QUICK REFERENCE SHEET

LeAssurance

Essential Oil Blend

Chamomile Roman, Frankincense Carterii,
Lavender Officinalis, Spruce Picea, Ylang Complete

APPLICATION:

LeAssurance should be applied to the nape of the neck to stimulate the mind and help one move forward productively. Other areas of the body that are recommended are the solar plexus, sternum, navel, wrists, palms of the hands, and the feet—particularly on the top of the big toe and on the K1 acupressure points.

AROMATIC CONSIDERATIONS:

LeAssurance is wonderful worn as a perfume; effective for yourself and those around you when used in this way. This blend is also very pleasant when diffused.

AFFINITY FOR:

nervous system, solar plexus chakra, emotions, kidney meridian

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeAssurance is an especially good choice when there is a need to overcome feelings of anxiety, fear, or apathy that leads to procrastination. This blend can aid us in getting back to the task at hand or back to life in general. It helps to sort out the reasons for the reluctance we are experiencing about working toward or achieving our goals. This blend was created to help us find self-confidence and self-assurance. It provides the enthusiasm to tackle the tasks necessary to achieve our goals.

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