QUICK REFERENCE SHEET

LeExpressions

Essential Oil Blend

Frankincense Carterii, Jasmine Grandiflorum, Osmanthus, Rose Absolute, Sandalwood, Ylang Complete

APPLICATION:

LeExpressions is very nice diffused, wonderful for a relaxing bath and can be diluted with a carrier oil and used for a truly wonderful massage.

AROMATIC CONSIDERATIONS:

The aroma of this blend is amazing—sensuous and heady, almost euphoric and very healing to the emotional heart and heart chakra.

AFFINITY FOR:

heart chakra, throat chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeExpressions contains many of the highest frequency spiritually, emotionally, and mentally balancing and healing essential oils. The synergy of this blend makes it even more effective than any of its single essential oils when used alone. The recent addition of Osmanthus to this blends adds yet another layer of emotional and spiritual balance.

LeExpressions is a very nice blend for pampering yourself. This oil is used to enhance communication and connection in romantic relationships, and is most definitely an aphrodisiac.

PHYSICAL ASPECTS:

LeExpressions is an excellent oil for hormone balancing and the emotional problems associated with PMS. This is also an excellent oil to keep spirits and confidence levels high during childbirth. The essential oils comprising this blend increase skin elasticity. It should be used for skin care, to minimize and reduce stretch marks, and to reduce scarring.

GENERAL INFORMATION:

LeExpressions is a rather pricey oil. It has to be because of the cost of its ingredients. Fortunately, the aroma is often all that you need and when you do need to apply the oil to your body, one drop is sufficient.

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