QUICK REFERENCE SHEET

LeSweet Relief

Essential Oil Blend

Basil, Chamomile Roman, Cilantro, Frankincense Carterii, Lavender Angustifolia, Marjoram, Peppermint Piperita, Rosemary Camphor, Wintergreen

APPLICATION:

LeSweet Relief should be diluted and applied on areas with pain or restriction. It is wonderful rubbed into your temples for headaches, or applied to the neck for neck strain. Add a drop or two to the bath, or place a drop on a cotton ball and sniff to improve concentration and memory. Diffuse to help respiratory complaints or to raise energy levels. Apply to the feet for stress relief.

AROMATIC CONSIDERATIONS:

LeSweet Relief has a sweet fresh mint aroma with the herbal tones of the basil, marjoram, and rosemary. It is truly a delight to smell!

AFFINITY FOR:

muscles, joints, nerves, circulation, respiratory, lymphatic

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeSweet Relief was blended with essential oils known to help alleviate stress and tension. This blend is wonderful for helping us to center and reset when over-work has brought us to a state of mental, physical or emotional fatigue. This blend will benefit any condition that is caused or made worse by nervous tension and emotional trauma. LeSweet Relief helps us to move past indecisiveness and helps us to focus on the future.

PHYSICAL ASPECTS:

LeSweet Relief is wonderful for migraines, headaches, strains, sprains, or cramps. All of the essential oils contained in this blend are excellent anti-inflammatory oils and are antispasmodic, making it wonderful for pain relief, soothing inflamed tissues, and aiding circulation. Use to improve memory function, help overcome learning difficulties, or to bring a sense of peace to stressful situations such as presentations or public speaking. LeSweet Relief can be applied at night to ease pain, reduce tension, and help soothe us into a restful nights sleep. LeSweet Relief can help clear congestion from colds, coughs, and ease a fever.

GENERAL INFORMATION:

The universal nature of all of the singles contained in this blend make it useful for many ailments. Soothing, energizing, calming to nerves and stimulating all of the body systems and organs make this one an excellent choice for travel or first aid kits. Layer LeSweet Relief with LeDeeper, LeMillenia, LeAmplify, or LePaine for excellent pain relieving properties. Pair it with LeMygraine for tough headaches or LeCrystal Clear to boost memory function and focus.

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