

## QUICK REFERENCE SHEET

# LeBaby Me

## Essential Oil Blend

Bergamot, Chamomile Roman, Palmarosa, Rose Absolute, Rose Geranium, Rosewood, Ylang Ylang



### APPLICATION:

LeBaby Me is usually applied diluted with distilled water or carrier oil, especially for frequent use or application over larger areas of the body. LeBaby Me is appropriate for all skin types. The type of carrier oil you will use will depend on the type of skin you have. This blend is very relaxing when added to a bath.

### AROMATIC CONSIDERATIONS:

LeBaby Me helps to open the heart chakra, enabling us to give and receive love. This blend also brings a sense of calmness and competence.

### AFFINITY FOR:

skin, endocrine system, emotions, heart chakra

### ! CAUTIONS:

Contains only very mild oils but is still best diluted well, especially for use on babies, small children, and pregnant women.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeBaby Me is a special combination for mothers, expectant and otherwise, and for babies of all ages. The use of this oil brings feelings of connection and willingness to give and take in relationships, particularly in parent/child relationships. It is also recommended for use in bonding between a mother and a new baby. This blend also helps us to feel a connection with the Eternal Father of us all.

The frequency of this blend is extremely high, well into the spiritual range, but is so well balanced that notes from all three realms (physical, emotional, and spiritual) can be felt and enjoyed. First the more volatile top notes do their work with the spirit and the emotions, and then the middle and lower notes kick in to ground and balance the more physical aspects. A good oil for depression and the “baby blues.”

### PHYSICAL ASPECTS:

LeBaby Me contains ingredients which increase skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. The synergistic effect of this blend increases the ability of the skin to act as a protective barrier against germs. LeBaby Me is effective applied on the inner ankles, lower back and abdomen to reduce cramping during menstruation and following childbirth. This blend is also used to reduce or prevent stretch marks during and after a pregnancy. LeBaby Me makes an excellent diaper rash cream. It can be used, diluted of course, for a full body massage at any stage of life. LeBaby Me is wonderful for skin conditioning and makes an excellent aftershave for sensitive skin, especially when mixed with a little Miracle Salve. The oils in this blend were chosen for their cell regenerating properties. This blend has an affinity for the endocrine organs, particularly in stabilizing low blood sugar.