QUICK REFERENCE SHEET

LeQuiet Essence

Essential Oil Blend

Lavender Officinalis, Orange Sweet, Rosewood, Rue, St. John's Wort, Valerian

APPLICATION:

LeQuiet Essence can be diffused or used in the tub. Dilute and apply to the body along the top ridge of the ears, the wrists, over the heart, or on the soles of the feet.

AROMATIC CONSIDERATIONS:

The aroma of LeQuiet Essence is calming and relaxing and promotes deep states of restful, dreamless sleep. LeQuiet Essence lifts the mood and is a remedy for use in the treatment of depression.

AFFINITY FOR:

nerves, immune function, genito-urinary system, brain, digestive system, cardiovascular system, all meridians, heart chakra, solar plexus chakra

THERAPEUTIC PROPERTIES:

analgesic, antispasmodic, nervine, sedative, diurectic, antiparasitic

CAUTIONS:

This blend contains Rue, Valerian, and St. Johns' wort, but all in quite low percentages. These essential oils, particularly Rue, have long lists of cautions, especially for pregnant women. As always, it is best to begin slowly and proceed with caution, always diluting well. I, personally, find little to fear in this amazing blend.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Recent scientific studies are proving what energy workers have known for a long while—that every cell of the body has the capacity for thought and feeling. The experiences of the past—with accompanying trauma, anger, and guilt—can be held in the cells and tissues of the body for a very long time. Such deeply held pain can dramatically alter our perspective. Truth becomes relative to our perception and the frequent triggering of our emotional pain. We either indulge in denial, suppressing memories that don't bear out our perception, or we rewrite truth altogether in order to survive, or seek relief by vengeance or retribution.

LeQuiet Essence is an essential oil blend that encourages understanding, forgiveness, and reconciliation. This blend can help us move away from guilt and accusation and into peace and understanding. We can let go of past pain and trauma, embrace and claim for ourselves the lessons learned, and live—daily—in the warm glow of compassion for our own mistakes and the mistakes of others.

This blend is also useful for scattered or confused feelings about spirituality and inspiration. There is a strong connection between faith and immune function. Peace in this area can be a great blessing to the physical body. LeQuiet Essence can help us set appropriate personal boundaries and find greater clarity in spiritual matters.

PHYSICAL ASPECTS:

The Valerian Root in this blend contains some volatile components not found in any other essential oil currently produced for aromatherapy. These components are useful for an incredibly long list of things related to nerves and nervous tension. Combining, as is done in this blend, Lavender, Orange Sweet, and the amazing nervine, St. John's Wort, creates a blend that is an effective relief for headache, irritability, premenstrual symptoms, any type of cramping or muscle spasms, insomnia, heart palpitations, neuralgia, and panic attacks.

This blend is especially effective when applied to nerve-rich areas of the body such as the back of the neck, fingers, toes, and the coccyx (tailbone).

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