QUICK REFERENCE SHEET

LeSeasons

Essential Oil Blend

Lavender Officinalis, Lemon, Lemon Myrtle, Peppermint Piperita

APPLICATION:

LeSeasons should be diluted and applied to the sinus areas. It can be diluted and put on the chest or the feet. Diffuse, or apply to a plastic inhaler, to use when needed. A drop may be added to the bath, but use caution due to the Peppermint.

AROMATIC CONSIDERATIONS:

LeSeasons has a fresh, crisp minty aroma with slight notes of Lemon.

AFFINITY FOR:

respiratory system, digestive system, lymphatic system, solar plexus chakra, wood element

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

All essential oils impact emotions, and while LeSeasons is primarily a physical blend it will help bring clarity of thought, help improve attention span, help us analyze our resentments, and then help us let go of that which no longer serves us. It is a stimulating blend and can bring a renewed sense of energy.

PHYSICAL ASPECTS:

LeSeasons is amazing for clearing out the sinuses and for relieving a sinus headache. This blend should be used for colds, allergies, sinus congestion, and sinus headaches. LeSeasons helps the lymph system drain and strengthens the immune system. The cool mint sensation of LeSeasons can help lessen the pain of sore throats, body aches and pains, and help cool a fever.

GENERAL INFORMATION:

Although LeSeasons is not a complex blend, it will affect the body on many different levels due to the universal uses of the single essential oils contained in it. LeSeasons can be used as a whole body balancer, and will gently detox the body. The Lavender in LeSeasons will bring balance to all systems, work wherever there is a need, and nurture us through a variety of physical and emotional stresses. Lavender was added to this blend to bring us a sense of unchanging support, while the Peppermint opens up our minds to fresh ideas. The Lemon helps to gently detox due to it's renowned properties for dissolving blockages, and re-establishing the flow of lymph. Lemon Myrtle was added to this wonderful blend because it is so effective at killing germs and boosting the body's natural defenses. LeSeasons is a great example of synergy, and how all the single essential oils blend to become more than the sum of their parts.

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