGrateful Heart addresses these imbalances and can provide support and healing for these feelings. LeGrateful Heart is used to stabilize the blood sugar lows of hypoglycemia. It has been used effectively in the treatment of some auto-immune disorders.

L^eHeart Song

Ingredients

bergamot, geranium, grapefruit, lemon, mandarin, rose, rose geranium, rosewood, orange sweet, ylang ylang

Affinity for

emotional balance
adrenal gland
electrical system

heart chakra
throat chakra

brow chakra
crown chakra

Resonance

L^eHeart Song allows the heart to find its joy and learn to sing again. It is a very high frequency spiritual and emotional blend. L^eHeart Song is the #1 blend for the treatment of depression.

Application

If you have the time, L^eHeart Song is very effective applied in a clockwise motion over each chakra. It is usually best to begin at the base chakra and work up the body to the crown chakra. This may be done on either the front or the back of the body. (I prefer the back, but that requires the help of a friend.) L^eHeart Song can also be applied over the heart, on the ears, and to any area of poor circulation. This is a beautiful oil to diffuse, and may be worn as a perfume or as cologne.

Aromatic Considerations

The aroma of L^eHeart Song can be offensive if there are emotional blockages to loving and being loved. If this occurs, apply the blend L^eUnity to the palms of the hands and place the hands over the navel and thymus. Hold for 20 seconds and then reverse the hand positions and hold for another 20 seconds or more. The combination of these two oils will balance all the chakras and meridians, bringing a great feeling of peace.

Emotional/Spiritual Aspects

This high frequency blend reminds us that we are loved and cherished by many people, and certainly by Heaven. It has a multitude of uses. L^eHeart Song has been of great benefit in treating depression. It is also useful in overcoming grief and trauma. Because it is a remedy for deep sorrow and grief, it makes a wonderful gift for anyone who has recently lost a loved one.

L^eTranquility is the first line of defense against anxiety and panic attacks, but if it fails to work or needs a follow up, L^eHeart Song is the blend to use. L^eHeart Song is also helpful in stabilizing mood swings, relieving stress and tension, and helping one to relax.

You do not need to be suffering from depression or a recent loss to enjoy L^eHeart Song. This blend is wonderful for getting through a tough time or just making it to the end of a difficult day. It is also quite effective as a protection against negative energy.

Because of its effect on both the heart and the throat chakras, L^eHeart Song is of benefit to those who have difficulty expressing deep emotions or tend to laugh inappropriately when trying to express themselves about these things.

Physical Aspects

L^eHeart Song is balancing to the electrical fields of the body and stabilizing to energy levels. Oddly enough, it brings relief from the pain and congestion of pleurisy and makes an excellent deodorant.

^{Le}Holiday Spirit

Ingredients

benzoin, cinnamon, fir siberica, orange sweet, spruce

Affinity for

respiratory system

emotions

Resonance

emotional, spiritual, physical

Application

^{Le}Holiday Spirit is especially appropriate applied to the crown of the head. It can also be placed on pine boughs and cones, cedar chips, logs to burn in the fireplace, and used to scent potpourri.

Aromatic Considerations

When diffused, ^{Le}Holiday Spirit creates a delightful holiday atmosphere. It reminds us of fond family events and emotions. ^{Le}Holiday Spirit is a great blend when diffused for purifying the air at any time of the year.

Emotional/Spiritual Aspects

The aroma of ^{Le}Holiday Spirit is reminiscent of Christmas. For most people this blend brings feelings of happiness and security. ^{Le}Holiday Spirit brings a desire to hold on to and build relationships with family and friends. The holiday season seems less stressful and more enjoyable when this blend is kept diffused in the house. ^{Le}Holiday Spirit can help us deal with the stress of Christmases past if our memories are of things that were not just as we wished them to be. This blend really increases the Christmas Spirit in your home—or in your favorite Christmas Scrooge!

Physical Aspects

Besides all of its wonderful emotional aspects, ^{Le}Holiday Spirit has shown itself to be beneficial at purifying the air, killing airborne ‘bugs’, and soothing respiratory ailments. It has also been used successfully in the treatment of anorexia.

Cautions

^{Le}Holiday Spirit contains cinnamon and can irritate the skin if used topically undiluted.

LeInner Peace

Ingredients

angelica, cinnamon, copaiba balsam, frankincense, lavender, palmarosa, rosewood, sandalwood, spruce, ylang ylang

Affinity for

emotional balance heart chakra small intestine meridian
pineal gland
pituitary gland

Resonance

emotional, spiritual, physical

Application

One specific and effective way to apply LeInner Peace is across the forehead, moving from the right temple to the left temple. It can also be placed on the chest to cover the heart and the thymus. This blend is very good in the tub or as a perfume, if your mood is right. (See *unique information* section below.)

Aromatic Considerations

LeInner Peace helps to collect our thoughts and connect our heart and mind. This connection to ourselves creates a solid and balanced center from which we can connect to others.

Emotional/Spiritual Aspects

LeInner Peace can aid us in staying focused and clear, particularly about the direction of our lives. It promotes harmony between ourselves and others, and between ourselves and God. This blend helps us feel genuine compassion for others, and aids us in forming rewarding relationships.

Much like LeBenediction, LeInner Peace protects the energies of our bodies and minds from attack and depletion by the energies of others. Though protected energetically, LeInner Peace leaves us open, compassionate, and willing to be of service if we desire. It can also be helpful if we fear or hate being alone.

LeInner Peace can help us with acceptance of ourselves and others and with the calm acceptance of the changes that life brings to us all. For emotional work, use with LeSanctuary and LeMagi.

Physical Aspects

LeInner Peace affects the pineal and pituitary glands. The pineal gland regulates blood pressure, body temperature, motor function, sleep patterns, and any cyclical activity in the body. The pineal gland directly affects every other gland and organ in the body. It also regulates the cardiovascular system. The pituitary gland is considered a 'master' gland by the body. It instructs the other glands how much of their particular hormone or enzyme to produce. A blend like LeInner Peace, which has an affinity for these two glands, can balance and heal the physical body on a multitude of levels.

Unique Information

LeInner Peace can enhance whatever state you are in. If you want to feel more gratitude or contentment, you must already be feeling some of those emotions—or at the very least, desiring with all your heart to feel them. ***You must use this blend with caution when angry or when caught up in negative emotions as this essential oil blend acts as an amplifier.*** It may amplify negative emotions as well as positive ones. It is sometimes necessary to diffuse LeSanctuary or another of your favorite uplifting emotional blends for a little while before using LeInner Peace. This is one of my favorite blends for really deep emotional or spiritual work!

LeInside-Out

Ingredients

aniseed, cardamom, fennel, juniper, lemon, lemongrass, patchouli, peppermint, piperita, tarragon, thyme, cilantro

Affinity for

digestive system

stomach meridian

Resonance

physical, emotional

Application

Apply one drop behind the ears for nausea, motion sickness, or morning sickness. LeInside-Out can also be applied over the abdomen either by diluting with a carrier oil or as a compress.

Emotional/Spiritual Aspects

LeInside-Out is primarily considered an oil which works on the physical body. Whenever you use an essential oil, you will be working on underlying emotional roots as well as physical complaints. LeInside-Out can be helpful in discovering and sorting through the emotions underlying the digestive problems. LeInside-Out can help calm the obsessive worry that sometimes contributes to digestive difficulties.

