

physical emotional physical / emotional

<i>Oil Blend</i>	<i>Suggested Uses</i>	<i>Uses/Cautions</i>
^{Le} Acknowledge	relief from feelings of frustration , self-pity, insecurity, hopelessness; creates enthusiasm for new things	beautiful as a perfume or diffused; in a bath
^{Le} Angel	coping with traumatic experiences; sexual abuse (during childhood); stored anger and toxins in liver	apply on temples or over chakras; diffuse; in the bath
^{Le} Aspire	relief from colds, bronchitis , sinusitis, respiratory congestion, allergies, pneumonia, asthma; use w/ ^{Le} Breezey & ^{Le} Deliverance	diffuse; on chest, neck, ears, feet; use in humidifier to decongest/snoring
^{Le} Assurance	coping with fear, procrastination , apathy; motivate to action in difficult tasks or circumstances	nape of neck for state of mind; solar plexus; big toe
^{Le} Baby Me	special blend for mothers & babies; use for skin rashes; scaly patches; diaper rashes; as an aftershave; prevent or remove stretch marks	dilute w/carrier for massage or use on babies & children
^{Le} Balance	supports the endocrine system; balances hormones in older women; hot flashes ; mood swings; use for decongestion of prostate in men	around ankles; diffuse, bath or shower; <i>do not use when pregnant</i>
^{Le} Believe	release negative emotions at cellular level; joyous anticipation of the future; satisfaction with personal efforts so far in life; contentment	diffuse to enjoy aroma; use in bath; beautiful enough to wear as perfume
^{Le} Beloved	a beautiful oil for relationships , romantic and otherwise; balances the heart chakra and the spiritual side of our natures	diffuse; as perfume; on palms of hands to strengthen healing capabilities
^{Le} Benediction	protects from negative energy ; subdues anger, promotes emotional resilience; for depression, high blood pressure, circulation	place on shoulder, crown or thymus to strengthen auric field; use in bath
^{Le} Bountiful	generosity, thankfulness, creating & attracting abundance ; comfortable with money issues; helps with sluggish thinking; anti-viral, anti-fungal, immune stimulant	dilute & wear as as perfume; on wrists; car dash or wallet; <i>possible skin irritant</i>
^{Le} Breezey	use for pneumonia , tuberculosis, asthma; viral respiratory problems; stuffy head, sore throat, colds, pleurisy, immune stimulant	topically to back, chest & throat areas; diffuse; put on pillow
^{Le} Candila	use for thrush , yeast infections, skin rashes; reproductive & digestive system disorders; disinfectant in kitchen, bathroom, etc.	dilute well, 1-2 drops in 4 oz distilled water; straight to disinfect
^{Le} Connection	for people who are over-enthusiastic or unable to see things realistically , have a tendency to hasty decisions; use during journal & prayer session	back of neck; on the temples; diffused; perfume
^{Le} Crystal Clear	stimulant for low energy or pending shock; improve memory & concentration; aid in staying awake or alert; bring oxygen to the brain	apply to brow, back of neck, temples, wrists; in bath <i>caution if pregnant</i>
^{Le} Cypernium	effective for use on hemorrhoids or varicose veins; use for circulation problems, especially in feet or legs	dilute (4-5 drops to 1 T carrier), apply to areas as needed
^{Le} Dandy	formula for overall scalp and hair health; especially effective for dandruff ; adds natural highlights	add 2 drops to shampoo in your hand, apply to hair
^{Le} Deeper	contains deeply penetrating anti-inflammatory oils for deep tissue, bone or nerve pain; deep bruising of tissues; sciatica , arthritis, etc.; with ^{Le} Women Wise for pre-menstrual cramping and back-ache	dilute, apply to painful areas; in bath for general aches & pain; use alternately with ^{Le} Paine
^{Le} Delicate	overall hair health and hair loss due to lack of nutrients (often a result of long-term stress or the use of prescriptions medications)	dilute with carrier oil or shampoo & massage into scalp
^{Le} Deliverance	potent anti-viral ; immune stimulant; respiratory illnesses, sore throat, dental diseases, canker sores, cuts, infections, athlete's foot, slivers; ^{Le} Deliverance/ ^{Le} Life Force, alternately on feet and thymus	diffuse periodically to kill airborne germs; dilute well to apply; use in dishwasher; soak toothbrushes
^{Le} Discernment	emotional balance; faith in the future; achievement of goals/ dreams; contentment ; balance living for now and preparing for the future	diffuse; apply to wrists and temples; in the bath; <i>caution during pregnancy</i>

