

## QUICK REFERENCE SHEET

# LeAboutFace

Essential Oil Blend

Frankincense Carterii, Frankincense Frereana,  
Frankincense Serrata, Opoponax Myrrh, Palo Santo



### APPLICATION:

LeAboutFace can be applied to any area of the body, used in the bath, and is very nice when diffused.

### AROMATIC CONSIDERATIONS:

LeAboutFace is an excellent choice whenever there is fear of upcoming changes, fear of death, or suffering from the loss of a loved one or a cherished dream.

### AFFINITY FOR:

digestive system, respiratory system, circulation, skin, cellular structure and strength, urinary tract, particular affinity for the earth, wood, and air meridians, crown and third eye chakras, integrity of the celtic grid (energy structure)

### THERAPEUTIC PROPERTIES:

anti-inflammatory, analgesic, immune stimulant, anti-oxidant, nervine, tonic, antidepressant, revitalizer, anti-arthritis, anti-tumoral

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

As the name of this blend—LeAboutFace—implies, the blending of several varieties of Frankincenses with Palo Santo can help us take a new direction in our lives, if a new direction is what is needed. This blend can help us link our past with our future goals, connecting cause and effect, actions and consequences, to one another. As we make these connections we are able to choose our future courses more wisely.

Frankincense essential oils have been highly valued for centuries and are still considered holy oils in the middle east. It is believed that the aroma of Frankincense grounds and centers the spirit and improves communication with our Creator.

### PHYSICAL ASPECTS:

Frankincense essential oils have a reputation worldwide for crossing the blood/brain barrier, carrying oxygen and nutrients to the pineal and pituitary glands within the brain. Nourishing these structures of the brain has been shown to positively affect the progress of many nerve and brain-related conditions, among them Parkinson's disease and multiple sclerosis. LeAboutFace contains essential oils which prevent collagen breakdown in cells and cellular structures and inhibit the production of pro-inflammatory mediators. This blend should be considered for arthritis and any inflammatory or brain-related chronic conditions.

LeAboutFace is an excellent skin regeneration oil and is mild enough to be used on the face.

Deeper Blue Yarrow oils have an advantage as an astringent and in pulling the edges of wounds together. The blue one is the one sought after most frequently as a single oil.