Physical Aspects

LeInside-Out improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. LeInside-Out's ability to be effective for both constipation and diarrhea may seem odd; it is not. Natural remedies work with the body to return systems to balanced and healthy states. They are not the administration of an 'opposing' remedy or force. This is true in every aspect of the body and mind when working with natural healers.

LeInside-Out should be used for any bout of intestinal flu or food poisoning. It is useful for most types of nausea, either by inhaling the aroma or putting a drop behind each ear. This blend should be applied over the abdomen for colon problems and for candida overgrowth. LeInside-Out has been useful in the treatment of parasites in animals and humans. For humans, place LeInside-Out on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

Cautions

LeInside-Out contains a small amount of fennel which is, when used by itself, contra-indicated for use during pregnancy. This is an example of blended oils being safer to use than single essential oils. This essential oil blend is safe to use for morning sickness in the manner described, but proper care, prudence, and judgement should be exercised.

L^eInsight

Ingredients

clementine, jasmine, orange sweet, sandalwood, tangerine, vanilla

Affinity for

emotional balance

cellular memory

Resonance

physical, emotional

Application

This blend can be diffused, diluted to create a massage oil, applied to the navel, chest, or temples.

Aromatic Considerations

The aroma of L^eInsight calms the nerves and grounds the emotions.

Emotional/Spiritual Aspects

L^eInsight is powerful in working with personalities that have been fragmented by the terror and confusion felt as the result of abuse. A child should be able to put their trust in the adults in their lives. When this trust is betrayed, there is often deep rifts in the psyche. L^eInsight is often used in Inner Child work to reconnect fragmented parts of a personality or soul. This blend is useful to release negative emotions from the past, whether the memories are conscious or not. The essential oils in this blend combine to clear patterns held in the memory of each cell. When these emotions clear, there is often an increase in intuition, organizational skills, mental faculties, and flexibility of thoughts and reactions.

Physical Aspects

Whenever layers of pain are scarred over in the mind and emotions, physical symptoms will manifest themselves in the body. They are a natural result of anger, fear, and confusion. A blend such as L^eInsight can have a healing and renewing effect anywhere in the body.

It is rarely necessary for a person to relive, or even remember, terrible things that were done to them in the past in order for healing to occur. It is only when our actions have harmed another that we need to face them, figure out where our thinking went wrong, and take steps to change. Unfortunately, this is sometimes true of the actions and reactions we took as a result of abuse or mistreatment. In that situation, our own behavior needs remembrance and understanding in order for us to repent, but we do not need to 'repent' of the things that were wrongly done to us. Someone else is willingly carrying that burden for us already.

LeIQ

Ingredients

cabreuva, cedarwood, copaiba balsam, coriander, cypress, frankincense, helichrysum, laurel, lavender, lemon, melissa blend, sandalwood

Affinity for

emotional balance
nervous system

Resonance

physical, emotional

Application

This blend can be diffused, applied to the neck and throat or under the nose. It has a deep and pleasant aroma, making it appropriate as a perfume or cologne.

Aromatic Considerations

LeIQ has the most pleasing aroma and the highest frequency of all the blends for mental alertness; it is my personal favorite.

Emotional/Spiritual Aspects

LeIQ alleviates mental fatigue and increases mental alertness. It aids in concentration and memory.

LeIQ is powerfully stimulating and helpful when feeling faint, going into shock, and for recovery from jet lag. It is particularly useful when one is over-tired but must continue on until a project is completed.

Physical Aspects

LeIQ contains frankincense, sandalwood, and helichrysum. These oils are high in sesquiterpenes and cross the blood/brain barrier to cleanse, nourish, and carry oxygen to the brain. This blend seems to dissolve some types of chemicals and clear them from the receptor sites feeding the pituitary, pineal, and hypothalamus glands.

L^eJourney

Ingredients

basil, calamus, cassia, cinnamon bark, frankincense, hyssop, myrrh, spikenard

Affinity for

immune system

Resonance

This is a high frequency spiritual oil which acts dramatically in the physical plane.

Application

Careful dilution is recommended because this blend contains cinnamon and cassia. It should be applied to the feet or the chest.

Aromatic Considerations

Because of the cinnamon, cassia, and calamus contained in this blend, L^eJourney is recommended for only short periods of diffusing at any given time. Care should be taken not to 'burn' the nostrils when inhaling or diffusing this blend of oils.

Emotional/Spiritual aspects

L^eJourney gives us a sense of harmony with ourselves and an increased ability to learn from the experiences of our lives.

Physical Aspects

L^eJourney is comprised of essential oils mentioned in the Bible (see Exodus, chapter 30). It is strongly antiviral and is used to expel disease and dead tissue from the body. L^eJourney is an immune stimulant and is effective against colds and flu.

LeKadence

Ingredients

allspice, cedarwood, orange sweet, ylang ylang

Affinity for

nerves	heart chakra	all aspects of the 5th meridian
cardiovascular system	throat chakra	gallbladder meridian
	brow chakra	liver meridian

Resonance

physical, emotional, spiritual

Application

LeKadence is delightful as a perfume or cologne. It can be added to a bath or diffused. It is appropriate to dilute and apply anywhere on the body.

Aromatic Considerations

The components of LeKadence are similar to LeGood-Nite, but with a delightful spicy twist that completely changes its aroma, use, and frequency.

Emotional/Spiritual Aspects

The focus of LeKadence is the exhaustion, both mental and physical, that is associated with too much work and worry.

Physical Aspects

LeKadence improves the uptake of nutrients to the brain and nervous system. It can help alleviate exhaustion in whatever form it has taken in the body and mind. LeKadence is especially useful for recovering from deep seated or extended illnesses. Sometimes sleep patterns are interrupted by nervous exhaustion, physical weakness, and worry. The body needs sleep *so* badly, but just cannot seem to rest. LeKadence, with the same oils that make LeGood-Nite effective, can be helpful here. The addition of allspice aids the rejuvenation of the cells as the body rests.

LeKadence brings vitality to the heart chakra and the heart muscle. It reduces inflammation in and around the heart and pericardial sac. LeKadence is often effective for quieting heart palpitations, especially those brought on by worrying. This blend is useful for dizziness and vertigo. LeKadence can be helpful if one is having difficulty concentrating or keeping the mind focused on a thought or project.

^LeLetting Go

Ingredients

blue tansy, hinoki, lavender, lemon, geranium, sandalwood, ylang ylang

Affinity for

emotions

digestive system

urinary tract

Resonance

physical, emotional

Application

^LeLetting Go should be applied directly over the liver, on the bottom of the feet, or behind the ears.

This blend is very nice in a bath or diffused.

Aromatic Considerations

^LeLetting Go is a favorite blend of many people. By letting go of negative emotions, we can create feelings of tolerance and compassion towards the faults & foibles of the human race, including ourselves. Regular use of this essential oil blend can help us develop feelings of trust, safety, and security.

Emotional/Spiritual Aspects

^LeLetting Go is literally for what the name implies. It is for 'letting go' of negative emotions that we are holding onto in the physical tissues of our bodies. You can use ^LeLetting Go to aid in the release of anger, frustration, resentment, despair, grief, insecurity, or any other emotion that is not serving you well. This blend is appropriate when your forward progress in emotional or physical healing seems to be halted. This oil is beneficial when used for the rebellious spirit sometimes seen in teens and others of us from time to time.

