















## **EATING DISORDERS**

*<sup>Le</sup>LiteN, <sup>Le</sup>Purify, <sup>Le</sup>Weightless, grapefruit, juniper berry  
the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb*

## **DYSLEXIA**

*<sup>Le</sup>Millenia, frankincense carterii  
apply oils to the soles of the feet at least night and morning; can also be applied on the back of the neck*

## **EARACHE**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>LifeForce, <sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, basil, garlic  
Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. <sup>Le</sup>MelaPlus, <sup>Le</sup>EndoRelief, or <sup>Le</sup>LifeForce for infection and <sup>Le</sup>Millenia for inflammation or any disturbance of structure in the ear canal or inner ear. BBL, a tincture sold at Butterfly Express, LLC, will help with pain and inflammation—a must have!*

*Garlic must be diluted very well!!! 1 drop of garlic oil is enough for at least 5 ml of carrier oil. You can dip a toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It is strong enough to cause serious burns undiluted.*

## **ECZEMA**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Baby Me, <sup>Le</sup>Sego Lily, <sup>Le</sup>Solitude, carrot seed, chaulmoogra, juniper berry, lavender, myrrh, patchouli  
dilute with distilled or spring water and apply to the affected areas*

## **EMOTIONAL IMBALANCES**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Cherish, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart, <sup>Le</sup>HeartSong, <sup>Le</sup>Insight, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Unity, <sup>Le</sup>Wisdom, cedarwood, lavender, lemon, mandarin, orange sweet, rose, sandalwood  
diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler*

## **ENDOCRINE BALANCE**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Woman Wise  
diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)*

## **ENERGY, IMPROVEMENT OF**

*<sup>Le</sup>Bountiful, <sup>Le</sup>Energy, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>WakeUp  
dilute and apply to bottoms of feet*

## **ENERGY, PROTECTION**

*<sup>Le</sup>Angel, <sup>Le</sup>Benediction, <sup>Le</sup>HeartSong  
apply to shoulders and wrists*

## **ENVIRONMENTAL TOXINS**

*<sup>Le</sup>LifeForce, <sup>Le</sup>LivN  
dilute and apply to the feet or along the spine*

## **EXPECTORANT**

*<sup>Le</sup>Deliverance, <sup>Le</sup>SpiceC, benzoin, ravensara  
dilute and apply to throat and chest areas*

## **EYES**

*<sup>Le</sup>Millenia, carrot seed, cypress, frankincense, lemongrass  
dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled*

## **FAINTING (SEE SHOCK)**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>Kadence, <sup>Le</sup>Turmoil, black pepper, lavender, peppermint, rosemary hold one of the listed oils under the nose; dilute and apply to the bottoms of the feet*

## **FATIGUE**

*<sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, <sup>Le</sup>WarmDown, <sup>Le</sup>Wisdom, peppermint, rose Diffuse <sup>Le</sup>Vitality or smell frequently. <sup>Le</sup>Vitality and rose are high frequency oils which help with “energy” fatigue. Use 1 or 2 drops of <sup>Le</sup>WarmDown in the bath; dilute for massage, especially for tired muscles. Peppermint’s aroma is very stimulating; dilute for massage.*

## **FATTY LIVER**

*<sup>Le</sup>LivN, ledum*

*dilute and apply over the upper right side of the abdomen and on the right foot; <sup>Le</sup>LivN is most often a better choice than ledum alone*

## **FEVER**

*<sup>Le</sup>LifeForce, <sup>Le</sup>ThermaCare, eucalyptus, lavender (babies), yarrow yellow*

*dilute <sup>Le</sup>LifeForce and apply to spine; lavender and <sup>Le</sup>ThermaCare dilute, apply to back of neck and the feet*

## **FIBROMYALGIA**

*<sup>Le</sup>Deeper, <sup>Le</sup>LifeForce, <sup>Le</sup>Paine, <sup>Le</sup>Patches, birch, wintergreen*

