

QUICK REFERENCE SHEET

LeKadence

Essential Oil Blend

Allspice, Cedarwood, Orange Sweet, Ylang II



APPLICATION:

LeKadence is delightful as a perfume or cologne. It can be added to a bath or diffused. It is appropriate to dilute and apply anywhere on the body.

AROMATIC CONSIDERATIONS:

The components of LeKadence are similar to LeGoodNite, but with a delightful spicy twist that completely changes its aroma, use, and frequency.

AFFINITY FOR:

nerves, cardiovascular system, heart chakra, throat chakra, brow chakra, all aspects of the 5th meridian, gallbladder meridian, liver meridian

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The focus of LeKadence is the exhaustion, both mental and physical, that is associated with too much work and worry.

PHYSICAL ASPECTS:

LeKadence improves the uptake of nutrients to the brain and nervous system. It can help alleviate exhaustion in whatever form it has taken in the body and mind. LeKadence is especially useful for recovering from deep seated or extended illnesses. Sometimes sleep patterns are interrupted by nervous exhaustion, physical weakness, and worry. The body needs sleep so badly, but just cannot seem to rest. LeKadence, with the same oils that make LeGoodNite effective, can be helpful here. The addition of Allspice aids the rejuvenation of the cells as the body rests.

LeKadence brings vitality to the heart chakra and the heart muscle. It reduces inflammation in and around the heart and pericardial sac. LeKadence is often effective for quieting heart palpitations, especially those brought on by worrying. This blend is useful for dizziness and vertigo. LeKadence can be helpful if one is having difficulty concentrating or keeping the mind focused on a thought or project.