

QUICK REFERENCE SHEET

LeTurmoil

Essential Oil Blend

Ajowan, Davana, Frankincense Carterii, Helichrysum Angustifolia, Lavender Officinalis, Lemon, Lime, Palmarosa, Rose Absolute, Rosemary Camphor, Rosewood, Sandalwood, Spikenard, Zanthoxylum



APPLICATION:

“Rain drop” this blend down the spine or along the inside of the foot (the spine in foot zone therapy); then massage it in. Put on the chest, behind the ears, or on the forehead. This blend can also be helpful when diffused or sniffed. The aroma can be gently stimulating and centering.

AROMATIC CONSIDERATIONS:

If someone is recovering from an accident or surgery, diffuse LeTurmoil near them or have them inhale it frequently.

AFFINITY FOR:

immune system, emotional stability

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeTurmoil helps us to view trials from a more positive perspective. This blend is useful in rebuilding the physical/emotional connection after trauma or loss. LeTurmoil should be considered for the anger stage of grief and later, if the grief seems to be settling into depression. LeTurmoil calms hyperactivity and nervousness. This remedy can calm a person who is jumping from project to project, thought to thought, and help them settle down, organize themselves, and accomplish something.

PHYSICAL ASPECTS:

LeTurmoil is a remedy for shock and trauma, especially those that are affecting physical well-being and weakening the immune system. It stabilizes a person who is feeling faint or going into shock.