Ravensara *(Ravensara aromatica)*

Is a member of the Laurel family and is a 'universal' oil - meaning that it is effective for a wide range of applications. Ravensara has some of the best properties of both Clove and Nutmeg and seems to be supportive of the adrenal glands, making it very effective for muscular fatigue and as a general tonic. It can be used for colds, flu, bronchitis, diarrhea, fever, cold sores, muscular pain, infectious mononucleosis, insomnia, shingles, sinusitis. Ravensara is listed throughout the literature for use with chicken pox, measles and viral infections. Often acts as an expectorant and helps to promote healthy fever with destruction of the 'little critters.'

Ingredient In: LeAsthma, LeBreezy, LeLife Force

Therapeutic Properties: Antiseptic, anti-viral, antibiotic, anti-fungal, expectorant, febrifuge

Application: Apply to appropriate areas on feet, directly on areas of concern, best diffused as part of a blend

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