

## QUICK REFERENCE SHEET

# LeGuardian

Essential Oil Blend

Daffodil, Geranium, Ginger, Rose De Mai,  
Rose Geranium, Sage



### APPLICATION:

LeGuardian can be applied, diluted, to areas of concern. Add a few drops to the tub. Dab some behind the ears and/or on the wrists as a protective perfume. Diffuse for alleviating tension, to cleanse the energy grids of the body and clear negative energy out of the home or office.

### AROMATIC CONSIDERATIONS:

LeGuardian has a unique aroma that combines the dusty, crisp notes of sage with the sweet floral notes of Rose De Mai and the almost hypnotic, heady aroma of daffodil. This blend “warms” on the skin with the high notes blooming more fully upon application.

### AFFINITY FOR:

Skin, Nervous system, Urinary system, heart chakra, yin energy, lymphatic system

### ! CAUTIONS:

This blend contains Sage, which is strongly contra-indicated for use during pregnancy; it is advised to avoid this blend when pregnant, epileptic, or suffering from high blood pressure.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeGuardian contains essential oils known for relieving anxiety and depression. Emotionally this is a very stabilizing blend that will promote intuition, clear negative emotions, and is protective of the energy system. LeGuardian was formulated to help you feel grounded, protected and loved.

### PHYSICAL ASPECTS:

LeGuardian is helpful for clearing and sharpening the mind. It will boost memory, concentration, and help retention. It has an affinity for the skin and will soothe conditions like eczema and acne. The sage contained in this blend is considered a “master healer” due to its effects on the nervous system, lymphatic system, and pelvic organs. This blend has a rejuvenating effect on energy levels and helps soothe frayed nerves.

### GENERAL INFORMATION:

LeGuardian is excellent for use as an energy shield and clearing negative emotional patterns. LeGuardian will promote the positive influence of intuition. It is beneficial when dealing with stressful situations where you may find energy leaks, or the energy system is struggling.