Spikenard *(Nardostachys jatamansi)*

Also known as 'false Valerian'; can quell anxiety and induce restful sleep. Valuable Uses: insomnia, backaches, anxiety, nervousness, hysteria, general aches, allergic skin reactions, skin regeneration, allergies, candida, flatulent indigestion, insomnia, menstrual difficulties, migraine, nausea, rashes, staph infections, stress, tachycardia, tension and wounds than will not heal. Valerian is also a very good oil, but there are a small number of people who react negatively and quiet strongly to it even in herbal forms. Spikenard is less potent but seems to accomplish all that is needed.

Ingredient In: LeEverlasting, LeJourney, LeNo-More, LeTenda Care, LeTurmoil, LeUnity, LeWomen Wise

Therapeutic Properties: Antiseptic, antibiotic, anti-fungal, anti-inflammatory, calmative, sedative, deodorant, skin tonic

Application: Apply to appropriate areas of the feet, directly on areas of concern

Aromatic: Has a very earth, animal-like fragrance, some may find it unpleasant, but it creates a very soothing, back-to-nature, less frantic atmosphere

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