QUICK REFERENCE SHEET

LeEZ Traveler

Essential Oil Blend

Birch, Chamomile Roman, Frankincense Carterii, Lavender Officinalis, Myrrh, Orange Sweet, Peppermint Piperita, White Pepper, Ylang Complete

APPLICATION:

LeEZ Traveler should be carried with you whenever you are traveling if you are inclined to motion sickness. An inhaler is a convenient way to carry LeEZ Traveler, or you can place a few drops on a cotton ball and carry it in a small plastic bag. You can also apply this oil diluted to the soft areas of the skin such as the wrists, inner thighs, or behind the ears. It can also be diffused or added to the tub.

AROMATIC CONSIDERATIONS:

The aroma alone is often enough to stop the symptoms of motion sickness. This oil is calming and restful, providing a hint of humor and a sense of gladness to be alive.

AFFINITY FOR:

digestive system, nervous system

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Besides alleviating the physical symptoms of motion sickness, LeEZ Traveler promotes feelings of calmness, emotional strength, and the ability to cope with the day's events and responsibilities. It has been used to treat anorexia.

PHYSICAL ASPECTS:

LeEZ Traveler was originally created to assist with motion sickness during airplane travel. This is a good oil to use in the days before traveling to avoid sickness while traveling. It has proven effective against other forms of motion sickness and unrelated incidences of nausea, dizziness, and vertigo. This blend often brings relief from morning sickness.

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