

# Essentials Kit

Nine of the best selling oils in one great kit with a carrier oil to make it easier to use. This kit helps with breathing, sleeping, fighting off viruses, relieving pain, dealing with bug bites, aligns physical structures, electrical energies of the body, balances every meridian, and energizes every chakra. The Essentials Kit has so many more uses than those already listed. It also contains many great oils to diffuse or wear as perfume to cleaning around the house. It's an all around great kit!

## **LeBreezey**

LeBreezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits and brings a sense of confidence and self-worth. LeBreezey has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. LeBreezey should also be tried for colds, asthma, allergies, sinus congestion, and flu. It makes an excellent muscle relaxant and pain reliever when you do not have LeWarmDown or LeDeeper handy.

## **LeMelaPlus**

LeMelaPlus should be applied topically on insect bites and stings. LeMelaPlus can also be diluted and massaged over the liver. Add a few drops to Miracle Salve to make an antibacterial ointment for cuts and abrasions. It can be diffused to dispel odors. LeMelaPlus is strongly antiseptic. It prevents the growth of bacteria, fungus, and other infectious agents. It can be used for athlete's foot and toe nail fungal infections.

## **LePaine**

LePaine is a pain reliever. It promotes quicker healing by bringing oxygen to the injured area and increasing circulation. LePaine is an anti-inflammatory, antispasmodic, and calming to the nerves. It can be used for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, headaches, osteoporosis, bone spurs, bursitis, back pain, and bruising. LePaine is a muscle relaxant and a respiratory oil, too. Use 2-3 drops in bath or dilute and apply to the pain area.

## **LeTranquility**

LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. LeTranquility helps alleviate anxiety based disorders; helps reduce insomnia; quiets the mind and helps with feelings of rebellion; aids in understanding all aspects of a situation; Helps with ADHD; develops inner strength and confidence; osteoporosis; migraines and tension headaches. LeTranquility can also, be useful for circulatory problems to the extremities.

## **Peppermint**

Peppermint stimulates the mind, increasing the ability to focus and concentrate. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Inhaling peppermint can curb the appetite. Peppermint is useful for muscle pain, inflamed joints, and arthritis. It can be used for headaches and nerve regeneration. Used for the digestive system and in bowel disorders. It is one of the best for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness. It's supportive of prostate function. Dilute well. Not used in the bath.

## **LeDeliverance**

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, general infections, athlete's foot, toenail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time). Frequent and consistent use of LeDeliverance strengthens the immune system and helps the lymph system to drain.

## **LeMillenia**

Diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. Place anywhere on body. LeMillenia is described as "Chiropractor in a bottle". It aligns physical structures, electrical energies of the body, balances every meridian, and energizes every chakra. It maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. LeMillenia balances the moisture and fluid levels in the body. Use with LeTranquility for ADHD and hyperactivity.

## **LeSunburst**

LeSunburst promotes a sense of well-being and is an excellent remedy for insomnia. It promotes restful sleep from which you wake in the morning feeling energetic and refreshed. It's used in treatments for anorexia and bulimia. LeSunburst is useful for circulatory problems, varicose veins, and lymphatic congestion. It is a powerful immune stimulant. LeSunburst can be used as a perfume or cologne and added to bath water. LeSunburst is an excellent oil for cleaning.

## **Lavender**

Lavender gives us the feeling of total and unchanging support around us. Lavender promotes faith, even in the hard times. It can help us move from judgement to kindness and generosity. Lavender can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is effective for muscle strains and sprains, cramps, and wound healing.

## **Coconut Oil**

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. Doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is considered one of the best carrier oils.