*should be diluted and applied to the body; add 1 or 2 drops in a tub and soak*

## **FLATULENCE**

*<sup>Le</sup>Grace, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Synopsis, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed, chamomile Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, orange bitter, peppermint, rosemary, tarragon*

*dilute and apply to the abdomen*

## **FLU**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Journey, <sup>Le</sup>LifeForce, <sup>Le</sup>Mariah, <sup>Le</sup>Stefanie, <sup>Le</sup>Revitalize, <sup>Le</sup>ThermaCare, melissa*

*apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should also apply <sup>Le</sup>InsideOut, diluted, to the abdomen*

## **FOOD POISONING**

*<sup>Le</sup>InsideOut (homeopathic - Arsenicum album)*

*dilute and apply to the abdominal area; it would be very helpful to use the homeopathic, Arsenicum album, in addition to the essential oil*

## **GALLBLADDER / GALLSTONES**

*<sup>Le</sup>Letting Go, <sup>Le</sup>Revitalize, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Vision, grapefruit, lemon, lime, rose geranium*

*apply the listed oils as a compress over the gallbladder area; apply on the feet*

## **GANGRENE**

*<sup>Le</sup>Patches, melissa, patchouli*

*Nearly all essential oils are antiseptic but gangrene is very nasty. It must be hit hard with the best available. I would also add RC tincture by mouth to keep the infection out of the blood. Putting the essential oils into a strong herbal tea and soaking the body part often is required.*

## **GAS**

*<sup>Le</sup>Grace, <sup>Le</sup>InsideOut, anethi, angelica, anise, benzoin, bergamot, cardamom, carrot seed, chamomile Roman, coriander, cumin, fennel, ginger, hyssop, lavender, nutmeg, peppermint, rosemary, tarragon*

*dilute and apply to the abdomen*

## **GERD - ACID REFLUX DISEASE (SEE HEARTBURN)**

*<sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize, peppermint, fenugreek, cardamom*

*apply oils, diluted over stomach and colon, being sure to go high up over the tip of the sternum*

## **GINGIVITIS/GUMS**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>RefreshMint, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, <sup>Le</sup>Trust, <sup>Le</sup>Unity, spearmint*

*apply on throat and gums; dilute in water and swish around the mouth*

## **GOUT**

*<sup>Le</sup>Deeper, <sup>Le</sup>Meditation, <sup>Le</sup>Paine, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, lemon, anthopogon, birch, celery seed, goldenrod, hyssop*

*dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub*

## **GRATITUDE**

*<sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Reconciliation*

*diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil*

## **GRIEF**

*<sup>Le</sup>Cherish, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Sego Lily, <sup>Le</sup>Whispering Hope, orange sweet*

*diffuse, especially at bedtime; wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists*

## **HAIR, COLOR**

*chamomile Roman for blonde hair, rosemary for brunettes*

*2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and then massaged into hair 1 or 2 times a week*

## **HAIR, HEALTH / HAIR, LOSS**

*<sup>Le</sup>Delicate, <sup>Le</sup>Eternity, chamomile Roman, lavender, rosemary*

*2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and massaged into the scalp 1 or 2 times a week. Can be added to an almond oil/jojoba oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better.*

## **HEADACHES**

*<sup>Le</sup>Angel, <sup>Le</sup>Baby Me, <sup>Le</sup>Balance, <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Deeper, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Millenia,*

*<sup>Le</sup>MyGraine, <sup>Le</sup>Patches, <sup>Le</sup>Vitality, <sup>Le</sup>WarmDown, <sup>Le</sup>Woman Wise, bay, calamus, marjoram, peppermint, rosemary, rosewood*

*There are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler.*

## **HEART MUSCLE**

*<sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Mariah, <sup>Le</sup>Vitality*

*dilute and apply to the chest*

## **HEART, PALPITATIONS**

*<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality, marjoram, neroli, orange sweet, petitgrain, violet leaf*

