

QUICK REFERENCE SHEET

LePumpkin Glow

Essential Oil Blend



Cardamom, Cinnamon Bark, Clove Bud, Ginger, Nutmeg



APPLICATION:

Cinnamon Bark is a major component of LePumpkin Glow so it should be diluted well when applied to the body. LePumpkin Glow is wonderful added to a diffuser, inhaler, or placed on a cotton ball. Add to a carrier, lotion, or place a drop on your wrists for perfume. This blend is too strong for use in the bath.

AROMATIC CONSIDERATIONS:

LePumpkin Glow has a delightfully homey, comforting, spicy cinnamon aroma. This blend is reminiscent of the rich spicy aroma of pumpkin cookies baking in the oven. Diffusing this blend will certainly delight the senses while being effective against a wide range of microbes, boosting energy levels, increasing immune function, and sanitizing the air.

AFFINITY FOR:

circulation, immune system, lymphatic system, digestive system, muscles, mineral uptake

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LePumpkin Glow is helpful for helping people feel "more". More in love with life, be more animated, happy, warm-hearted, spontaneous, dynamic, and self-assured. The essential oils in this blend are wonderful for helping us become more productive, and practical. This blend increases cellular oxygen levels which benefits all of the body systems and when we feel better physically, our emotions become more balanced.

PHYSICAL ASPECTS:

LePumpkin Glow contains essential oils that are high in minerals, and is helpful with conditions that are hypo-this or hyper-that. The essential oils in this blend are known to act as both a stimulant when energy levels are low and as a sedative during times when our bodies are stressed and need to rest and relax in order to rebuild. This blend is helpful for times of extreme fatigue, during burnouts, and for cases of infection which include highly resistant bacteria.

GENERAL INFORMATION:

LePumpkin Glow is formulated using only spice essential oils which are fantastic for their warming properties that increase cellular oxygen levels, stimulate, energize, and tone all of the organs of the body. Spice essential oils illustrate the principle of natural remedies bringing the body to a state of homeostasis or balance.