QUICK REFERENCE SHEET

LeTranquility

Essential Oil Blend

Blue Tansy, Geranium, Chamomile German, Lavender Officinalis, Palmarosa, Patchouli, Orange Sweet, Tangerine, Ylang Complete

APPLICATION:

LeTranquility can be used as a perfume or cologne. It is an excellent essential oil for a relaxing bath. This blend can be placed anywhere on the body.

AROMATIC CONSIDERATIONS:

Diffuse or wear LeTranquility as a perfume. Everyone around you will get to enjoy it and reap the benefits. The aroma of LeTranquility has been known to reduce or eliminate panic attacks and other anxiety based disorders.

AFFINITY FOR:

nervous system, circulatory problems, emotional stability

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

One of the best loved of the Butterfly Express LLC blends, LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression.

LeTranquility is useful as a sleep aid, especially when the problem is “mind chatter” that just won’t quit. Instead of sleeping, even though we need sleep badly, we lay there reviewing the past day in our minds or making plans for tomorrow. LeTranquility helps us take a step back from a situation so that we may come to a fuller understanding of all aspects of the situation. From this perspective we are usually able to see solutions to our dilemmas more easily.

PHYSICAL ASPECTS:

Physically, LeTranquility can be useful for circulatory problems to the extremities. Stress takes a high toll on the vitamin and mineral levels of the body, especially the levels of calcium. The use of LeTranquility, which promotes calmness and quells anxiety, has been helpful in cases of osteoporosis.

LeTranquility is one of the best blends to relieve migraines and tension headaches. Since so many of our minor, but annoying physical distresses have their roots in our emotions and our thought patterns, LeTranquility has proven useful in a very wide range of physical discomforts.

LeTranquility has been used in programs to help children and adults get off Ritalin and Prozac. Of course, it is recommended that you work closely with your doctor.

GENERAL INFORMATION:

This essential oil blend is the first thing you should reach for whenever someone is having a panic attack. More times than not, LeTranquility will stop the attack completely. This is a great blend for any type of anxiety disorder.

©2020 Butterfly Expressions LLC