LeAspire

Relief from colds, bronchitis, sinusitis, respiratory congestion, and allergy symptoms, deep pneumonia, pleurisy, asthma; can be used alternately with **LeBreezey.**

Ingredients: Pine, Rosemary, Eucalyptus, Spruce, Peppermint, Cypress, Myrtle, Marjoram

Affinity for: respiratory system

Aromatic Considerations: Especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats; can also help to eliminate snoring in some cases.

Application: Diffuse, dilute and apply on chest, neck, ears, bottom of feet; can be applied alternately with LeBreezey.

Resonance: physical

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