## LeWoman Wise

Relief of pre-menstrual/ menstrual cramps and other symptoms. May also be effective for men dealing with prostate problems. Use with LeDeeper, especially when headache is involved.

**Ingredients:** Clary Sage, Spikenard, Patchouli, Lavender, Jasmine, Fennel, Marjoram

**Affinity for:** hormonal system; emotional balance

**Aromatic Considerations**: diffuse at home or in the workplace to balance hormones, deal with mood swings, irritability, etc.

**Application:** Rub over lower back and abdomen; apply to feet and ankles; use in the bath; dilute for a massage oil.

**Resonance:** physical and emotional


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