QUICK REFERENCE SHEET

LeSynopsis

Essential Oil Blend

Carrot Seed CO2, Copaiba Balsam, Fennel, Juniper Berry, Lemon, Mandarin, Melissa Rectified, Patchouli, Peppermint Piperita, Tarragon, Turmeric

APPLICATION:

LeSynopsis should be diluted and applied to the abdoment, back and/or the soles of the feet. It may also be diffused for its emotional and spiritual properties.

AROMATIC CONSIDERATIONS:

The aroma of LeSynopsis can help relieve stress, soothe the emotions, moderate mood swings, and curb irritability.

AFFINITY FOR:

hormones, digestive system, lymphatic system, nervous system, with special affinity for the autonomic system, urinary tract, intestinal tract, liver/gallbladder meridian, sacral chakra

CAUTIONS:

LeSynopsis contains a small amount of some essential oils which are, when used by themselves as single oils, contra-indicated for use during pregnancy. This blend, used with good sense and in reasonable amounts, presents no threat to pregnancy, however. If overused, the woman's body will give warning with abnormal, mild uterine contractions.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeSynopsis opens the mind to consideration of the emotional drivers behind digestive issues. Digestive problems that include a great deal of bloating and cramping or alternating bouts of diarrhea and constipation often have emotional roots.

Some possible emotional drivers might include holding on to the past, feeling a deep need to be in control, or maintain control, in all situations at whatever the cost, a need for greater trust and cooperation in relationships, and a need to unravel or untwist complicated situations or relationships. Feelings of fear or rejection may also be a part of digestive disturbance patterns.

PHYSICAL ASPECTS:

LeSynopsis contains many of the best digestive oils in the essential oil repertory combined with essential oils that are specific to the emotional drivers of digestive and colon issues. This blend, however, is formulated in such a way as to particularly target liver and gallbladder cleansing and support.

LeSynopsis also has a special affinity for both the small and large intestines. This is a great blend for indigestion, bloating of the stomach or intestinal area, constipation, and diarrhea.

GENERAL INFORMATION:

This is an example of blended oils being safer to use than single essential oils. Nevertheless, there is always cause for moderation and caution whenever oils such as Peppermint, Tarragon, Fennel, and Turmeric are used during pregnancy, even as only a small percentage of a blended oil.

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