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^{Le} Dreams	insomnia from negative emotions; nightmares ; fear of dark; realizing potential; <i>excellent for children</i>	forehead, temples, behind ears, as a perfume, diffuse - especially at night; on pillow, in bath
^{Le} Endo Relief	endocrine balance/support; improve metabolism/vitality regulate thyroid , balance hormones, hot flashes; set personal boundary; diabetes	over specific organs/ lymph glands of neck & chest; under big toe; in an essential oil inhaler- Use caution if pregnant
^{Le} Energy	increase circulation; adrenal stimulant; improve energy & mental alertness without the side effects of drugs; aids decision making ability	apply over thyroid, kidneys, liver, pancreas, any gland; excellent for massage when diluted well; <i>not to be diffused</i>
^{Le} Eternity	powerful anti-oxidant ; aids absorption of vitamins and minerals; improves cardiovascular health	on chest down sternum; diffuse for mood swings; in bath; <i>possible skin irritation</i>
^{Le} Everlasting	improves emotional health; relieves feelings of hopelessness or self-pity ; promotes restful sleep	as perfume or aftershave, dilute for massage, add to bath; diffuse, very nice at bedtime
^{Le} Exhilaration	stabilize emotions; release blocks ; relieve hopeless and discouraging feelings	wrists, temples, forehead, over the heart; in bath, as perfume or cologne
^{Le} Expressions	to pamper yourself; enhance romantic relationships ; improve communication; contains high frequency oils	use in the bath; diffuse; as a perfume; diluted, as a massage oil; behind ears or on wrists
^{Le} EZ-Traveler	motion sickness , nausea, morning sickness; calming, for anxiety, a good relaxer	apply on areas of soft skin, behind the ears, wrist, inner thighs
^{Le} Faith	emotional healing ; self-awareness without negative feelings about past; faith instead of fear and worry	over the heart, neck, temples, wrists; diffuse; in bath; nice aroma for wearing as a perfume
^{Le} Focus	overcoming negative thought patterns & self-defeating behaviors; increase mental alertness	<i>contains caustic oils; use caution if pregnant or epileptic</i> ; sniff or excellent diffused
^{Le} Good-Nite	insomnia , snoring; soothes inflamed nasal and sinus passages; feeling/expressing emotions; peaceful dreams	diffuse during the evening; place on your pillow; dilute and apply to sinus area and throat
^{Le} Grateful Heart	feelings of gratitude for all that we have and for what others do for us; immune support; hypoglycemia	diffuse to promote feelings of empathy; over heart, forehead, temples; as a perfume or cologne
^{Le} Heart Song	grief, trauma, deep sorrow & depression ; feeling loved & appreciated; balance electrical fields; adrenal glands & adenoids	dilute for massage; as a perfume; if aroma is offensive, use ^{Le} Unity over navel & thymus before use
^{Le} Holiday Spirit	happiness & security; family relationships ; anti-viral & antiseptic; benefits respiratory system	as a perfume, diffuse, sprinkle around the house, add to potpourri; pine boughs, etc.
^{Le} Inner Peace	focused & clear thoughts about life's direction; increase oxygen to pineal & pituitary glands; harmony in relationships; protection	diffuse; temples from right to left; on wrists and neck; perfume; use with ^{Le} Millenia, ^{Le} Magi and ^{Le} Sanctuary
^{Le} Inside-Out	any digestive or stomach upset , belching, bloating, stomach cramps, heartburn; 1 drop behind ears for morning sickness	dilute apply topically or use as a compress over the abdomen; on the bone behind the ears
^{Le} Insight	for the citrus lover; mental confusion; identity issues ; disconnected from self as a result of childhood trauma and abuse; intuition and organizational skills	diffuse to calm the nerves; in bath; on the pillow; apply over the navel, on the chest, to the temples; excellent as a massage oil
^{Le} IQ	believed to carry oxygen & nutrients to brain increasing mental capacity & alertness; aids concentration ; for nervous system; use when over-tired but must complete a project	diffuse or sniff to reduce brain fog; wear as perfume; apply to neck & throat

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^{Le} Journey	tone & cleanse body ; immune system builder; seems to effective against cold and flu; remove dead tissue, both internally and externally	dilute & apply to areas of concern: <i>contact irritation</i> .
