



# Weight Loss

**Grapefruit:** (*Citrus paradisi*), 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, premenstrual water retention and headache, astringent face wash for acne, dissolving cellulite and assisting with emotion release.\*

Photo-toxic—avoid sunlight where applied for at least 12 hours.

**LeWeightless:** (basil, grapefruit, green pepper, lemon, lime, sage).

✨ Useful for: stress, enhancing clear and quick mind function, stimulating positive/creative thinking, supports increased metabolism, enhances fat burning and dissolving cellulite, supports lymph drainage and blood purification, useful for acne, assists in lightening the emotional weight of negativity that can trigger binge eating or junk food eating. Useful for eating disorders such as anorexia. Reach for this oil and give it a few minutes to kick in to assist in curbing cravings.\*

**Lemongrass:** (*Cymbopogon flexuosus*), supports lifting the mind and mood and awakening curiosity. ✨ Useful for: acne, dissolving cellulite, disinfecting and purifying the air, enhancing improved circulation, lymphatic drainage, and oxygen flow throughout the body. Assists in regenerating connective tissue and repairing ligaments. Supports improved eyesight, bladder and kidney disorders and healing varicose veins.\*

Overuse can cause skin irritation.

\*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.

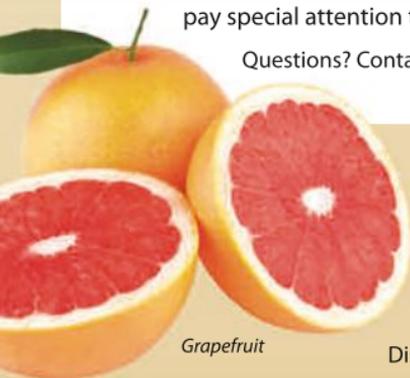
# 100% Pure “Therapeutic Grade” Essential Oils

**Aromatherapy Uses:** Open a bottle and take a few deep breaths. Add a few drops to a diffuser to assist in killing odors and bacteria, lift moods, enhance positive and creative thinking, or curb cravings. Put on a cotton ball or cloth and clip to a fan or vent. Put in an inhaler.\*

**Topical Uses:** Dilute and apply a few drops to the bottoms of feet or areas causing concern (to assist in releasing cellulite, emotions or both). Add a few drops (no more than three) of <sup>Le</sup>Weightless to bath water or dilute well with a carrier oil for a whole-body massage. Dilute a few drops of Grapefruit with water to use as a face wash for acne.

**CAUTIONS:** Keep out of the 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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