QUICK REFERENCE SHEET

LeUplift

Essential Oil Blend

Chamomile, Copaiba Balsam, Daffodil, Fir, Frankincense, Grapefruit

APPLICATION:

LeUplift has a beautiful aroma that can be used as perfume, in lotions, or add a drop to the bath. Use in a diffuser or apply anywhere on the body. Add this blend to a spray bottle and spritz clothes or bedding for a soothing aroma that helps dispel tension and anxiety.

AROMATIC CONSIDERATIONS:

LeUplift has a sweet floral aroma with citrus tones that delight the senses. It has a very relaxing aroma that is complex without being overpowering.

AFFINITY FOR:

nervous system, lymphatic system, immune system, muscular system, circulatory system, skin

THERAPEUTIC PROPERTIES:

anti-inflammatory, analgesic, immune stimulant, anti-oxidant, nervine, tonic, antidepressant, revitalizer, anti-arthritic, anti-tumoral

CAUTIONS:

Some of the essential oils in this blend are photo toxic. Application on the skin prior to being in the sun is not advised. For topical or aromatic use only. Do not ingest blends containing Daffodil essential oil.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeUplift should be used whenever one feels that they are not centered. This can be emotionally or physically. It helps us feel stronger and have a better attitude. LeUplift relieves feelings of bitterness and aligns us with our personal power. This is an excellent blend for mental exhaustion. LeUplift is emotionally calming and renews our passions in life.

PHYSICAL ASPECTS:

LeUplift is excellent for physical tension, anxiety, and stress. This oil is excellent for use after an illness, trauma, or injury. LeUplift increases circulation and benefits overworked or tired muscles. It can benefit headaches, and nerves, and help ease insomnia.

LeUplift is strongly anti-inflammatory and contains essential oils that are very soothing and useful for easing pain, allowing the body and spirit to rest. It boosts the immune system and soothes negative energies that may be trapped in the physical body. It is a joyous and positive blend that has an affinity for depression.

This blend should be used for addictions and when trying to give up things we know are not good for us. LeUplift helps us moderate impulsive behavior and allows us to be more grounded so we can make better choices. It is excellent for use in coping with drug/alcohol withdrawals and for use in substance abuse treatment plans.

GENERAL INFORMATION:

Daffodil Essential Oil is such an interesting oil, aromatically and therapeutically, that I've been wanting to blend with this unique oil since I first experienced it. LeUplift is a fulfillment of that wish. Each of the essential oils in this blend were carefully selected for their grounding, soothing, and restorative properties to uplift the body, mind, and spirit.

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