

## QUICK REFERENCE SHEET

# LeHoliday Spirit

### Essential Oil Blend

Benzoin, Cinnamon Bark, Fir Siberica, Orange Sweet,  
Orange Sweet Dark, Spruce Picea



### APPLICATION:

LeHoliday Spirit is especially appropriate applied to the crown of the head. It can also be placed on pine boughs and cones, cedar chips, logs to burn in the fireplace, and used to scent potpourri.

### AROMATIC CONSIDERATIONS:

When diffused, LeHoliday Spirit creates a delightful holiday atmosphere. It reminds us of fond family events and emotions. LeHoliday Spirit is a great blend when diffused for purifying the air at any time of the year.

### AFFINITY FOR:

respiratory system, emotions

### ! CAUTIONS:

LeHoliday Spirit contains cinnamon and can irritate the skin if used topically undiluted.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of LeHoliday Spirit is reminiscent of Christmas. For most people this blend brings feelings of happiness and security. LeHoliday Spirit brings a desire to hold on to and build relationships with family and friends. The holiday season seems less stressful and more enjoyable when this blend is kept diffused in the house. LeHoliday Spirit can help us deal with the stress of Christmases past if our memories are of things that were not just as we wished them to be. This blend really increases the Christmas Spirit in your home—or in your favorite Christmas Scrooge!

### PHYSICAL ASPECTS:

Besides all of its wonderful emotional aspects, LeHoliday Spirit has shown itself to be beneficial at purifying the air, killing airborne “bugs,” and soothing respiratory ailments. It has also been used successfully in the treatment of anorexia.