### LeMy-graine

Use for migraine and stress related headaches with or without accompanying nausea; also useful following neck injuries and to open the blood supplies to and from the head; may be useful for some types of depression.

**Ingredients:** Grapefruit, Chamomile German, Lavender, Helichrysum, Peppermint, Marjoram

**Affinity for:** nerves, muscles, bones

**Aromatic Considerations:** very effective for headaches when inhaled

**Application:** Put on temples, forehead and back of the neck or just open the bottle and inhale deeply. For really tough headaches put 5 drops in a bath and 8-10 drops on a cold washcloth placed at the back of the neck at the same time.

**Resonance:** physical


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