

Therapy Kit

The Therapy Kit is like a day at the spa! These oils offer you a wonderful opportunity to be completely rejuvenated. A relaxing and soothing introduction progresses to a healing phase of love and peace. Your session is completed with feelings of strength and stability, allowing you to greet the rest of your day with energy and renewed vitality. The oils in this kit are intended to be placed, in order and diluted well with coconut oil, along the spine with a feathery massage motion. One or two drops of each oil along the spine will 'warm' your muscles and help you relax. Please drink plenty of water after your therapy session.

Apply 1st ^{Le}Millenia

^{Le}Millenia works on issues of physical structure (known as a Chiropractor in a bottle) and alignment, and as an outstanding emotional blend. ^{Le}Millenia helps one find the courage to move forward with confidence and faith. It brings clarity about what is really necessary for happiness and contentment. It can help us find an equilibrium between being organized, neat, orderly, meticulous, logical, and analytical and being obsessively focused on perfection. It aids us with self-expression, fear of conflict and disagreement, and the ability to make decisions. ^{Le}Millenia can foster tenacity and independence of spirit.

3rd Basil

Basil helps open the mind to ideas, possibilities, and opportunities. Basil helps us to act with integrity, from our hearts, in a straightforward manner. Emotionally, basil is both stimulating and soothing. It energizes the mind while, at the same time, relieving doubts and fears and lightening our burdens. Basil moderates a tendency to be too blunt, outspoken, or independent. Basil is used in treatments for depression, hysteria, nervous tension, and mental fatigue. Basil stimulates the adrenal cortex and strengthens the nerves. Dilute very well.

5th Marjoram

Marjoram is quieting to obsessive worrying where negative thoughts circle repetitively in the brain hour after hour. This type of obsessive worry is an indication of depleted or stressed earth energy. Marjoram is also helpful for those who seem to love being in the center of some sort of drama all the time. This need for attention is a manifestation of an energetically depleted earth meridian with its "lack of something" perception. In this instance, the feeling of deprivation focuses on family or friends. We are sure that "no one cares" about us as they should. The aroma of marjoram oil can eliminate feelings of loneliness or persecution, replacing them with feelings of security and even some compassion for others.

2nd Thyme

Thyme is revitalizing and nourishing to the nerves and emotions. It can help us overcome mental and emotional exhaustion, inability to concentrate, apathy, and uneasy feelings that have no cause. Thyme can aid us in finding a fresh view of a situation or a new way of doing something. It is specific for physical exhaustion, especially when there seems to be a lack of direction and motivation more than overwork. Thyme can give us strength, self-confidence, and willpower. It can help us think positively, allowing us to give ourselves credit for every little bit of willpower we possess, instead of berating ourselves when we display less of it than we think we should have. Dilute very well.

4th Wintergreen

Wintergreen produces an analgesic, numbing effect on the nerves. It clears obstructions to the flow of blood in the tissues and in the veins and arteries. This increases circulation in general and brings warmth to the area. It relaxes the muscles in the area to which it was applied. As the circulatory system works more efficiently, many health problems are alleviated. Wintergreen increases the activity of the kidneys, preventing toxins, uric acid, fats, and liquids from building up in body tissues. Wintergreen essential oil aids digestion by stimulating the proper secretion of gastric juices and bile. It stimulates the activity of the lungs, intestines, and other organs, preventing the accumulation of congestion and waste materials. Dilute very well.

6th Cypress

Cypress is a wonderful healer for the spirit. It brings the feeling that each new day is a fresh start on our road to glowing life and health. Change is a part of life. Times of transition can be positive if we allow them to be. If we struggle against the changes, by trying to hang on to what was, our life can feel like an unending struggle. Cypress is considered in many cultures to be symbolic of life after death and guidance from a supreme being. The aroma of cypress can help seek guidance and inspiration from heavenly sources. The aroma of cypress opens us to direction from heaven. It can help soften unbending and inflexible attitudes.

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7th Peppermint Piperita

Peppermint oil stimulates the mind, increasing the ability to focus and concentrate. Peppermint is like a rush of fresh energy into the system. It allows us to relax instead of letting anxiety build up in our bodies or minds. Peppermint oil is specific for people who move between highs and lows, sadness and happiness until the ever-widening mood swings settle into lethargy, intolerance, and frustration. Just as peppermint strengthens digestion and aids the absorption of nutrients on a physical level, it enhances our ability to “digest” new ideas and impressions. Peppermint oil increases circulation. It is useful for muscle pain. Dilute very well.

9th LeWarmDown

LeWarmDown makes an excellent massage oil. It is an antispasmodic and anti-inflammatory oil. LeWarmDown makes an excellent remedy for tight, tired, sore and aching muscles of any description. It is for sports injuries, muscle strains, sprains, and torn ligaments. LeWarmDown seems to aid calcium absorption and distribution throughout the body. LeWarmDown increases capillary circulation and protects the skin by helping it retain moisture.

8th Oregano

Oregano promotes a feeling of strength and stability. It has strong antiseptic and antimicrobial properties. Oregano balances metabolism, strengthens the vital centers of the body, and is an immune stimulant. Oregano is an extremely beneficial and effective oil. Dilute very well. Can cause extreme skin irritation if applied repeatedly without dilution.

10th LeTendaCare

LeTendaCare has an aroma that is pleasant and light for lifting the mood and clearing the mind. LeTendaCare is a massage oil for tired, overworked muscles, or to help you relax. This blend is analgesic, anti-inflammatory, antispasmodic, and has some excellent nervine properties. Besides sports injuries and muscle relaxation, LeTendaCare can be used for back pain.