^{Le} Letting Go	release anger , frustration and negativity; clears emotions and toxins from liver (as compress over liver); use to help relieve feelings of depression and despair	in a bath; wear as perfume or cologne; behind the ears, on the feet
^{Le} Life Force	raise overall body frequency ; building, strengthening, supporting the immune system; protection from environmental pollutants; use with ^{Le} Endo Relief in cold/cough season	diffuse; dilute and apply along spine or on the feet (see notes under ^{Le} Deliverance)
^{Le} Magi	promotes clearness & intuition ; opens solar plexus & crown chakras; protection from negative energy and emotions; loneliness; wear, diffuse, or sniff following a spiritual or energy session	diffuse; put on the crown in a clockwise motion; on solar plexus, thymus; wear as a perfume
^{Le} Mariah	use against virulent flu strains to help with accompanying respiratory symptoms; use with ^{Le} Revitalize for endocrine support & ^{Le} Vitality for heart during the illness	diffuse to aid in clearing lungs; dilute to put on feet, back & chest areas
^{Le} Meditation	decision making ability; for spiritual pondering & communication; breaking negative thought patterns	apply on shoulders, crown, ‘bumps’ of forehead; perfume
^{Le} Mela Plus	antiseptic for cleaning cuts & scrapes ; use for burns, rashes, insect bites, cold sores, odors; is anti-bacterial anti-fungal	apply topically to areas of concern; diffuse
^{Le} Millenia	aligns physical structures & electrical energies; builds courage, confidence and self-esteem; maintains integrity of connective tissues; use with ^{Le} Tranquility for ADHD in children (on feet)	apply locally but especially along spine; diffuse; in a bath; on feet (boys like this, no one else can smell it)
^{Le} Moonlight	more connection to and appreciation for your partner; delight in the sensual & passionate ; achieve emotional depth in closest personal relationship; potent aphrodisiac	in the bath; wear as a perfume; dilute and use for a sensuous massage
^{Le} My-graine	migraine & stress related headaches with or without accompanying nausea; use for depression; neck injuries; open blood supplies to head; some types of depression	temples, back of neck, forehead; in bath or diffused; sniff as needed
^{Le} No-More	finger and toe nail fungus ; athletes foot; fungal based rashes; disinfecting around the home	diffuse; apply diluted with water; <i>can irritate skin</i>
^{Le} Paine	pain relief of bones and muscles; improves circulation; aids healing by bringing oxygen to injured area; anti-inflammatory; analgesic	dilute, apply topically, in a bath; layer w/ ^{Le} Millenia and ^{Le} Warm Down
^{Le} Purify	kills odors , bacteria, molds, fungus; apply to spider bites, insect stings; use to repel insects & mice; use for dental abscesses; eating disorders	diffuse; apply topically; place in air vents, etc.; use for cleaning
^{Le} Revitalize	cleanse & support the liver & lymphatic system; digestive aid; overall rejuvenation; build stamina & endurance; work with addictions	compress over liver; dilute for massage, applying on feet and spine
^{Le} Sanctuary	feelings of protection, security , safety & peace; learning to trust intuition; harmony in all chakras; anti-bacterial; soothing to respiratory and nervous systems	diffuse; wear as a perfume; apply to solar plexus, brain stem; crown, back of neck, behind ear
^{Le} Sego Lily	helpful in overcoming grief , sadness, or depression; fosters feelings of appreciation and being appreciated in turn; skin health	diffuse; wear as a perfume; on wrists; diluted as a massage oil; bath
^{Le} Solitude	create an atmosphere of peace/happiness ; regenerate emotional & spiritual reserves; promote peaceful sleep & quiet meditations; skin & vein health; joy; tension headaches	diffuse; place on pillow; use in bath; dilute and apply to problem areas of skin and veins