Physical Aspects

^LeLetting Go of the emotional baggage that we don't need can have an energizing effect on the colon, kidneys, liver and gall-bladder in particular.

LeLife Force

Ingredients

blue tansy, caraway, clove bud, dill, frankincense, galbanum, geranium, hyssop, lemon, oregano, ravensara, rosemary, thyme

Affinity for

nervous system
immune system

Resonance

physical, emotional

Application

One of the best places to apply this blend is along the spine. Other good places are all over the feet and on the thymus area of the chest.

Aromatic Considerations

LeLife Force should be diffused to strengthen the immune system and increase energy levels. It will also disinfect and purify the air, eliminating germs and bacteria.

Emotional/Spiritual Aspects

LeLife Force immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma.

Physical Aspects

LeLife Force should be used following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. This blend can make a big difference in the recovery period of accidents and illnesses. LeLife Force builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with LeEndo Relief during the cold and flu season. You may avoid getting sick altogether, and, if you do catch something, the illness will have a shorter duration and recovery period.

For fever, dilute and apply along the spine. For bronchitis, use LeLife Force with LeAspire or LeBreezey applied to the chest. For an earache, put 1 drop of LeLife Force in carrier oil and put into the ear. In addition I like to put 2 or 3 drops of BBL tincture in the ear. BBL will numb the pain and cause any inflammation to dissipate through a multitude of small holes which heal quickly (instead of in one large rupture which is the way ears usually deal with inflammation).

Soaking your feet in very hot water to which 2 or 3 drops of LeLife Force has been added, can assist the body to detoxify, especially from environmental poisons and medications. The combination of immune stimulant properties and detoxifying capabilities make LeLife Force effective against allergies and other mild auto-immune dysfunctions.

LeMagi

Ingredients

angelica, birch, frankincense, juniper berry, myrrh, sandalwood, spruce

Affinity for

emotions

solar plexus chakra

crown chakra

Resonance

This is a low frequency, physical range essential oil blend, but has profound effects on the emotional and spiritual planes. Like all oils with an affinity for the solar plexus chakra, changes are made deep in the cellular memory.

Application

For work with the crown chakra, apply on the top of the head, preferably in a clockwise motion. LeMagi can also be applied just above the eyebrows, on the solar plexus, and the thymus, also in a clockwise direction. LeMagi would make a unique statement as a perfume or cologne, but not an offensive one.

Aromatic Considerations

LeMagi should be diffused after a spiritual or energy work session to complete the changes, carry them deeply, and make them permanent. When diffused, LeMagi creates feelings of reverence and heightened spirituality. It can help one overcome doubt and negative feelings about one's abilities.

Emotional/Spiritual Aspects

LeMagi is a favorite of many people because it seems to clarify intuition and heighten the ability to hear the whisperings of divine inspiration. Among the many emotional blends, LeMagi stands out for those with low self-esteem who are unable to feel really confident about themselves and their contribution, even after a job well done. This blend is comforting in times of despair. LeMagi is helpful in coping with the fear of being left alone or with feelings of loneliness and isolation.

General information

LeMagi derives its name from the frankincense and myrrh it contains and the Wise Men (also known as the Magi) who brought them as gifts to the Christ Child. I believe this blend increases our own wisdom and ability to look at our world with clarity. That is a true gift.

LeMariah

Ingredients

bay, helichrysum, Idaho tansy, spearmint, opopanax, ravensara, spikenard, spearmint, thyme, turmeric, wintergreen

Affinity for

respiratory system

immune system

Resonance

physical

Application

LeMariah should be applied, diluted, to the chest and back at frequent intervals.

Aromatic Considerations

LeMariah should be diffused near the patient to aid in clearing the lungs.

Physical Aspects

This blend was specifically designed for use against the new flu strains that are giving people such a scare today. It seems to be the nature of these new strains to manifest very differently from one person to another. One person may sustain more damage to the circulatory system while another person may be hit hardest in the lung and respiratory areas. The strength of this blend lies in its antiviral/antibacterial properties and in its ability to clear and support the lungs. LeMariah should be used in conjunction with LeRevitalize for endocrine support to increase energy and stamina. Use LeMariah in conjunction with LeVitality to strengthen the heart.

LeMeditation

Ingredients

frankincense, myrrh, myrtle, rosewood, sandalwood, spruce

Affinity for

emotional and spiritual balance

root chakra

brow chakra

throat chakra

crown chakra

Resonance

high spiritual range

Application

LeMeditation should be applied to the slight bumps on both the right and left sides of the forehead, on the crown of the head, on the shoulders, and on the back of the neck.

Aromatic Considerations

LeMeditation creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration, reading scriptures, and seeking the answers from above.

Emotional/Spiritual Aspects

LeMeditation can help bring us to a state where we are more receptive of divine inspiration. This blend can aid us when meditating, pondering, or studying spiritual things. LeMeditation can help us discover and walk away from negative thought patterns. It will aid us in decision making by bringing us to a place where we can discern heavenly input.

LeMeditation is useful for calming ourselves, finding compassion for others, and lifting ourselves out of depression. This blend can help us find the motivation to make any changes in our lives that we know need to be made.

^LeMela Plus

Ingredients

cajeput, clove, niaouli, rosemary, tea tree

Affinity for

skin

respiratory system

Resonance

physical—very low frequency

Application

^LeMela Plus should be applied topically on insect bites and stings. ^LeMela Plus can also be diluted and massaged over the liver. Add a few drops of ^LeMela Plus to Miracle Salve, sold at Butterfly Express, LLC, to make an antibacterial ointment for cuts and abrasions.

Aromatic Considerations

^LeMela Plus can be diffused to dispel odors.

Physical Aspects

^LeMela Plus is strongly antiseptic. It prevents the growth of bacteria, fungus, and other infectious agents. ^LeMela plus can be used for athlete's foot and toe nail fungal infections. It can also be used for disinfecting cuts, scrapes, and wounds. A drop applied to insect bites will keep them from infecting. Rosemary and tea tree, major ingredients in ^LeMela Plus, are said to be effective in treating infections.

LeMillenia

Ingredients

blue tansy, elemi, fir, frankincense, geranium, chamomile German, lavender, rosewood, spruce

Affinity for

body structure and alignment	energy/electrical system	every chakra
muscles	nervous system	emotions
skin	every meridian	

Resonance

LeMillenia is a very low frequency oil. This makes it very effective for working on issues of physical structure and alignment. However, LeMillenia is also an outstanding emotional blend.

Application

LeMillenia is very good applied to the bottoms of the feet or along the inside of the foot (the spine in reflexology and foot zone therapy). You can balance the energy between the left and right lobes of the brain by putting a drop of LeMillenia on your index fingers and placing your fingers on your temples. The left hand should be on the right temple, and the right hand on the left temple.

Aromatic Considerations

When diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time.

Emotional/Spiritual Aspects

LeMillenia helps one find the courage to move forward with confidence and faith. It brings clarity about what is really necessary for happiness and contentment. It can help us find an equilibrium between being organized, neat, orderly, meticulous, logical, and analytical (all good traits) and being obsessively focused on perfection. LeMillenia is used to aid us with self-expression, fear of conflict and disagreement, and the ability to make decisions. This blend can foster tenacity and independence of spirit.

