

QUICK REFERENCE SHEET

LeCinnamonBear

Essential Oil Blend



Cassia, Clove Bud, Eucalyptus Radiata, Lemon, Mandarin, Orange Sweet, Rosemary Camphor, Spruce Picea



APPLICATION:

Cassia is a form of Cinnamon and is a major component of this blend, thus LeCinnamonBear should be diluted well when applied to the body. This blend would be an excellent choice for use—one or two drops only—on your toothbrush and would make an excellent mouthwash (and would taste better than LeDeliverance).

AROMATIC CONSIDERATIONS:

LeCinnamonBear has a delightful aroma, spicy and sweet at the same time. The Spruce in the blend grounds our energy to earth, the citrus lift the mood and the spirits, the Cassia and Clove sharpen the senses and clear the mind, while the Rosemary provides support to a wide range of physical and energetic systems

AFFINITY FOR:

sacral chakra, spleen meridian, circulatory system, immune system, lymphatic system

! CAUTIONS:

Care (not avoided entirely, however) should be used with LeCinnamonBear by pregnant women since both Cassia and Clove are quite stimulating. If your skin is especially sensitive, you should exercise caution or avoid using this blend in the bath.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeCinnamonBear lifts the spirits and helps us experience life as a joyous journey, a dance through the wonders of learning and growing. This blend removes the resistance we sometimes feel to new experiences, new people, and new situations. If we lack joy in our lives it becomes easy to blame others and let anger and frustration rule our days and damage our relationships. The change in perspective this blend provides can bring welcome warmth into this dark place, returning the soul to a place of optimism, contentment, and happiness.

PHYSICAL ASPECTS:

Physically, LeCinnamonBear acts as a stimulant and tonic for circulation, and for the immune and lymphatic systems. Diluted well, this blend is an excellent choice for massage. The effects will be gently stimulating. LeCinnamonBear is especially beneficial to sore muscles and joints stiffened by arthritis or rheumatism. Cassia, and this LeCinnamonBear blend containing it, stimulate T-lymphocyte activity and immunoglobulin production by the B-cells of the immune system. These are key elements of effective resistance to disease by our bodies.

This blend, with its stimulating, mood lifting, and immune building properties is an excellent oil for the convalescent stage of illness. The emotional aspects of LeCinnamonBear do not allow for discouragement and can help us thrive, not just survive, an illness or difficult place in our lives.