QUICK REFERENCE SHEET

LeExhilaration

Essential Oil Blend

Cedarwood, Clary Sage, Ginger, Helichrysum Angustifolia, Jasmine Grandiflorum, Melissa Blend, Neroli, Orange Sweet, Patchouli, Rosewood, Sandalwood

APPLICATION:

LeExhilaration is beneficial applied on the wrists, temples, heart chakra area, and forehead. It can also be added to the bath. The aroma is very pleasant as a perfume or cologne.

AROMATIC CONSIDERATIONS:

The aroma of this essential oil blend can aid us in maintaining confidence and courage while it helps us improve our overall attitude. It is almost like being given a fresh new outlook and start in life.

AFFINITY FOR:

nervous system, emotional balance, stimulation of the amygdala

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeExhilaration is especially beneficial in those situations which appear hopeless and discouraging. With the use of this blend we find our emotions strengthening and stabilizing until we are able to see new and different solutions to old problems. It is as if there are now several paths available to us, but we previously could only see one way out of the woods. Suddenly we are able to see our surroundings in a more comprehensive way. LeExhilaration is also used to release emotional blocks and help us let go of negative feelings and perceptions.

Recent studies have shown that it is in the amygdala (located in the temporal lobes of the brain) where solutions to problems are developed. When we look at a situation, wanting to know what we should do, the amygdala "lights up" and begins to present our minds with possible solutions. Activity in the amygdala increases with the use of LeExhilaration. This increased brain activity gives us more ability to see various new solutions to old problems.

Several of the oils in this blend profoundly affect physical body systems. Some are anti-inflammatories and others target specific organs or functions. If your physical body has been strained or weakened by situations that are testing your courage and confidence, LeExhilaration can be of benefit to you. It may have an impact on physical things that you did not realize were connected to the emotions you were feeling.

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