Physical Aspects

“Chiropractor in a bottle” is a good description of this blend except that LeMillenia aligns so much more than just physical structures. LeMillenia aligns the electrical energies of the body, balances every meridian, and energizes every chakra. In addition, LeMillenia 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.

One of my favorite uses for LeMillenia is in working with ADHD and hyperactivity. Applying LeMillenia to the feet at least once a day can make a profound difference in a child’s ability to sit still and concentrate. I use the feet because it is an excellent place to draw essential oils into the body. I also like the feet because the person (it is often a little boy) can put his shoes back on, go to school, and no one teases him because he ‘smells like flowers’. Also consider using LeTranquility along with the LeMillenia.

As an agent of structural alignment, LeMillenia can be used as a diuretic, an antispasmodic, an expectorant, and a nervine. LeMillenia is helpful for some types of arthritis, for sciatica, and to improve capillary circulation. LeMillenia should be tried at the very first moment a hernia is suspected. Using LeMillenia to brush your teeth may keep your teeth aligned and prevent cavities. A drop should be diluted in almond oil and put in the ear for earache. This will realign physical structures and take the pressure off of the ear canal or ear drum. Because LeMillenia realigns physical and electrical structures, it is beneficial for some types of headaches. It is antispasmodic, analgesic and excellent where bruising has occurred.

There is not enough understanding of anorexia, but it is known that something in the way LeMillenia realigns the body systems changes the thinking and brings relief from this condition.

L^eMoonlight

Ingredients

angelica, cedarwood, cinnamon, clary sage, geranium, jasmine, mandarin, neroli, patchouli, sandalwood, spikenard, orange sweet, ylang ylang

Affinity for

emotions base chakra sacral chakra heart chakra

Resonance

physical with deep emotional impact

Application

L^eMoonlight can be diffused any time you like or worn as a perfume.

Aromatic Considerations

The aroma of this blend is earthy with a strong sensuous floral tone.

Emotional/Physical Aspects

L^eMoonlight is a potent aphrodisiac. It sets a mood of connection to and appreciation for your romantic partner. L^eMoonlight adds to the delight you feel in the sensual and passionate side of your lives together and creates emotional depth and bonding.

^{Le}My-graine

Ingredients

copaiba balsam, chamomile German, Grapefruit, helichrysum, lavender, marjoram, peppermint, zanthoxylum

Affinity for

nerves

muscles

bones

Resonance

physical

Application

^{Le}My-graine can be put on the temples, forehead, and back of the neck. Often the aroma will be all that is needed to back off a migraine. For really tough headaches, put 3 drops in your bath and 8-10 drops on a cold washcloth placed at the back of the neck at the same time. Try to relax as much as possible while the essential oil takes effect.

Aromatic Considerations

Usually very effective for headaches when inhaled or diffused.

Emotional/Physical Aspects

^{Le}My-graine is used for migraine and stress related headaches with or without accompanying nausea. This blend is also useful following neck injuries and to open the blood supplies to and from the head. ^{Le}My-graine does its best work with headaches related to stress and circulation problems. Mild hormone oils make it effective for some women for the headache which comes at the beginning or end of their period.

^{Le}My-graine may be useful for some types of depression. Use with ^{Le}Woman Wise or ^{Le}Balance if hormone imbalances are suspected.

LeNo-More

Ingredients

calamus, elemi, oregano, patchouli, spikenard

Affinity for

immune system
lymphatic system
skin

Resonance

physical

Application

LeNo-More is used mainly to disinfect and prevent mold growth. It can be applied diluted to the body if any type of infection has occurred. If the infection is caused by a fungus (rather than a bacteria) it is probably best to dilute with water rather than with a vegetable protein based carrier oil. A fungus can feed on vegetable protein carrier oils such as almond, olive, or grapeseed. This blend is effective against such nasties as athlete's foot and toe nail fungus.

Aromatic Considerations

Very effectively kills airborne germs

Physical Aspects

Because of the oxygen-carrying capabilities of essential oils, they are all antibacterial, antifungal, antiseptic, etc. to some extent. This blend contains many of the most powerful antiseptic oils available. Having been blended synergistically, they are even more effective than any of the singles would be if used alone. Each single oil is less likely to create any reactions or problems when it is a percentage of a blend.

LePaine

Ingredients

birch, clove bud, copaiba balsam, eucalyptus, helichrysum, peppermint

Affinity for

nervous system

muscle tissue

bones

Resonance

physical, emotional

Application

LePaine should be diluted and applied to the area where the pain is located. It can also be used very effectively as a compress. LePaine is often used in layers with LeWarm Down, LeTenda Care, LeDeeper, and LeMillenia. It should be layered with LePatches if you suspect tendon or ligament damage.

Physical Aspects

LePaine is much more than a pain reliever, although it is strongly analgesic. LePaine promotes quicker healing by bringing oxygen to the injured area and increasing circulation. LePaine 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.

Cautions

If you use LePaine in the tub or shower for pain relief or muscle relaxation, use no more than 2 or 3 drops.

LePatches

Ingredients

frankincense, gingergrass, rosewood, peppermint, spruce

Affinity for

nerves

muscles, tendons, ligaments

bones, joints

all 5 subtle bodies

all of the meridians

all of the chakras

Resonance

physical

emotional

Application

LePatches should be diluted and applied on location at the site of the pain or injury. LePatches is excellent as a compress and as a general massage oil.

Physical Aspects

LePatches was designed for the repair and healing of damaged tissues, tendons, and ligaments. LePatches is strongly anti-inflammatory, making it effective in restoring motion to inflamed and swollen joints.

LePatches promotes quicker and more complete healing by inducing oxygen and blood flow to the injured tissue. LePatches should be used for sports and other injuries, muscle spasms, torn ligaments and tendons, bruises, and bursitis. This blend, applied to the neck and shoulders, is useful for headaches that are produced by tension, stress, and the tightening of the muscles in the neck or upper back. LePatches is an excellent oil for improving and restoring circulation.

Emotional Aspects

LePatches heals the damaged and broken energy places in the chakras and meridians. It helps the various layers of our bodies (physical, emotional, spiritual, and mental) work together and communicate freely with each other. ‘Patching’ us up (actually healing us is a better description) on every level is what this essential oil blend is good for.

LePurify

Ingredients

citronella, grapefruit, lavender, lemongrass, tea tree, manuka

Affinity for

digestive system

skin

emotional stability

Resonance

physical, emotional

Application

Diffuse to purify the air, kill germs, and remove odors.

Aromatic Considerations

LePurify purifies the air, neutralizes mildew, removes the smell of cigarette smoke and many other noxious odors when diffused in a room.

Emotional/Spiritual Aspects

Some citrus oils and lavender, all of which are in this essential oil blend, are useful for anorexia and eating disorders because they moderate feelings of insecurity, self-doubt, and self-loathing.

Physical Aspects

LePurify kills odors, bacteria, molds, and fungus. It is effective when applied to spider bites and insect stings and can be used for repelling bugs, insects, and mice. LePurify sometimes brings relief from toothaches and dental abscesses; at the very least, it may relieve the problem somewhat until a dentist can be reached.

