

## QUICK REFERENCE SHEET

# LeWakeUp

*Essential Oil Blend*

Grapefruit White, Lemongrass, Orange Sweet,  
Peppermint Piperita, Rosemary Camphor, Spearmint



### APPLICATION:

LeWakeUp is wonderful diffused. It can be diluted and applied to the bottom of the feet, with a special emphasis on the big toe.

### AROMATIC CONSIDERATIONS:

LeWakeUp does exactly what the name implies. It makes us feel more energetic and wide awake to our world.

### AFFINITY FOR:

nervous system, heart chakra, emotional balance, and spiritual side of our natures

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeWakeUp helps us feel more energetic, enthusiastic, and even passionate about our life, the tasks we have before us, and the people around us. Somehow, it makes us want to encourage everyone around us to find the same joy that we are experiencing. This blend is a joyous vacation for our minds and spirits.

### PHYSICAL ASPECTS:

LeWakeUp is helpful, both by aroma and application, for blood sugar lows (hypoglycemia) that occur just before or during the onset of the menstrual period.