

## QUICK REFERENCE SHEET

# LeRevitalize

Essential Oil Blend

Bergamot, Blue Tansy, Cabreuva, Chamomile Roman, Carrot Seed CO2, Davana, Fennel, Geranium, Helichrysum Angustifolia, Lemon, Rosemary Camphor



### APPLICATION:

Dilute well when applying LeRevitalize to the body. This essential oil blend is best applied over the liver or on the bottom of the feet.

### AROMATIC CONSIDERATIONS:

LeRevitalize, diffused, can give everyone in the room a boost of energy and alertness.

### AFFINITY FOR:

digestive system, brain function, emotional stability

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeRevitalize increases mental alertness and alleviates mental fatigue. It is a great blend for replenishing inner stores of strength and increasing stamina. LeRevitalize is especially effective for those who are worn out from chronic illness or who make a habit out of running faster than they have strength most of the time. This blend has proven useful in programs for anger management and in overcoming addictions.

### PHYSICAL ASPECTS:

LeRevitalize cleanses the liver, but does so gently and steadily. It stabilizes energy levels and improves vitality. LeRevitalize is a good digestive aid, particularly in eliminating bloating, belching, and heartburn. LeRevitalize should be applied over the abdomen, either massaged on or applied in a compress, for parasites. A compress or direct application over the gallbladder or kidneys can relieve distress and pain in these areas. This is an excellent oil for lymphatic congestion and immune stimulation.