

QUICK REFERENCE SHEET

LeTransition

Essential Oil Blend

Basil, Celery Seed, Geranium, Ginger, Howood,
Lemon Eucalyptus, Rosemary Camphor, Spearmint,
Spruce Picea



APPLICATION:

Apply diluted to areas of concern, along spine to re-energize body, over thymus to boost immune system, or add to the bath for a relaxing overall body tonic effect.

AROMATIC CONSIDERATIONS:

Diffuse to bring a sense of peace and rejuvenation, while LeTransition gently cleanses the body and clears the mind.

AFFINITY FOR:

digestive system, respiratory system, lymphatic system, immune system, solar plexus, heart meridian, liver meridian, endocrine system

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeTransition was created by accident, and the blend that has resulted has been a lesson in how a heavenly father has provided all the ingredients for us to heal ourselves. When we listen to his loving promptings we receive great blessings. During times of transition, we pause and take stock of our goals, wants, and desires and the oils in LeTransition will support us through tough periods in our life. Stress can have a very negative effect on our body and mind and all the body systems suffer. LeTransition can reset our mind, allowing us to see clarity in the direction we need to go. LeTransition has been blended with oils that will ground us in the present, clear our mind and allow us to see the present in it's truth, and gently open our eyes to the possibilities of the future.

PHYSICAL ASPECTS:

LeTransition should be used anytime we want to nourish our body systems, such as stressful days, illnesses, shock, traumatic experiences or when feeling run down. Soaking your feet in hot water with 2-3 drops of LeTransition added will gently detoxify your body and because essential oils contain molecules which help transport nutrients to starving or undernourished cells, it will detoxify and nourish at the same time. For fevers, dilute and apply along the spine. For chest congestion apply on the chest and layer with LeAspire, LeBreezy, or LeExhale. For digestive complaints apply over the stomach. You can layer with LeInsideOut or LeJulia for extra benefits.

For strengthening the immune system use LeTransition alone or in conjunction with LeDeliverance, or LeSpiceC.