

## QUICK REFERENCE SHEET

# LeThermaCare

*Essential Oil Blend*

Coriander, Litsea Cubeba, Peppermint Piperita,  
Yarrow Green USA, Yarrow Yellow



### APPLICATION:

LeThermaCare should be diluted well and applied to the back of the neck and down the spine. It is also effective to apply LeThermaCare to the bottom of the feet.

### AROMATIC CONSIDERATIONS:

It is better to apply this essential oil blend to the body. Diffusing might be pleasant but may not give you the results in fever reduction that you need.

### AFFINITY FOR:

nervous system, fevers

### PHYSICAL ASPECTS:

LeThermaCare was specifically designed to aid in gently reducing the very high fevers we often see with the high-powered and quick-onset flu “bugs” that are so prevalent in the world today. The use of this essential oil to reduce fever is especially nice with children. The essential oils contained in LeThermaCare are gentle. They stimulate the body’s defense while calming the nerves and soothing the spirit. In addition to the fever reducing properties of the Yarrow and the Peppermint, the Coriander is well renowned for giving strength both during an illness and during the convalescent stages.