

QUICK REFERENCE SHEET

LeBalance

Essential Oil Blend

Chamomile German, Chaste Tree, Clary Sage, Cypress,
Lavender Angustifolia, Marjoram, Myrtle,
Peppermint Piperita, Rose Geranium, Sage,
Yarrow Green USA, Ylang II



APPLICATION:

Should be applied around the ankles on both men and women. It can also be diffused and is soothing when a drop or two is placed in the tub. If using in the shower, plug the drain and allow a couple of inches of water to accumulate in the bottom of the tub. Add your oils and continue.

AROMATIC CONSIDERATIONS:

LeBalance is beneficial in the control of mood swings brought about by hormone and endocrine system imbalances in both men and women. (Yes, men have hormones that can and do get out of balance, too!)

AFFINITY FOR:

nervous system, endocrine system, emotions, hormones

! CAUTIONS:

LeBalance has hormonal properties and should definitely not be used during pregnancy!!

PHYSICAL ASPECTS:

LeBalance is a great oil for supporting the endocrine system and balancing the hormones in both men and women. For men, LeBalance helps balance male energy, regulate prostate function, and reduce congestion and enlargement of the prostate which often reestablishes proper urinary function. For women, LeBalance has been used successfully many times to reduce or eliminate hot flashes and headaches for those who are approaching or going through menopause.

LeBalance has antispasmodic properties. It is helpful as a digestive aid and as a diuretic, especially when the problems in these areas are linked to hormone imbalances.

GENERAL INFORMATION:

LeBalance often brings quick relief from the symptoms of menopause and should be used by women age 45 and older. LeWoman Wise is a better choice for younger women of menstruating age to balance hormones and relieve the symptoms of PMS. For best results, LeWoman Wise and LeBalance should be used in conjunction with LeEndoRelief, which has a strengthening effect on the entire endocrine system.