LeWith-In

Is based on information in Valerie Worwood's Complete Book of Essential Oils & Aromatherpy. This blend is meant for use on inguinal and hiatal hernias and is not applicable for surgical hernias.

Ingredients: Coriander, Rosemary, Ginger, Lavender, Yarrow

Affinity for: Muscles

Application: Dilute and apply to the area of the hernia; can also be used as a compress.

Resonance: physical

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