Tangerine *(Citrus reticulata)*

Contains esters and aldehydes which are sedating and calming to the nervous system. May help remove excess water from the body tissues. Valuable Uses: Cellulite, constipation, diarrhea, digestive system, laxative, lymphatic system decongestant, obesity, stomach tonic, stress, water retention.

Ingredient In: LeEverlasting, LeHeart Song, LeHoliday Spirit, ILensight, LeSunburst

Therapeutic Properties: Anti-coagulant, anti-inflammatory, laxative, sedative, calmative, nervine

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

Aromatic: Diffused with Marjoram, it can soothe emotions such as grief, anger, and shock

Contra-indications: Like all citrus oil, avoid sunlight after use

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