Pine *(Pinus pinaster)*

Was used by the American Indians to prevent scurvy. They also stuffed mattresses with pine to repel lice and fleas. Pine is dilating and opening to the respiratory system, particularly the bronchial tract. It improves circulation throughout the lungs. Most Valuable Uses: Rheumatism, muscular pain, muscular fatigue, bronchial infections, colds, coughs, general debility, mental exhaustion, asthma, sinus infections, cellulite, urinary problems. Dilates and opens the respiratory system, particularly the bronchial tract. Pine is an excellent tonic when used in sauna or tub. Diffuse to soothe mental stress, deodorize a room and revitalize the entire body.

Ingredient In: LeAspire, LeEnergy, LeGrateful Heart, LeSanctuary

Therapeutic Properties: Anti-infectious, anti-fungal, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative, restorative

Application: Apply to appropriate areas of feet, directly on areas of concern, excellent in baths or sauna

Aromatic: Wonderful alone or in blends for respiratory ailments or mental fatigue, freshens and deodorizes

Contra-indications: Possible irritant to sensitive skin

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