



# Anxiety & Depression

**LeHeart Song:** (bergamot, geranium, grapefruit, lemon, mandarin, orange sweet, rose, rose geranium, rosewood, ylang ylang).

★ Assists the heart to find its joy and sing again. Useful for: grief and depression, anxiety, trauma, relieving stress, mood swings, as a perfume, balancing chakras and the body's electrical fields, reminding us we are loved, and assisting us in getting through a difficult day. Useful for blocking negative energy picked up from others, and enhancing our ability to express deep emotions.\*

**Grapefruit:** Enhances feelings of joy and confidence. ★ Useful for: uplifting the mind and spirit, anxiousness, performance stress, jet lag, mental exhaustion and tension, eating disorders, stress or comfort eating, drug withdrawal, detoxifying the lymphatic system, water retention and headache, astringent face wash for acne, dissolving cellulite and assisting with emotion release.\*

**LeTranquility:** (blue tansy, geranium, chamomile German, lavender, palmarosa, patchouli, orange sweet, tangerine, ylang ylang).

★ Useful for: stress, depression, migraine and tension headaches, sleep aid, promoting calmness, enhancing circulation to the extremities, relieving anxiety attacks. Enhances the development of inner strength, patience, understanding and confidence.\*

\*This information does not represent any implied or express warranties and has not been evaluated by the FDA. Not intended to prescribe, diagnose, prevent or cure any disease or condition. "Le" denotes Butterfly Express blend.

Kit Contains:

Three 5/8-dram pure essential oils  
.078 fl. oz. (2.3ml) ea.

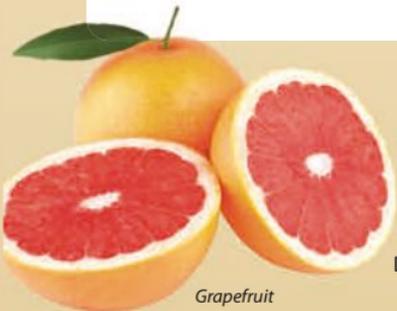
# 100% Pure “Therapeutic Grade” Essential Oils

**Aromatherapy Uses:** Open a bottle and take a few breaths, add a few drops to a diffuser, put in an inhaler, put on cotton ball or cloth and clip to vent, add a few drops to bath water or on shower floor.

**Topical Uses:** *LeHeart Song* can be diluted and applied behind the ears for perfume, over the heart, or in a clockwise motion over each chakra, and any area where there is poor circulation. Grapefruit should be diluted and applied to the bottoms of the feet or areas needing to release cellulite, emotions, or both. *LeTranquility* can be used as a perfume or applied diluted anywhere on the body. The bottoms of the feet get everywhere in the body.

**CAUTIONS:** Keep out of reach of children. Quality, 100% pure, “Therapeutic Grade” essential oils are highly concentrated plant extracts and should be diluted with use. They absorb easily through the skin. Ingestion could potentially cause irritation to the digestive system, and is not recommended. Begin slowly, with small amounts; too much oil may trigger a “cleanse” in the body. All people should consult essential oil cautions lists. Young children, pregnant or nursing women, and people with a history of potent prescription use should consult their medical provider before using essential oils and pay special attention to caution lists.

Questions? Contact: [Info@EssentialOilsToGo.com](mailto:Info@EssentialOilsToGo.com).



Grapefruit



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