

QUICK REFERENCE SHEET

LeWoman Wise

Essential Oil Blend

Clary Sage, Jasmine Grandiflorum, Lavender Officinalis, Marjoram, Patchouli, Spikenard, Rue, St. John's Wort



APPLICATION:

LeWoman Wise should be diluted in a carrier oil and massaged on the lower back and abdomen. It is helpful to layer with LeDeeper if severe cramping or abdominal pain is involved during the menstrual period. LeWoman Wise can also be applied to the feet and ankles, used in the bath, and diluted for a body massage oil.

AROMATIC CONSIDERATIONS:

LeWoman Wise, even just diffused rather than applied, can help to balance hormones, stabilize mood swings, and calm irritability.

AFFINITY FOR:

muscles

! CAUTIONS:

This blend is not for use during pregnancy!!!

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

There are many emotions that go completely out of whack when our hormones are out of balance. This blend can be very helpful for any of those. Sometimes trying an essential oil and seeing what changes take place can help us recognize which behaviors are hormone driven and which ones are just bad habits.

PHYSICAL ASPECTS:

LeWoman Wise was created to help balance the hormones of younger women. It also brings a lot of relief from pre-menstrual and menstrual cramps and headaches. It may also be effective for prostate problems in men, although LeBalance is usually a better choice for men and women approaching, or in, their menopausal years. This blend should be used all month long, not just when the PMS symptoms are at their worst. Doing this will keep the symptoms from occurring.