QUICK REFERENCE SHEET

LeIntensity

Essential Oil Blend

Camphor, Capsicum, Cinnamon Bark, Clove Bud, Damiana, Gingergrass, Helichrysum Angustifolia, Helichrysum Italicum, Hemp, Lavender Officinalis, Lemongrass, Litsea Cubeba, Orange Sweet, Peppermint Piperita, Turmeric

APPLICATION:

LeIntensity should be diluted before being applied to the skin. This blend can produce intense heat depending on how much is used and where it is applied. Water can reactivate and intensify this blend, even hours after it has been applied. It is too strong for use in the bath.

AROMATIC CONSIDERATIONS:

Blends with Cinnamon, Capsicum, and Camphor should be diffused and inhaled with caution; these oils can burn the sensitive tissues of the nostrils if care is not taken.

AFFINITY FOR:

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

CAUTIONS:

Care should be taken to dilute well especially for those with sensitive skin. Not for use with children or pregnant women. The Camphor in this blend may temporarily negate homeopathics. If you are using homeopathics it is best to use them a couple hours before or after using this blend.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeIntensity is good for improving mood and mental clarity. It can help with nervous depression, bringing warmth and light to your heart and emotions.

PHYSICAL ASPECTS:

LeIntensity was created with oils that are great for pain management, muscle relaxation, re-establishing good blood supply to tissues, reducing inflammation, and promoting healing. This blend is amazing for any kind of physical pain, and for any muscle or connective tissue injury. The Capsicum in this blend makes it especially beneficial for arthritis.

©2020 Butterfly Expressions LLC