

QUICK REFERENCE SHEET

LeStefanie

Essential Oil Blend



Cinnamon Berry, Cumin, Helichrysum Angustifolia, Manuka, Melissa Pure, Melissa Rectified, Oregano Wild, Spruce Picea, Valerian, Yarrow Blue



APPLICATION:

LeStefanie should be applied on the chest, back, and on the feet. It can also be diffused or inhaled.

AROMATIC CONSIDERATIONS:

LeStefanie is balancing and uplifting to the emotions. The Melissa in this blend adds a light, lemony scent.

AFFINITY FOR:

immune system, respiratory system, nervous system

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The high percentage of Melissa in this blend makes it uniquely effective for instilling a positive mental outlook on life and for improving one's ability to enjoy life to the fullest.

PHYSICAL ASPECTS:

LeStefanie was developed to help fight antibiotic resistant pseudomonas bacteria, especially in the lungs. This blend has a great affinity for the entire respiratory system. LeStefanie should be considered for any respiratory problem, such as asthma, bronchitis, chest colds, or flu.

The Melissa oil used in this blend is one of the strongest antiviral, antibacterial essential oils in the essential oil repertory. This blend is anti-infective, anti-inflammatory, antispasmodic, antibacterial, antimicrobial, antiviral, sedative, antidepressant, and mucolytic.