*apply, diluted, to chest; aroma; place on temples*

## **HEARTBURN**

*<sup>Le</sup>Baby Me, <sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize, peppermint*

*<sup>Le</sup>InsideOut and peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; <sup>Le</sup>Baby Me should be diluted and applied on chest over the thymus*

## **HEMATOMA**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia, cypress, helichrysum, lemongrass*

*dilute and apply to the affected areas*

## **HEMORRHOIDS**

*<sup>Le</sup>Cypernium, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, geranium*

*dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas*

## **HERNIA**

*<sup>Le</sup>Millenia, <sup>Le</sup>WithIn*

*dilute and apply to the area*

## **HERPES VIRUS**

*<sup>Le</sup>Simplicity, melissa*

*dilute and apply along the jaw line, along the spine and on the feet*

## **HIVES / ALLERGIC RASHES**

*<sup>Le</sup>Baby Me, <sup>Le</sup>MelaPlus, <sup>Le</sup>Sego Lily, chamomile German, peppermint, yarrow*

*dilute in carrier oil, massage over area; 4 drops in 1/4 cup of baking soda in the bath*

## **HORMONE BALANCE**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Balance, <sup>Le</sup>Cherish, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Deeper, <sup>Le</sup>EndoRelief, <sup>Le</sup>Expressions, <sup>Le</sup>Intention,*

*<sup>Le</sup>Synopsis, <sup>Le</sup>Vitality, <sup>Le</sup>Woman Wise, jasmine, melissa (sterility in women), patchouli, petitgrain*

*apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse*

## **HOT FLASHES**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, yarrow green*

*apply these oils, diluted, around the bone on the inside of the ankles*

## **HYPERACTIVITY**

*<sup>Le</sup>Millenia, <sup>Le</sup>Sunburst, <sup>Le</sup>Tranquility, <sup>Le</sup>Turmoil*

*apply to the feet; diffuse; wear anywhere on the body*

## **HYPOGLYCEMIA**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Grateful Heart, <sup>Le</sup>WakeUp, anethi, coriander, dill, eucalyptus*

*apply over pancreas area on body or feet; diffuse*

## **IMMUNE STIMULANT**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Bountiful, <sup>Le</sup>Breezey, <sup>Le</sup>Cherish, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Deliverance, <sup>Le</sup>Housewarming, <sup>Le</sup>Journey,*

*<sup>Le</sup>LifeForce, <sup>Le</sup>LiteN, <sup>Le</sup>QuietEssence, <sup>Le</sup>Revitalize, <sup>Le</sup>SpiceC, hinoki, ledum, mountain savory, orange sweet, oregano, saro*

*massage any one of the listed oils on feet and body; diffuse; use in the bath*

## **IMPETIGO**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Sego Lily, <sup>Le</sup>MelaPlus*

*Consider diluting the essential oils in water, rather than a carrier oil. Apply with a cotton ball, using a fresh ball frequently. Sometimes carrier oil “feeds” the organisms responsible—using water prevents that. Fresh cotton balls prevent spreading.*

## **INSECT BITES / STINGS**

*<sup>Le</sup>MelaPlus, <sup>Le</sup>Purify, basil, lavender, manuka, mountain savory, niaouli, tea tree*

*apply 1 drop, undiluted, to the area*

## **INSECT REPELLENT**

*<sup>Le</sup>Away, <sup>Le</sup>Purify, citronella, opoponax, peppermint*

*dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on; avoid contact with the eyes*

## **INSOMNIA**

*<sup>Le</sup>Believe, <sup>Le</sup>Dreams, <sup>Le</sup>GoodNite, <sup>Le</sup>Julia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Solitude, <sup>Le</sup>Sunburst, <sup>Le</sup>Tranquility, <sup>Le</sup>Vision, basil, myrtle*

*<sup>Le</sup>Tranquility is for the “chattering mind” type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective.*

