QUICK REFERENCE SHEET

LeMint Splash

Essential Oil Blend

Lemon, Lime, Peppermint Piperita, Spruce Picea

APPLICATION:

LeMint Splash is a great blend for diffusing, using as a massage oil, or applying to areas of concern on the body. You can wear it as a perfume or add a small amount to your bath. It is wonderful when added to face lotions, or creams.

AROMATIC CONSIDERATIONS:

LeMint Splash has a smooth refreshing aroma. Its aroma is a perfect balance of a tropical fruity smell yet has the deeper complex sweet woody notes of the mint and spruce. LeMint Splash's aroma is unique in that it anchors and grounds you in the present as it encourages your mind to soar to the possibilities of the future.

AFFINITY FOR:

lymphatic system, endocrine system, respiratory system, liver meridian, nervous system

CAUTIONS:

You should avoid direct sunlight on the skin which LeMint Splash has been applied for 12 hours as several of the essential oils contained in this blend are considered phototoxic. If you add LeMint Splash to your shower or bath use no more than 2-3 drops. If you are pregnant use extreme caution with this blend, mostly to the amount used, due to the peppermint. Careful dilution is advised when using on children or people with sensitive skin.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeMint Splash is a wonderful blend to help improve your mood and outlook on life. With its fresh fragrance, it helps dispel negative, unproductive thoughts and replaces them with fresh ideas, and boosts your vitality to help you accomplish your goals. It is calming to the emotions, and aids with focus.

PHYSICAL ASPECTS:

LeMint Splash has anti-inflammatory and anti-spasmodic properties to help with muscle aches and pains, arthritis, or strained, tight, or sore muscles. This blend is excellent for the respiratory system and helps to open the airways, and is helpful for asthma, colds, and coughs. LeMint Splash will help clear lymphatic congestion, brings oxygen to the cells, and promotes healing. It will boost your immune system and purify the air so it is great to diffuse during the cold and flu season.

GENERAL INFORMATION:

This is a great blend to travel with because it can help you maintain your attention span, help keep your energy level up, and boost your immune system. Travel is often stressful and can be hard on our immune systems, which can leave us not feeling our best. LeMint Splash can soothe any frayed nerves or tummy troubles you have along your journey. It is helpful when studying, or when you are trying to clear your mind.

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