

QUICK REFERENCE SHEET

LeWeightless

Essential Oil Blend

Basil, Clary Sage, Grapefruit White, Lemon, Lime,
Parsley, Sage, White Pepper



APPLICATION:

LeWeightless is pleasant diffused, where it will eliminate odors and kill bacteria while being enjoyed for its emotional properties.

LeWeightless can be used in the bath; be careful to use only 2 or 3 drops. An excellent essential oil blend for a full body massage. Be sure to dilute well.

AROMATIC CONSIDERATIONS:

The aroma of LeWeightless is uplifting. It stimulates positive and creative thinking.

AFFINITY FOR:

digestive system, emotional balance, metabolism

EMOTIONAL-PHYSICAL ASPECTS:

This delightful blend is designed to function on both the physical and emotional planes, even more than is usual for essential oils. LeWeightless increases metabolism, especially fat burning, and helps to dissolve cellulite. It is a lymph drainer and blood purifier and can be helpful with acne. Emotionally it lightens the weight of our own negativity which is so often the trigger for “binge” eating or junk food consumption.

LeWeightless is used in programs for eating disorders such as anorexia.

LeWeightless relieves stress, but it takes a minute. If you can remember to reach for the LeWeightless when you are craving that chocolate bar, then exercise a little self-control for a moment or two, you may find that you move on to something else in your life and the chocolate loses its allure!! This blend also has an effect on the mind, helping it to function more clearly and quickly.