Oil Blend	Suggested Uses	Uses/Cautions
^{Le} Spice C	similar to ^{Le} Deliverance but with more cinnamon ; immune stimulant	dilute well to apply, use daily to boost immune system
^{Le} Stefanie	fight anti-biotic resistant pseudomonas , especially in the lungs and respiratory system; instills a positive outlook on life	diffuse to kill airborne germs; dilute and apply to chest and feet
^{Le} Sunburst	a favorite blend for the citrus lover; relaxing & calming, especially for children; use for insomnia; lymph cleansing; antiseptic, anti-bacterial; purify drinking water	diffuse; use in clothes washer & dishwasher; as a perfume; dilute for massage, dilute with water & mist around the house
^{Le} Tenda Care	use for tired, overworked or strained muscles; sports injuries ; sprains, bruises	diluted and applied to areas of the body as needed; full massage
^{Le} Tomorrow	recognizing own potential ; focusing on future possibilities rather than on past mistakes; feelings of hopefulness; use during times of change in life	diffuse; put in bath; as a compress; apply over the heart chakra; on wrists or neck; dilute for massage
^{Le} Tranquility	panic attacks, depression, anxiety , insomnia, feelings of rebellion; understanding all aspects of a situation; may help children get off Ritalin	apply under the nose, on the feet, on the back of the neck; in bath; wear as perfume; diffuse
^{Le} Trust	relationships; codependency; healthy, balanced acceptance, tolerance & forgiveness of ourselves & others	massaged over heart or navel; behind ears; diffuse; wear as perfume
^{Le} Turmoil	reatment for shock & trauma both physical & emotinal; positive perspective of trils; coping with grie	along spine; bottom of feet; chest, behind ears; forehead; helpful when diffused
^{Le} Unity	physical, emotional and mentalwell-being & healing; promotea positive attitude & outlook; eliminate quarrels ; put onpalms then place palms overthymus and navel for over-useof or reaction to essential oil	diffuse; wear on body; (balances every meridian and chakra) caution: pregnancy & high blood pressure
^{Le} Vallee	rebuild skin and muscle tissue;emollient; soothing; combatsdryness & flaking of ski	dilute with soothing carrier oil and apply to areas of concern
^{Le} Vision	for dominant personalities;reduces anxiety & stress; restores inner strengt	diffuse; forehead, rims of ears, solar plexus; chest; in the bath
^{Le} Visibility	overall vein health ; reducingpain & visibility of spider veinson legs and face; bruises & the tendency to bruis	dilute with carrier and apply; use in the tub
^{Le} Vitality	cardiovascular & circulatory; high blood pressure ; erraticheartbeat; shock; varicositie	dilute for full massage; over heart, along spine; on legs; smell
^{Le} Wake-Up	feel wide awake, energetic , joyful & enthusiastic about ourlife & the tasks ahea	diffuse; dilute and apply to the feet with emphasis on big toe
^{Le} Warm Down	tight, tired, sore, strained muscles; torn ligaments ; muscle spasms; fatigue, stress.	use with ^{Le} Paine dilute/apply topically; add to bath or soak
^{Le} Weightless	increase metabolism & fat burning capabilities; lift heavy feelings of negativity	diffuse, smell; add to bath; dilute for massage
^{Le} Whispering Hope	stress, depression, suicidal thoughts ; hopelessness or helplessness.	add to bath; diffuse; wear as perfume; apply to ears & wrists
^{Le} Wisdom	dwelling in the past; dealing with loss; resisting change; repressed emotions	diffuse; in bath; over the thymus; neck & forehead
^{Le} With-In	try for inguinal/ hiatal hernias (not for surgical hernias)	dilute, apply to affected area
^{Le} Women Wise	relief of pre-menstrual and menstrual symptoms , hormone balance; prostate problems	diffuse; in the bath, on lower abdomen. <i>Do not use when pregnant</i>