QUICK REFERENCE SHEET

LeTrust

Essential Oil Blend

Angelica, Frankincense Carterii, Helichrysum Italicum, Lavender Officinalis, Lemon, Melissa Blend, Palmarosa, Rose Absolute, Rosewood, Sandalwood, Spruce Picea

APPLICATION:

LeTrust should be massaged over the heart or around the navel. It is also good when applied behind the ears or on the wrists.

AROMATIC CONSIDERATIONS:

This blend makes a very nice perfume or cologne. LeTrust, diffused in the home, can make changes for the better in family communication, especially at meal times.

AFFINITY FOR:

emotional balance and stability, lung meridian

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeTrust helps us be more accepting, tolerant, compassionate, and forgiving of ourselves and others. This blend can be useful in leaving behind old hurts, guilts, and frustrations. The emotions supported by LeTrust can help us evaluate our relationships and leave behind attitudes of co-dependency. Finding a balance between trusting others and ourselves and reasonable caution of new situations and old relationships is a very important life skill.

PHYSICAL ASPECTS:

Although LeTrust is a high frequency blend and definitely a spiritual/emotional oil, it has proven useful for the relief of pain with pleurisy and gallstones. Some people report that used as a mouth rinse, this blend is good for gum disease.

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