

QUICK REFERENCE SHEET

LeExhale

Essential Oil Blend



Cardamom, Eucalyptus Radiata, Laurel, Lemon, Peppermint Piperita, Ravensara, Tea Tree



APPLICATION:

LeExhale should be diluted and rubbed on the chest or back. It can be diffused or placed on a cotton ball and inhaled or place a drop on your pillow.

AROMATIC CONSIDERATIONS:

LeExhale is useful for clearing phlegm from the lungs and sinuses.

AFFINITY FOR:

respiratory system, circulation, immune system

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeExhale is cool and soothing when we are feeling stuffed up and unable to allow our repressed or pent-up emotions to flow. Colds and congestion often occur when we are feeling "congestion" somewhere in our lives. LeExhale stimulates our mind to look for fresh new ideas and emotions that will serve us better, allowing the body to return to a state of wellness.

PHYSICAL ASPECTS:

LeExhale is a combination of stimulating and soothing that is useful for relieving congestion, colds, or coughs. The Ravensara in this blend helps fight viral strains and, along with Tea Tree, aids in tissue rebuilding, while killing some of the nastiest microbes on the planet. LeExhale is antibacterial, helps encourage lymphatic drainage, stimulates the immune system, aids circulation, and brings a high percentage of cineole with the Eucalyptus Radiata in it that is believed to be the component that relieves colds and congestion.