^{Le}Reconciliation

Ingredients

anthopogon, rose, ylang ylang, vanilla

Affinity for

immune system	liver	all four fire meridians
digestive system	hair	wood element (1st meridian)
ligaments, bones	skin	heart and crown chakras

Resonance

emotional, physical

Application

^{Le}Reconciliation makes a very nice perfume. It is excellent diffused, as a massage oil, or added to a bath.

Aromatic Considerations

The strength of ^{Le}Reconciliation lies in helping us find perspective and peace by bringing us understanding and compassion. This empathy is like a warm blanket, covering ourselves and others.

Emotional/Spiritual Aspects

^{Le}Reconciliation can fill the deep well of loneliness we sometimes feel when our lives are being lived at a distance, physically or emotionally, from the home and heritage of our formative years. Sometimes we feel that who we have become is so different from who we were that our loved ones no longer have any idea who we are. We feel misunderstood, unappreciated, and isolated from those with whom we would like to share the depths of ourselves. The aroma of ^{Le}Reconciliation helps us find peace with the past, joy in our relationships as they are today, and hope for the future of our connections to loved ones near to us or far away.

^{Le}Reconciliation is a marvelous oil for grief and loss, especially if there were hard feelings or trauma in the relationship at the time of the parting.

Physical Aspects

^{Le}Reconciliation is a good oil for skin care and massage. If there are any physical ailments with roots reaching into relationships, this blend should bring relief—both to the emotions and the physical imbalances.

Cautions

This is a very mild and pleasant oil. It has no contraindications.

LeRefresh-Mint

Ingredients

cedarwood, clove bud, cypress, eucalyptus, frankincense, juniper berry, lemongrass, myrrh, patchouli, chamomile Roman, spearmint, wintergreen, ylang ylang

Application

Place 2 to 5 drops of LeRefresh-Mint in the bottom of a small bathroom paper cup; add enough water for a mouthful or two. Stir the oil vigorously into the water. Swish in the mouth and gargle for at least 60 seconds two or more times a day to promote healthy gums.

Physical Aspects

LeRefresh-Mint contains essential oils blended synergistically to promote gum health, kill a wide variety of bacteria, and leave behind a refreshing, clean taste and sensation.

LeRevitalize

Ingredients

bergamot, blue tansy, cabreuva, chamomile Roman, carrot seed, davana, fennel, geranium, helichrysum, lemon, rosemary

Affinity for

digestive system
brain function
emotional stability

Resonance

physical, emotional

Aromatic Considerations

LeRevitalize, diffused, can give everyone in the room a boost of energy and alertness.

Application

Dilute well when applying LeRevitalize to the body. This essential oil blend is best applied over the liver or on the bottoms of the feet.

Emotional/Spiritual Aspects

LeRevitalize increases mental alertness and alleviates mental fatigue. It is a great blend for replenishing inner stores of strength and increasing stamina. LeRevitalize is especially effective for those who are worn out from chronic illness or who make a habit out of running faster than they have strength most of the time. This blend has proven useful in programs for anger management and in overcoming addictions.

Physical Aspects

LeRevitalize cleanses the liver, but does so gently and steadily. It stabilizes energy levels and improves vitality. LeRevitalize is a good digestive aid, particularly in eliminating bloating, belching, and heartburn. LeRevitalize should be applied over the abdomen, either massaged on or applied in a compress, for parasites. A compress or direct application over the gallbladder or kidneys can relieve distress and pain in these areas. This is an excellent oil for lymphatic congestion and immune stimulation.

LeSanctuary

Ingredients

cedarwood, fir, pine, spruce, vanilla, ylang ylang

Affinity for

respiratory system

central vessel meridian

all chakras

nervous system

bladder meridian

emotional balance

Resonance

LeSanctuary is a very high frequency oil. It can often be used in place of the very expensive single oils like rose, jasmine, or neroli with equally effective results.

Aromatic Considerations

LeSanctuary has a pleasant aroma that just wraps around you and transports you to a place of peace and calm where you may rest and gather strength for the day.

Application

This blend is meant to be diffused! It surrounds us with the feelings of contentment and faith. Alternatively, it can be worn as perfume, cologne, or applied to the solar plexus, brain stem, crown of the head, back of the neck, behind the ears, over the thymus, or on the wrists. I like to carry this one in an inhaler so that I can let it take me to a quiet place whenever I need to.

Emotional/Spiritual Aspects

LeSanctuary promotes feelings of protection and safety. From this safe place we can examine ourselves comfortably, listening closely to the whisperings of the spirit and our own intuitive knowledge of our strengths and weaknesses. This process helps us develop wisdom and good judgement and lets us build trust in ourselves and our decisions. LeSanctuary has a special affinity for the central vessel and bladder meridians. In doing so, it can help us replace fear in our lives with faith in healthy ways. LeSanctuary brings all of the chakras into harmony with each other, balancing the energy cohesively between them.

LeSego Lily

Ingredients

copaiba balsam, grapefruit, rosewood, vanilla

Affinity for

skin

heart chakra

emotional health

Resonance

physical, emotional

Application

Diffuse or wear as a perfume. Diluted, LeSego Lily makes an excellent massage oil and is excellent in the bath.

Aromatic Considerations

LeSego Lily is light and airy with a beautiful, uplifting, and calming aroma.

Emotional/Spiritual Aspects

The aromatic influence of LeSego Lily is, in part, to bring a feeling of calmness during a crisis or when feeling anxious and out of sorts. LeSego Lily also promotes a feeling of being loved and appreciated. Its aroma often inspires us to show love and appreciation to others.

Physical Aspects

Physically, LeSego Lily is a blend for skin care and health. It promotes skin elasticity and may seem to slow the process of aging as it nourishes the skin and smooths out wrinkles. LeSego Lily is used to bring relief from the itching of hives and allergic rashes. When used for this purpose, a more emollient carrier oil containing jojoba, apricot, or rosehip oil would be beneficial.

LeSimplicity

Ingredients

lavender, lemon, manuka, melissa, oregano-wild, rosemary, tea tree, thyme

Affinity for

skin

nerves

immune system

Resonance

physical, emotional

Application

LeSimplicity should be applied to the blistered areas of a cold sore and the skin around them, usually diluted in distilled or spring water. It makes an excellent mouthwash, diluted well.

Aromatic Considerations

LeSimplicity is best used topically.

Physical Aspects

LeSimplicity is a blend of potent antiviral oils which target the HSV-1 and 2 (Herpes Simplex 1 and 2) viruses. HSV infection causes fluid-filled blisters which form in clusters and then continue to spread. Fatigue, irritability, low-grade fever, slow healing of cuts, infections around the fingernails, and whitlows are other signs of infection. These viruses are carried from person to person in body fluids such as saliva. The initial infection often occurs during childhood when well-meaning relatives subject children to on-the-mouth kisses. Once the virus has entered the body, it 'creeps' along neural pathways and establishes a 'home-base'. HSV-1's site of latency preference is the trigeminal ganglion, a collection of nerve cells near the ear. From this spot, outbreaks tend to occur on the lower lip or face when the body is under stress or the immune system has been compromised in some way. HSV-2 seems to prefer to lodge in the nerves at the base of the spine or sacral area. This blend is designed to kill the viruses at the areas of outbreak, then follow the same neural pathways that the virus traveled until it reaches the colonies in the nerve bundles to kill it at the source.

