QUICK REFERENCE SHEET

LeMyGraine

Essential Oil Blend

Copaiba Balsam, Chamomile German, Grapefruit White, Helichrysum Angustifolia, Lavender Officinalis, Marjoram, Peppermint Piperita, Violet Leaf, Zanthoxylum

APPLICATION:

LeMyGraine can be put on the temples, forehead, and back of the neck. Often the aroma will be all that is needed to back off a migraine. For really tough headaches, put 3 drops in your bath and 8-10 drops on a cold washcloth placed at the back of the neck at the same time. Try to relax as much as possible while the essential oil takes effect.

AROMATIC CONSIDERATIONS:

Usually very effective for headaches when inhaled or diffused.

AFFINITY FOR:

nerves, muscles, bones

EMOTIONAL-PHYSICAL ASPECTS:

LeMyGraine is used for migraine and stress related headaches with or without accompanying nausea. This blend is also useful following neck injuries and to open the blood supplies to and from the head. LeMyGraine does its best work with headaches related to stress and circulation problems.
Mild hormone oils make it effective for some women for the headache which comes at the beginning or end of their period. LeMyGraine may be useful for some types of depression. Use with LeWoman Wise or LeBalance if hormone imbalances are suspected.

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