## **IRRITABLE BOWEL SYNDROME**

*<sup>Le</sup>InsideOut, <sup>Le</sup>Julia, <sup>Le</sup>Revitalize, anise, peppermint  
dilute and apply to the abdominal area*

## **JAUNDICE**

*<sup>Le</sup>Revitalize, <sup>Le</sup>LivN, geranium, rose geranium  
dilute and apply, or use in a compress, over the liver*

## **JET LAG**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Energy, <sup>Le</sup>IQ, <sup>Le</sup>Millenia, <sup>Le</sup>Wisdom, grapefruit  
apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water*

## **KIDNEYS**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Cherish, <sup>Le</sup>EndoRelief, <sup>Le</sup>Letting Go, <sup>Le</sup>Meditation, <sup>Le</sup>Reflections, <sup>Le</sup>Safeguard, <sup>Le</sup>Vitality (congestion), <sup>Le</sup>Revitalize, bergamot, birch (stones), goldenrod, grapefruit, ledum, ravensara  
apply as a compress over the kidneys; be sure to drink plenty of distilled water*

## **LAUNDRY**

*<sup>Le</sup>Sunburst, anything citrus or the evergreens, any smell you especially like  
add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use; essential oils destroy bacteria and provide a fresh clean smell*

## **LAXATIVE**

*cardamom, hyssop, jasmine, tangerine  
apply to the abdomen; inhale*

## **LEAD POISONING**

*<sup>Le</sup>LivN, <sup>Le</sup>Revitalize*

## **LEG CRAMPS (SEE RESTLESS LEG)**

## **LICE**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, tea tree  
apply often to scalp and hair, diluted with distilled water making the mixture as strong as can be tolerated; wash combs and bedding*

## **LIGAMENTS, TORN**

*<sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, birch, fir siberica, lemongrass, peppermint, wintergreen  
dilute and apply to the affected areas; consider layering one oil on top of another*

## **LIVER CLEANSE & SUPPORT**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Letting Go, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard, <sup>Le</sup>Synopsis, angelica, carrot seed, celery seed, goldenrod, grapefruit, helichrysum, ledum, lemon, lime, rosemary  
dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet*

## **LUNG (SEE RESPIRATORY)**

## **LUPUS (AN AUTO-IMMUNE DISORDER)**

*<sup>Le</sup>Deliverance, <sup>Le</sup>InsideOut, <sup>Le</sup>LifeForce, <sup>Le</sup>Millenia, <sup>Le</sup>Wisdom,  
lupus is an auto-immune disorder—please see that section*

## **LYME DISEASE**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, manuka, oregano, rosemary, tea tree*

## **LYMPHATIC CONGESTION**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Cherish, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Housewarming, <sup>Le</sup>Key to My Heart, <sup>Le</sup>LiteN, <sup>Le</sup>Reflections, <sup>Le</sup>Revitalize, <sup>Le</sup>Sunburst, <sup>Le</sup>Synopsis, <sup>Le</sup>UnDone, <sup>Le</sup>Vitality, birch, lemon, orange sweet, ravensara*

*diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath*

## **MASSAGE**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Expressions, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Sego Lily, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, <sup>Le</sup>Weightless, <sup>Le</sup>Whispering Hope, eucalyptus, peppermint*

*dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in*

## **MEMORIZATION**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>WakeUp, saro  
inhale; apply to wrists and forehead*

## **MEMORY LOSS**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>WakeUp, basil, bay, clove, coriander, ginger, lemon, lime, rosemary, saro, spanish sage, peppermint*

*inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals, preferably from whole food sources*

## **MENIERE'S DISEASE**

*<sup>Le</sup>Millenia, <sup>Le</sup>EndoRelief, orange sweet, grapefruit*

*place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear*

## **MENOPAUSE**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief*

*dilute and apply to chest, abdomen, and feet*

## **MENSTRUAL SYMPTOMS**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Beloved, <sup>Le</sup>Faith, <sup>Le</sup>Woman Wise, marjoram*