LeSolitude

Ingredients

cabreuva, chamomile German, lavender, marjoram, rosewood, orange sweet

Affinity for

skin	heart chakra	kidney meridian
cardiovascular system	emotional health	

Resonance

physical, emotional

Application

Dilute and apply to the chest and anywhere you have unsightly or uncomfortable veins. LeSolitude is excellent in the bath or diluted for a massage oil.

Aromatic Considerations

LeSolitude is calming and can help one to 'de-stress' following a stress filled day. Diffusing LeSolitude at night helps me relax into a peaceful sleep.

Emotional/Spiritual Aspects

The aroma of LeSolitude can be useful in creating an atmosphere of peace and quiet in which to regenerate and rebuild emotional reserves. This oil brings peace and happiness to mind and body. It has been useful to some in overcoming depression and coping with anxiety.

Physical Aspects

LeSolitude's affinity is for anything to do with heart or vein health. It is truly a cardiovascular oil. It should be used for varicose veins, spider veins, and to promote capillary health. LeSolitude can be used as a muscle relaxant and to relieve tension headaches. The chamomile and rosewood, in a synergistic arrangement with the stronger antiseptic oils in this blend, combine to make an oil that moisturizes dry skin and is a good treatment for eczema.

^LeSpice C

Ingredients

cinnamon, clove, eucalyptus radiata, lemon, opoponax, rosemary

Affinity for

immune system

lymphatic system

respiratory system

Resonance

physical, emotional

Application

^LeSpice C can be added to water to soak toothbrushes or used as a gargle for sore throats. This blend needs to be diluted well to be applied to the skin.

Aromatic Considerations

^LeSpice C should be diffused periodically during the cold and flu season.

Physical Aspects

^LeSpice C is similar to ^LeDeliverance, but has a stronger cinnamon aroma and no oregano or thyme. This blend is antiviral, antibacterial, antifungal, etc. ^LeSpice C strengthens the immune system. It (or ^LeDeliverance) should be used for respiratory illnesses, colds, sore throats, bronchitis, flu, and nervous exhaustion.

LeStefanie

Ingredients

cinnamon berry, cumin, helichrysum, manuka, melissa, oregano, spruce, valerian, yarrow blue,

Affinity for

immune system

respiratory system

nervous system

Resonance

physical, emotional, spiritual

Application

LeStefanie should be applied on the chest, back, and on the feet. It can also be diffused or inhaled.

Aromatic Considerations

LeStefanie is balancing and uplifting to the emotions. The melissa in this blend adds a light, lemony scent.

Emotional/Spiritual Aspects

The high percentage of melissa in this blend makes it uniquely effective for instilling a positive mental outlook on life and for improving one's ability to enjoy life to the fullest.

Physical Aspects

LeStefanie was developed to help fight antibiotic resistant pseudomonas bacteria, especially in the lungs. This blend has a great affinity for the entire respiratory system. LeStefanie should be considered for any respiratory problem, such as asthma, bronchitis, chest colds, or flu. Melissa oil is one of the strongest antiviral, antibacterial essential oils. This blend is anti-infective, anti-inflammatory, antispasmodic, antibacterial, antimicrobial, antiviral, sedative, antidepressant, and mucolytic.

LeTenda Care

Ingredients

eucalyptus, gingergrass, juniper, lemongrass, marjoram, peppermint, spikenard, tea tree, thyme, wintergreen

Affinity for

skin

muscles

bones

Resonance

physical

Application

Use LeTenda Care by placing a small amount of carrier oil in the palm of your hand. Add a few drops of LeTenda Care. Use this as a massage oil for tired, overworked muscles, or to help you relax at the end of a long day. LeTenda Care can be added to a bath as an excellent muscle relaxant and over-all tonic.

Aromatic Considerations

LeTenda Care has an aroma that is pleasant and light for lifting the mood and clearing the mind.

Physical Aspects

LeTenda Care is intended to be used when muscles are tight, strained, or injured. This blend is analgesic, anti-inflammatory, antispasmodic, and has some excellent nervine properties. Besides sports injuries and muscle relaxation, LeTenda Care can be used for back pain, sciatica, bruising, and charley horses.

Comments:

Essential oils added to a carrier immediately begin to 'break down' and become less effective therapeutically. Following the method described above will insure that the essential oils are potent and effective each time you use them.

LeTherma-Care

Ingredients

coriander, litsea cubeba, peppermint, yellow yarrow

Affinity for

nervous system

fevers

Resonance

physical, emotional

Application

LeTherma-care should be diluted well and applied to the back of the neck and down the spine. It is also effective to apply LeTherma-care to the bottoms of the feet.

Aromatic Considerations

It is better to apply this essential oil blend to the body. Diffusing might be pleasant but may not give you the results in fever reduction that you need.

Physical Aspects

LeTherma-care was specifically designed to aid in gently reducing the very high fevers we have been seeing with these high-powered and quick-onset flu 'bugs'. The use of this essential oil to reduce the fever is especially nice with children. In addition to the fever reducing properties of the yarrow and the peppermint, the coriander is well renowned for giving strength both during an illness and during the convalescent stages.

LeTomorrow

Ingredients

clary sage, cypress, frankincense, geranium, lemongrass, lime, rose, sandalwood, orange sweet, ylang ylang

Affinity for

emotional balance

Resonance

physical, emotional, spiritual

Application

LeTomorrow can be applied over the heart chakra, on the wrists, behind the ears, or on the neck. This blend, mixed with a carrier oil makes an excellent massage oil. It can be diffused or worn as a perfume.

Aromatic Considerations

LeTomorrow should be diffused for the calm atmosphere that it creates. This blend creates feelings of joy, peace, and forgiveness.

Emotional/Spiritual Aspects

LeTomorrow is used in emotional work to bring the focus from the past to a happy anticipation of the potential of the future. LeTomorrow helps one to find calmness and joy in the challenges of every day living. It is useful during the changing seasons of our lives to help us maintain emotional stability. One of the most pleasing aspects of this essential oil blend is the desire that it creates within us to forgive and love others more unconditionally. I find that this blend helps people leave the past behind while attaining wisdom and acceptance.

LeTranquility

Ingredients

blue tansy, geranium, chamomile German, lavender, palmarosa, patchouli, orange sweet, tangerine, ylang ylang

Affinity for

nervous system
circulatory problems
emotional stability

Resonance

physical, emotional, spiritual

Application

LeTranquility can be used as a perfume or cologne. It is an excellent essential oil for a relaxing bath. This blend can be placed anywhere on the body.

Aromatic Considerations

Diffuse or wear LeTranquility as a perfume. Everyone around you will get to enjoy it and reap the benefits. The aroma of LeTranquility has been known to reduce or eliminate panic attacks and other anxiety based disorders.

Emotional/Spiritual Aspects

One of the best loved of the Butterfly Express, llc, blends, LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression. LeTranquility is useful as a sleep aid, especially when the problem is ‘mind chatter’ that just won’t quit. Instead of sleeping, even though we need sleep badly, we lay there reviewing the past day in our minds or making plans for tomorrow.

LeTranquility helps us take a step back from a situation so that we may come to a fuller understanding of all aspects of the situation. From this perspective we are usually able to see solutions to our dilemmas more easily.

Physical Aspects

Physically, LeTranquility can be useful for circulatory problems to the extremities. Stress takes a high toll on the vitamin and mineral levels of the body, especially calcium. The use of LeTranquility, which promotes calmness and quells anxiety, has been helpful in cases of osteoporosis. This is one of the best blends to relieve migraine and tension headaches.

