

## QUICK REFERENCE SHEET

# LeGrateful Heart

*Essential Oil Blend*



Anthopogon, Coriander, Frankincense Carterii, Geranium, Howood, Melissa Blend, Myrrh, Pine Needle, Rosewood, Ylang II



### APPLICATION:

LeGrateful Heart should be applied over the heart, on the forehead, or the temples. It is very pleasant diffused and smells nice enough to wear as perfume or cologne.

### AROMATIC CONSIDERATIONS:

LeGrateful Heart is relaxing and creates tender feelings of empathy, gratitude, tolerance, and compassion.

### AFFINITY FOR:

nervous system, immune system, muscles, bones, emotional balance

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

This blend promotes feelings of gratitude for all that we have and all that others do for us. It has a marked effect on the dark clouds of depression. It can be used to relax the mind and body.

### PHYSICAL ASPECTS:

Dissatisfaction and discontentment are destructive to the nervous and immune systems. LeGrateful Heart addresses these imbalances and can provide support and healing for these feelings. LeGrateful Heart is used to stabilize the blood sugar lows of hypoglycemia. It has been used effectively in the treatment of some auto-immune disorders.