*apply on abdomen and back; in a bath; effective used with a BBL (B&B) tincture, an old Dr. Christopher formula*

## **MENTAL CONFUSION**

*<sup>Le</sup>Focus, <sup>Le</sup>Insight, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Sunburst, <sup>Le</sup>WakeUp, <sup>Le</sup>Weightless, basil, violet leaf*

*inhale; diffuse; apply to wrists, forehead and back of the neck*

## **MENTAL ALERTNESS**

*<sup>Le</sup>Energy, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>WakeUp, <sup>Le</sup>Weightless, basil, cardamom, howood, peppermint, violet leaf*

*inhale; diffuse; apply to wrists, forehead and back of the neck*

## **MERIDIAN BALANCING (SEE THE CHAPTER ON EASTERN HEALING PHILOSOPHY)**

## **METABOLISM**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>EZ Traveler, <sup>Le</sup>LiteN, <sup>Le</sup>Weightless, oregano, pine*

*dilute and apply to throat and thymus area; diffuse; inhale; add to bath*

## **MIGRAINE**

*<sup>Le</sup>Angel, <sup>Le</sup>Balance, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>MyGraine, <sup>Le</sup>Paine, <sup>Le</sup>Tranquility, <sup>Le</sup>WarmDown, birch, grapefruit, peppermint, rosemary apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; smell, carry a cotton ball, soaked with <sup>Le</sup>MyGraine, in purse or pocket; try <sup>Le</sup>Deliverance for headaches*

## **MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)**

### **MOLD / MILDEW**

*<sup>Le</sup>Deliverance, <sup>Le</sup>NoMore, <sup>Le</sup>Purify, <sup>Le</sup>Sunburst, manuka place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house*

### **MONONUCLEOSIS**

*<sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Millenia, <sup>Le</sup>Purify, <sup>Le</sup>Revitalize, clary sage use in tub; dilute and apply to bottoms of feet; soak feet; carry an essential oil inhaler*

### **MORNING SICKNESS**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, grapefruit, orange sweet place a drop or two of oil behind ears; inhale*

### **MOTION SICKNESS**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>MyGraine, peppermint apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply*

### **MOUTHWASH**

*<sup>Le</sup>Deliverance, <sup>Le</sup>RefreshMint, <sup>Le</sup>SpiceC, <sup>Le</sup>TendaCare, <sup>Le</sup>Trust, wintergreen, spearmint dilute and rinse the mouth for a few seconds*

### **MUSCLE RELAXANT**

*<sup>Le</sup>Breezey, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, cajeput, peppermint, opoponax dilute with carrier oil and massage the affected areas*

### **MUSCLE SPASMS**

*<sup>Le</sup>Breezey, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>UnDone, <sup>Le</sup>WarmDown, manuka, marjoram, myrrh, niaouli, peppermint dilute with carrier oil and massage the affected areas*

### **MULTIPLE SCLEROSIS**

*<sup>Le</sup>Crystal Clear, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>WarmDown, frankincense, peppermint, sandalwood dilute and apply to the bottoms of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale*

### **NAUSEA AND VOMITING**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Julia, <sup>Le</sup>MyGraine, <sup>Le</sup>InsideOut, basil, cardamom, lavender, ginger, orange sweet, peppermint apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc.) and sniff frequently*

### **NERVE PAIN**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>UnDone, birch dilute and apply to the affected areas*

## **NERVES / NERVOUS SYSTEM**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>Assurance, <sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Dreams, <sup>Le</sup>Expressions, <sup>Le</sup>Faith, <sup>Le</sup>HeartSong, <sup>Le</sup>Housewarming, <sup>Le</sup>Inner Peace, <sup>Le</sup>InsideOut, <sup>Le</sup>IQ, <sup>Le</sup>Letting Go, <sup>Le</sup>QuietEssence, <sup>Le</sup>Sanctuary, <sup>Le</sup>Synopsis, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Unity, cedarwood, chamomile Roman, fir balsam, frankincense, geranium, howood, jasmine, lavender, marjoram, orange sweet, palmarosa, petitgrain, sage, sandalwood, spanish sage, spruce, valerian, vetiver, violet leaf*  
*dilute and apply to the chest, the back of the neck, or on the feet; diffuse*

