

QUICK REFERENCE SHEET

LeIQ

Essential Oil Blend

Cabreuva, Cedarwood, Copaiba Balsam, Coriander, Cypress, Frankincense Carterii, Helichrysum Angustifolia, Laurel, Lavender Officinalis, Lemon, Melissa Blend, Sandalwood



APPLICATION:

This blend can be diffused, applied to the neck and throat or under the nose. It has a deep and pleasant aroma, making it appropriate as a perfume or cologne.

AROMATIC CONSIDERATIONS:

LeIQ has the most pleasing aroma and the highest frequency of all the blends for mental alertness; it is my personal favorite.

AFFINITY FOR:

nervous system, emotional balance

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeIQ alleviates mental fatigue and increases mental alertness. It aids in concentration and memory. LeIQ is powerfully stimulating and helpful when feeling faint, going into shock, and for recovery from jet lag. It is particularly useful when one is over-tired but must continue on until a project is completed.

PHYSICAL ASPECTS:

LeIQ contains Frankincense, Sandalwood, and Helichrysum. These oils are high in sesquiterpenes and cross the blood/brain barrier to cleanse, nourish, and carry oxygen to the brain. This blend seems to dissolve some types of chemicals and clear them from the receptor sites feeding the pituitary, pineal, and hypothalamus glands.