

QUICK REFERENCE SHEET

LeTendaCare

Essential Oil Blend

Capsicum, Eucalyptus Globulus, Gingergrass, Juniper Berry, Lemongrass, Marjoram, Peppermint Piperita, Spikenard, Thyme, Wintergreen



APPLICATION:

Use LeTendaCare by placing a small amount of carrier oil in the palm of your hand. Add a few drops of LeTendaCare. Use this as a massage oil for tired, overworked muscles, or to help you relax at the end of a long day. LeTendaCare can be added to a bath as an excellent muscle relaxant and overall tonic.

AROMATIC CONSIDERATIONS:

LeTendaCare has an aroma that is pleasant and light for lifting the mood and clearing the mind.

AFFINITY FOR:

skin, muscles, bones

PHYSICAL ASPECTS:

LeTendaCare is intended to be used when muscles are tight, strained, or injured. This blend is analgesic, anti-inflammatory, antispasmodic, and has some excellent nerve properties. Besides sports injuries and muscle relaxation, LeTendaCare can be used for back pain, sciatica, bruising, and charley horses.

GENERAL INFORMATION:

Essential oils added to a carrier immediately begin to “break down” and become less effective therapeutically. Following the method described above will ensure that the essential oils are potent and effective each time you use them.