LeTranquility has been used in programs to help children and adults get off Ritalin and Prozac. Of course, it is recommended that you work closely with your doctor.

General information

This essential oil blend is the first thing you should reach for whenever someone is having a panic attack. More times than not, LeTranquility will stop the attack completely. This is a great blend for any type of anxiety disorder.

LeTrust

Ingredients

angelica, frankincense, helichrysum, lavender, lemon, melissa blend, palmarosa, rose, rosewood, sandalwood, spruce

Affinity for

emotional balance and stability

lung meridian

Resonance

LeTrust is a very high frequency essential oil blend

Application

LeTrust should be massaged over the heart or around the navel. It is also good when applied behind the ears or on the wrists.

Aromatic Considerations

This blend makes a very nice perfume or cologne. LeTrust, diffused in the home, can make changes for the better in family communication, especially at meal times.

Emotional/Spiritual Aspects

LeTrust helps us be more accepting, tolerant, compassionate, and forgiving of ourselves and others. This blend can be useful in leaving behind old hurts, guilts, and frustrations. The emotions supported by LeTrust can help us evaluate our relationships and leave behind attitudes of co-dependency.

Physical Aspects

Although LeTrust is a high frequency blend and definitely a spiritual/emotional oil, it has proven useful for the relief of pain with pleurisy and gallstones. Some people report that used as a mouth rinse, this blend is good for gum disease.

LeTurmoil

Ingredients

davana, frankincense, helichrysum, lavender, lemon, lime, palmarosa, rose, rosemary, rosewood, sandalwood, spikenard, zanthoxylum

Affinity for

immune system
emotional stability

Resonance

physical, emotional

Application

‘Rain drop’ this blend down the spine or along the inside of the foot (the spine in foot zone therapy); then massage it in.

Aromatic Considerations

If someone is recovering from an accident or surgery, diffuse LeTurmoil near them or have them inhale it frequently.

Emotional/Spiritual Aspects

LeTurmoil helps us to view trials from a more positive perspective. This blend is useful in rebuilding the physical/emotional connection after trauma or loss. LeTurmoil should be considered for the anger stage of grief and later, if the grief seems to be settling into depression. LeTurmoil calms hyperactivity and nervousness. This remedy can calm a person who is jumping from project to project, thought to thought, and help them settle down, organize themselves, and accomplish something.

Physical Aspects

LeTurmoil is a remedy for shock and trauma, especially those that are affecting physical well-being and weakening the immune system. It stabilizes a person who is feeling faint or going into shock.

LeUnity

Ingredients

angelica, orange bitter, frankincense, geranium, hyssop, lavender, mandarin, neroli, palmarosa, rose, rose geranium, sage, sandalwood, spikenard, spruce, ylang ylang

Affinity for

emotional balance	every chakra	liver meridian
spiritual growth		small intestine meridian

Resonance

physical, emotional, spiritual

Application

LeUnity can be applied over each chakra, beginning at the base and working up to the crown. It can be applied on the feet, over the heart, and on areas of poor circulation.

Aromatic Considerations

LeUnity should be diffused in groups where incompatibility or quarrelsomeness is a problem. Use it in the home to increase peace and cooperation.

Emotional/Spiritual Aspects

LeUnity 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.

If LeBenediction is not providing enough protection from other people's energies for you, try adding LeUnity, too. This blend, like LeBountiful, fosters a sense of abundance and appreciation in our hearts.

Physical Aspects

One of the great strengths of LeUnity is its ability to balance every chakra to the extent of greatly minimizing or eliminating altogether any reaction from overuse of essential oils. This is very useful for children who get into essential oils that have been left laying around the house. Many times the balancing of all of the chakras eliminates or minimizes any allergic reaction. LeUnity makes a good deodorant.

Important information

LeUnity can be used to eliminate or minimize reactions to oils that are caused by suppressed emotions or a toxic physical body. Apply the oil to the palms of the hands and place one hand over the navel and the other hand over the thymus. Hold for 20 seconds and then reverse the position of the hands and hold for another 20 seconds or more. ***This really works!*** This procedure is also effective for grounding and balancing in a multitude of situations.

LeVallee

Ingredients

carrot seed, helichrysum, parsley, ravensara, spikenard, tagette, vetiver, wintergreen, yarrow blue

Affinity for

skin

muscle tissue

nerves

Resonance

physical

Application

LeVallee should be diluted well and applied to the area of concern.

Physical Aspects

This blend was created specifically for rebuilding skin and muscle tissue following a severe burn. It is proving useful in other conditions involving deteriorated muscle and skin tissues. LeVallee is an emollient and is soothing to damaged skin and should be used to combat dryness and skin irritation. LeVallee contains oils renowned for the rebuilding of nerve cells and networks.

LeVisibility

Ingredients

cypress, geranium, hyssop, orange sweet

Affinity for

veins, capillaries

Resonance

physical

Application

LeVisibility should be diluted and applied wherever there are broken capillaries or damaged veins. Be sure to dilute very well if applying to hemorrhoids.

Physical Aspects

Capillaries are the finest branches of the blood vessel system. They are fragile and can be easily damaged.

LeVisibility promotes capillary health and reduces both the visibility and the pain of broken or weak capillaries. These broken capillaries sometimes appear on the face or as ‘spider veins’ on the legs. They can be quite painful because they impede proper circulation. Restless Leg Syndrome (where the legs feel tingly, ‘asleep’, and painful, especially when you are at rest) is caused by broken capillaries. These capillaries may be seen or unseen. LeVisibility, applied to the legs at bedtime, often brings relief. LeVisibility is also good for varicose veins. Always massage upward from the feet when working on vein health.

LeVitality

Ingredients

allspice, copaiba balsam, cypress, geranium, helichrysum, mandarin, marjoram, palmarosa, ylang ylang

Affinity for

cardiovascular system
pulmonary system
vein health
lymphatic system
respiratory system
urinary tract

root and crown chakras—
our connection to both Heaven and Earth
governing vessel meridian

Resonance

physical, emotional

Application

LeVitality should be diluted and applied on the chest over the heart area several times a day. LeVitality can also be applied to the acupressure heart area on the left foot, or alternatively, to the heart points found under the left ring finger and corresponding toe on the left foot. Additional points that may be of benefit are found on the arms just above the elbow. It may also be of benefit to apply LeVitality on the arteries of the neck, and to massage it along the spine between the 1st and 4th vertebrae.

Aromatic Considerations

The aroma of LeVitality is useful for shock. It also increases vitality, energy, and stamina.

Emotional/Spiritual Aspects

This blend provided me with a hopeful feeling about the state of my health. When I applied this essential oil blend, and smelled the aroma, I felt more confidence in my body's ability to heal and be strong again. LeVitality gives one more enthusiasm for life. As stamina and strength improve, there is more energy and you feel good enough to enjoy life more fully.

Physical Aspects

LeVitality is very specific for the cardiovascular, circulatory, pulmonary, and lymphatic systems. It should be tried for all heart related and circulatory conditions, but LeVitality has amazing uses in so many other areas. It is often useful for lowering high blood pressure and reducing stress levels. This blend can increase stamina among the sick or the elderly.