## **NEUROPATHY**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, birch*  
*dilute and apply to the affected areas*

## **NIGHTMARES**

*<sup>Le</sup>Believe, <sup>Le</sup>Dreams, <sup>Le</sup>GoodNite, <sup>Le</sup>Sanctuary*  
*diffuse; place a drop or two on the pillow*

## **NURSING**

*caraway, fennel*  
*dilute and apply to the breasts and the feet*

## **OCD - OBSESSIVE COMPULSIVE DISORDER**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Everlasting, <sup>Le</sup>Faith, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, violet leaf*  
*diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest and the bottoms of the feet*

## **ODORS, PURIFYING**

*<sup>Le</sup>Insight, <sup>Le</sup>Purify, <sup>Le</sup>Sunburst, lime, pine*  
*diffuse; dilute in water and spritz into the air using a plant mister*

## **OSTEOPOROSIS**

*<sup>Le</sup>Believe, <sup>Le</sup>Deeper, <sup>Le</sup>Eternity, <sup>Le</sup>Kadence, <sup>Le</sup>Paine, <sup>Le</sup>Tranquility, <sup>Le</sup>WarmDown*  
*dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural progesterone*

## **OVERWHELMED**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Acknowledge, <sup>Le</sup>Beloved, <sup>Le</sup>Connection, <sup>Le</sup>Grace, <sup>Le</sup>Millenia, <sup>Le</sup>Whispering Hope*  
*diffuse; wear as perfume; use in a bath; use on acupressure points on the ears*

## **PAIN (SEE ANALGESIC)**

## **PANCREAS**

*<sup>Le</sup>EndoRelief, coriander, dill*  
*dilute, apply to the chest, abdomen, and feet*

## **PANIC ATTACKS**

*<sup>Le</sup>Beloved, <sup>Le</sup>HeartSong, <sup>Le</sup>Tranquility, neroli*  
*inhale; diffuse; wear as perfume; place over thymus or heart chakra*

## **PARASITES**

*<sup>Le</sup>InsideOut, <sup>Le</sup>Revitalize, <sup>Le</sup>Safeguard, bergamot, turmeric*  
*dilute and apply over abdominal area*

## **PINEAL & PITUITARY**

*<sup>Le</sup>AboutFace, <sup>Le</sup>EZ Traveler, <sup>Le</sup>EndoRelief, <sup>Le</sup>Grace, <sup>Le</sup>Inner Peace*  
*dilute and apply to back of neck*

## **PLEURISY**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>HeartSong, <sup>Le</sup>Mariah, <sup>Le</sup>Trust, <sup>Le</sup>Vitality, cypress, thyme  
apply diluted over the lungs—front & back; diffuse or sniff deeply*

## **PMS**

*<sup>Le</sup>Balance, <sup>Le</sup>Deeper, <sup>Le</sup>Woman Wise  
dilute and apply to the abdomen and the small of the back*

## **PNEUMONIA**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Mariah, <sup>Le</sup>Stefanie, cajeput, cedarwood, hyssop, manuka, oregano  
inhale; place on back and chest*

## **PTSD POST TRAUMATIC STRESS DISORDER**

*<sup>Le</sup>Angel, <sup>Le</sup>Revitalize, <sup>Le</sup>Wisdom, sandalwood, vanilla  
dilute and apply to the chest and the feet;*

## **PROSTATE**

*<sup>Le</sup>Balance, <sup>Le</sup>EndoRelief, <sup>Le</sup>Woman Wise, basil, myrtle, peppermint  
diffuse; place anywhere on the body*

