QUICK REFERENCE SHEET

LeSunburst

Essential Oil Blend

Citronella Ceylon, Grapefruit White, Lemon, Lemongrass, Orange Sweet, Spearmint, Tangerine

APPLICATION:

LeSunburst can be used as a perfume or cologne and added to bath water. It is excellent added to the dish water, dishwasher, or laundry. LeSunburst makes an excellent oil for cleaning surfaces throughout the house.

AROMATIC CONSIDERATIONS:

LeSunburst can be diffused to purify the air, remove odors, or just to enjoy a nice citrus aroma.

AFFINITY FOR:

skin, muscles, bones

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeSunburst is a favorite among the citrus blends because it is relaxing and calming, especially for children. This blend promotes a sense of well-being and is an excellent remedy for insomnia. LeSunburst is not a sedative, however. It promotes restful sleep from which you wake in the morning feeling energetic and refreshed.

Some citrus oils have proven effective against eating disorders. Because of the variety of citrus oils contained in LeSunburst, it has been used in treatments for anorexia and bulimia.

PHYSICAL ASPECTS:

LeSunburst is useful for circulatory problems, varicose veins, and lymphatic congestion. It is a powerful immune stimulant. When used as a cleaner, it retards the growth of mold and mildew. This is my personal favorite blend for use in the wash or in housecleaning. It always leaves behind a wonderful, uplifting, absolutely delightfully clean aroma.

©2020 Butterfly Expressions LLC