

QUICK REFERENCE SHEET

LeEnergy

Essential Oil Blend

Bay, Black Pepper, Cinnamon Bark, Clove Bud, Juniper Berry, Lemongrass, Nutmeg, Pine Needle, Rosemary, Camphor, Thyme



APPLICATION:

LeEnergy must be diluted well before applying to the skin. It should be applied over the thyroid, kidneys, liver, pancreas, or any gland that is struggling. LeEnergy may also be applied, diluted, to the feet and is an energizing massage oil. For massage, be sure to dilute very well.

AROMATIC CONSIDERATIONS:

Blends with a Cinnamon should be diffused and inhaled with caution; Cinnamon can burn the sensitive tissues of the nostrils if care is not taken.

AFFINITY FOR:

endocrine system, heart chakra, hormone balancing, solar plexus chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeEnergy can aid us in making decisions and taking responsibility for our own lives and actions. It moderates our need for the attention and approval of others. Sometimes, in our zeal to keep those around us safe and happy, we have a tendency to become overly controlling. LeEnergy can help us temper these tendencies with a dose of reality. Energy in the solar plexus chakra manifests as vitality and radiance. When we are balanced and energized here, we have such a giving spirit that we are almost magnetically attractive to other people. We will be very much liked and loved by all, and we will be more effective in our parental and leadership roles.

PHYSICAL ASPECTS:

LeEnergy increases circulation, strengthens the adrenal glands, improves energy levels and mental alertness naturally without the side effects of drugs. This blend also balances the mechanical and electrical functions of the heart.