QUICK REFERENCE SHEET

LeFortitude

Essential Oil Blend

LeDeeper, LeIntensity, LePatches, LePaine, LeTranquility

APPLICATION:

LeFortitude has a cold feeling with a subtle underlying warmth when applied to the skin. Best applied diluted.

AROMATIC CONSIDERATIONS:

This blend has a clean, fresh, minty aroma that will help rejuvenate and refresh you. It will calm and soothe frayed nerves and open your mind to new possibilities.

AFFINITY FOR:

nervous system, muscles and connective tissue, bones, circulatory system, lymphatic system, respiratory system, digestive system, cardiovascular system, immune system

CAUTIONS:

Dilute well, especially with children and pregnant women. The Camphor in this blend may temporarily negate homeopathics. If you are using homeopathics it is best to use them a couple of hours before or after using this blend.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeFortitude can help us deal with stress and anxiety, and help us move forward, leaving behind negativity and helping us find emotional stability. The healing properties of this blend are not just physical, it can help heal emotional damage as well.

PHYSICAL ASPECTS:

Four of the blends contained in LeFortitude are physical healing and pain relieving oils. The fifth blend, LeTranquility, is generally considered an emotional oil but also has some great physical aspects. LeTranquility is one of the best blends to relieve migraine headaches, and is useful for circulatory problems to the extremities. Because LeTranquility has some of the same oils as LeMillenia, it has some ability to realign bones and tissue.

The synergy of this blend of blends is absolutely amazing. It is loaded with healing, muscle relaxing, pain relieving, and anti-inflammatory properties, as well as emotional support for the anxiety and stress that often comes along with being hurt or injured. The list of issues this blend can be used for is extensive. It would be beneficial for arthritis, sore or torn muscles, bruising, nerve damage, fibromyalgia, headaches and migraines, osteoporosis, sprains, breaks or other injuries, sciatica, and any other inflammatory or pain related conditions.

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