

## QUICK REFERENCE SHEET

# LeSimplicity

Essential Oil Blend

Lavender Officinalis, Lemon, Lemon Myrtle, Manuka,  
Melissa Rectified, Mountain Savory, Oregano Wild,  
Rosemary, Tea Tree, Thyme



### APPLICATION:

LeSimplicity should be applied to the blistered areas of a cold sore and the skin around them, usually diluted in distilled or spring water. It makes an excellent mouthwash, diluted well.

### AROMATIC CONSIDERATIONS:

LeSimplicity is best used topically.

### AFFINITY FOR:

skin, nerves, immune system

### PHYSICAL ASPECTS:

LeSimplicity is a blend of potent antiviral oils which target the HSV-1 and 2 (Herpes Simplex) viruses. HSV infection causes fluid-filled blisters which form in clusters and then spread. Fatigue, irritability, low-grade fever, slow healing of cuts, infections, and whitlows around the fingernails are other signs of infection. These viruses are carried from person to person in body fluids such as saliva. The initial infection often occurs during childhood when well-meaning relatives subject children to on-the-mouth kisses.

Once the virus has entered the body, it "creeps" along neural pathways and establishes a home-base. HSV-1's site of latency preference is the trigeminal ganglion, a collection of nerve cells near the ear. From this spot, outbreaks tend to occur on the lower lip or face when the body is under stress or the immune system has been compromised in some way. HSV-2 seems to prefer to lodge in the nerves at the base of the spine or sacral area.

This blend is designed to kill the viruses at the areas of the outbreak, then follow the same neural pathways that the virus traveled until it reaches the colonies in the nerve bundles to kill it at the source.