

QUICK REFERENCE SHEET

LeStimulate

Essential Oil Blend

Clove Bud, Lime



APPLICATION:

LeStimulate can be applied diluted to any area of concern, diffused, or added to lotions. For applications where helping the vagus nerve is desired rub behind the earlobes on the mastoid bone.

AROMATIC CONSIDERATIONS:

LeStimulate has a lively, rich spicy aroma with tangy hints.

AFFINITY FOR:

nervous system, digestive system, immune stimulant, memory, tonic

! CAUTIONS:

LeStimulate contains clove which should be avoided by pregnant women. It should be used with caution on small children or anyone who has sensitive skin. It is too strong to be added to the bath.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeStimulate is wonderful for stimulating our minds and is helpful for overcoming exhaustion, depression, apathy, and listlessness. This blend can create and sustain a positive outlook and attitude.

PHYSICAL ASPECTS:

LeStimulate is wonderful for nourishing the nervous system and may be helpful to the vagus nerve by gently stimulating it. Gentle stimulation of the vagus nerve results in greater detoxification, which benefits all aspects of the body. LeStimulate contains clove which has an astounding amount of antioxidants and helps to add missing nutrients to the body. This blend is excellent for the digestive system and can be used for flatulence, nausea, and diarrhea. LeStimulate is excellent for boosting the immune system, detoxifying, and strengthening or rebuilding after an illness or injury that has left you feeling depleted.

GENERAL INFORMATION:

LeStimulate improves memory and alleviates mental and physical exhaustion. This is a good oil to diffuse when studying. It is helpful when you are feeling run down, depressed, or just need a boost of vitality. LeStimulate contains essential oils that are known for helping to increase the production of leukocytes that aid in fighting infections. Adding LeStimulate to infection-fighting regimens is a great idea. Layer with LeLifeforce and LeDeliverance for a great boost for the immune system when trying to "kick" those nasty bugs that drain our vital forces.