LeVitality is a remedy for the treatment of shock and has been used to stop or slow the progress of an oncoming stroke. For an impending stroke, LeVitality should be quickly applied to the neck and forehead. Encourage the person to breathe as deeply and calmly as possible.

Among its other uses, LeVitality is an adrenal stimulant, aids the function of the kidneys, and clears lymphatic congestion. The anti-inflammatory properties of LeVitality make it useful for arthritis, pleurisy, and sciatica. LeVitality can help balance hormones and is useful in treating toxemia during pregnancy if it is related to heart or circulation problems. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well here.

LeWake Up

Ingredients

grapefruit, lemongrass, orange sweet, peppermint, rosemary, spearmint

Affinity for

nervous system

heart chakra

emotional balance

spiritual side of our natures

Resonance

physical, emotional, spiritual

Application

LeWake Up is wonderful diffused. It can be diluted and applied to the bottoms of the feet, with a special emphasis on the big toe.

Aromatic Considerations

LeWake Up does exactly what the name implies. It makes us feel more energetic and wide awake to our world.

Emotional/Spiritual Aspects

LeWake Up helps us feel more energetic, enthusiastic, and even passionate about our life, the tasks we have before us, and the people around us. Somehow, it makes us want to encourage everyone around us to find the same joy that we are experiencing. This blend is a joyous vacation for our minds and spirits.

Physical Aspects

LeWake Up is helpful, both by aroma and application, for blood sugar lows (hypoglycemia) that occur just before or during the onset of the menstrual period.

LeWarm Down

Ingredients

basil, cypress, fir, lavender, marjoram, wintergreen

Affinity for

muscles

bones

respiratory system

Resonance

physical

Application

LeWarm Down should be applied, diluted, to any area of the body where there are sore or strained muscles.

This blend makes an excellent massage oil. It is often used in conjunction with LePaine, and if there is structural misalignment, LeMillenia is added to the regimen.

Aromatic Considerations

LeWarm Down has an underlying aroma of ‘black licorice’. It is the aroma of basil and is wonderful if you happen to like black licorice. If you find this aroma offensive, try LeTenda Care instead.

Physical Aspects

LeWarm Down is antispasmodic and anti-inflammatory. This makes it an excellent remedy for tight, tired, sore, and aching muscles of any description. This blend is often reached for with sports injuries, muscle strains and sprains, and for torn ligaments.

LeWarm Down seems to aid calcium absorption and distribution throughout the body. This makes it useful for charley horses and the leg cramps during pregnancy. The regular use of LeWarm Down can slow the progress of osteoporosis by improving calcium absorption.

LeWarm Down makes an excellent massage oil for back and joint pain. It often relieves stress headaches, where tight muscles in the neck and shoulders are contributing factors. LeWarm Down increases capillary circulation and protects the skin by helping it to retain moisture.

LeWeightless

Ingredients

basil, grapefruit, green pepper, lemon, lime, sage

Affinity for

digestive system

emotional balance

Resonance

physical, emotional

Application

LeWeightless is pleasant diffused, where it will eliminate odors and kill bacteria while being enjoyed for its emotional properties. LeWeightless can be used in the bath; be careful to use only 2 or 3 drops. This is an excellent essential oil blend for a full body massage. Be sure to dilute well for use in a massage.

Aromatic Considerations

The aroma of LeWeightless is uplifting. It stimulates positive and creative thinking.

Emotional/Physical Aspects

This delightful blend is designed to function on both the physical and emotional planes, even more than usual for essential oils which all seem to do this to some extent. LeWeightless increases metabolism, especially fat burning, and helps to dissolve cellulite. Emotionally it lightens the weight of our own negativity which is so often the trigger for 'binge' eating or junk food consumption. LeWeightless is used in programs for eating disorders such as anorexia.

LeWeightless relieves stress, but it takes a minute. If you can remember to reach for the LeWeightless when you are craving that chocolate bar, then exercise a little self-control for a moment or two, you may find that you move on to something else in your life and the chocolate loses its allure!! This blend also has an effect on the mind, helping it to function more clearly and quickly.

LeWisdom

Ingredients

hinoki, lemon, neroli, orange sweet, spruce, ylang ylang

Affinity for

emotional balance and stability

throat chakra

triple warmer meridian

sacral chakra

kidney meridian

Resonance

physical, emotional

crown chakra

gall bladder meridian

Application

LeWisdom should be diluted and applied in a counter clockwise direction over the center of the chest (thymus). To go counter clockwise you start over your heart (like pledging allegiance), moving upward toward the left shoulder, across to the right shoulder, and then back down and around again. It is as though the clock is sitting on your own chest, facing out for others to see.

Aromatic Considerations

The aroma of LeWisdom is uplifting, centering, and calming to the emotions.

Emotional/Spiritual Aspects

As we experience adversity and joy in this life, our fears, frustrations, annoyances, and irritabilities should mellow into wisdom. This blend can help us do that by moving away from the negative patterns of our lives. It is of particular use for those who become distraught or discouraged because they continually pressure themselves to do more, be absolutely perfect, or to be ready for any future crisis situation that may happen. This blend is often used in Inner Child work to establish a firm presence in the present time and situation. LeWisdom can help us express and deal with repressed emotions. LeWisdom is a wonderful oil for any grieving stages of our lives. It is one of the best blends for jet lag and fatigue.

^{Le}With-In

Ingredients

coriander, ginger, lavender, rosemary, yarrow

Affinity for

muscles

Resonance

physical

Application

^{Le}With-In should be diluted with a carrier oil and applied several times a day to the area of the hernia. It can also be used effectively as a compress.

Physical Aspects

It is meant for use on inguinal and hiatal hernias. It is not applicable for surgical hernias. ^{Le}Millenia should be layered with ^{Le}With-In for maximum structural realignment. The addition of cypress and hyssop should be considered for severe inguinal hernias. It is ***absolutely necessary*** to avoid strenuous exercise or anything that puts strain on the muscles involved until healing is ***complete***. A good diet, which includes all of the nutritional needs of muscles during a repair stage, is also advised.

LeWoman Wise

Ingredients

clary sage, fennel, jasmine, lavender, marjoram, patchouli, spikenard

Affinity for

emotional balance
hormones

Resonance

physical, emotional

Application

LeWoman Wise should be diluted in a carrier oil and massaged on the lower back and abdomen. It is helpful to layer with LeDeeper if severe cramping or abdominal pain is involved during the menstrual period. LeWoman Wise can also be applied to the feet and ankles, used in the bath, and diluted for a body massage oil.

Aromatic Considerations

LeWoman Wise, even just diffused rather than applied, can help to balance hormones, stabilize mood swings, and calm irritability.

Emotional/Spiritual Aspects

There are many emotions that go completely out of whack when our hormones are out of balance. This blend can be very helpful for any of those. Sometimes trying an essential oil and seeing what changes take place can help us recognize which behaviors are hormone driven and which ones are just bad habits.

Physical Aspects

LeWoman Wise was created to help balance the hormones of younger women. It also brings a lot of relief from pre-menstrual and menstrual cramps and headaches. It may also be effective for prostate problems in men, although LeBalance is usually a better choice for men and women approaching, or in, their menopausal years. This blend should be used all month long, not just when the PMS symptoms are at their worst. Doing this will keep the symptoms from occurring.

Cautions

This blend is not for use during pregnancy!!!

*The essential oil blends referred to throughout this document
are distributed by
Butterfly Express, llc.*