

## QUICK REFERENCE SHEET

# LeSolitude

Essential Oil Blend

Cabreuva, Chamomile German, Katrafay,  
Lavender Officinalis, Marjoram, Rosewood, Orange Sweet



### APPLICATION:

Dilute and apply to the chest and anywhere you have unsightly or uncomfortable veins.

LeSolitude is excellent in the bath or diluted for a massage oil.

### AROMATIC CONSIDERATIONS:

LeSolitude is calming and can help one to “de-stress” following a stress filled day. Diffusing LeSolitude at night helps me relax into a peaceful sleep.

### AFFINITY FOR:

skin, cardiovascular system, emotional health, heart chakra, kidney meridian

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of LeSolitude can be useful in creating an atmosphere of peace and quiet in which to regenerate and rebuild emotional reserves. This oil brings peace and happiness to mind and body. It has been useful to some in overcoming depression and coping with anxiety. The name of this blend, LeSolitude, is an appropriate description of the mood this blend creates—that of spending some time in solitary contemplation and regenerating of one's self.

### PHYSICAL ASPECTS:

LeSolitude's affinity is for anything to do with heart or vein health. It is truly a cardiovascular oil and vein health essential oil. This blend should be used for varicose veins, spider veins, and to promote capillary health. LeSolitude can be used as a muscle relaxant and to relieve tension headaches. The Chamomile and Rosewood, in a synergistic arrangement with the stronger antiseptic oils in this blend, combine to make an oil that moisturizes dry skin and is a good treatment for eczema.

Whenever essential oils are massaged onto veins or capillaries, especially weak ones, the motion should always be toward the heart.