## **PROTECTION, ENERGY & PSYCHIC**

*<sup>Le</sup>Benediction, <sup>Le</sup>HeartSong, <sup>Le</sup>Inner Peace, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Unity, clove, cypress, fennel, fir,  
frankincense  
wear on the body, particularly over the heart chakra, but also on wrists, etc., if massaging or body working;  
diffuse; inhale*

## **PURIFY AIR**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Purify  
diffuse; add to water and mist into the air*

## **PURIFY WATER**

*<sup>Le</sup>Sunburst, grapefruit, lime  
add 1 drop per gallon*

## **RASHES**

*<sup>Le</sup>Baby Me, carrot seed, howood, lavender, myrrh, patchouli, rosewood  
depending on the type of rash, dilute with either distilled water or a carrier oil*

## **REFLUX (SEE “GERD” AND “HEARTBURN”)**

## **RELATIONSHIPS**

*<sup>Le</sup>Beloved, <sup>Le</sup>Expressions, <sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>Moonlight, <sup>Le</sup>Reconciliation, anthopogon, jasmine  
diffuse; wear as perfume; use in the bath; apply to wrists or temples*

## **RESPIRATORY AILMENTS**

*<sup>Le</sup>Aspire, <sup>Le</sup>Bountiful, <sup>Le</sup>Breezey, <sup>Le</sup>Cherish, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Housewarming, <sup>Le</sup>Mariah, <sup>Le</sup>Sanctuary,  
<sup>Le</sup>Stefanie, anethi, marjoram, orange sweet, oregano, ravensara  
inhale; diffuse; dilute and apply to lung area on both the back and the chest*

## **RESTLESS LEG SYNDROME**

*<sup>Le</sup>Solitude, <sup>Le</sup>Visibility  
support the thyroid and adrenal glands using <sup>Le</sup>EndoRelief and herbal supplements to increase the body's ability  
to absorb calcium; increase your intake of good quality calcium*

## **RINGWORM**

*<sup>Le</sup>Deliverance, <sup>Le</sup>NoMore, <sup>Le</sup>Purify, <sup>Le</sup>SpiceC, geranium, manuka, myrrh, patchouli, tea tree, thyme ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball or soft sponge—a vegetable protein based carrier oil may give the fungus something to feed on, making the situation worse.*

## **SANITIZE**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Sunburst  
dilute with water and use everywhere*

## **SARS (SEE “RESPIRATORY AILMENTS” FOR OTHER SUGGESTED ESSENTIAL OILS)**

*<sup>Le</sup>Magi, <sup>Le</sup>Meditation, melissa*

## **SCARRING**

*<sup>Le</sup>Baby Me, <sup>Le</sup>UnDone, <sup>Le</sup>Vallee, geranium, helichrysum, hyssop, jasmine, lavender, palmarosa, patchouli, rosewood, rose  
dilute and apply often and generously*

## **SCIATICA**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Deeper, <sup>Le</sup>MyGraine, <sup>Le</sup>Millenia, <sup>Le</sup>Paine, <sup>Le</sup>TendaCare, <sup>Le</sup>Vitality, celery seed  
dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress*

## **SELF-EXPRESSION**

*<sup>Le</sup>Acknowledge, <sup>Le</sup>HeartSong, <sup>Le</sup>Millenia  
diffuse; use in the bath; wear as perfume*

## **SHINGLES**

*<sup>Le</sup>Deeper, <sup>Le</sup>Deliverance, geranium, ravensara  
<sup>Le</sup>Deeper and ravensara dilute and use for pain relief and tissue regeneration; use <sup>Le</sup>Deliverance to fight the virus*

## **SHOCK, TRAUMA**

*<sup>Le</sup>Believe, <sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>Revitalize, <sup>Le</sup>Turmoil, <sup>Le</sup>Vitality, basil, black pepper, calamus, lavender, melissa (heart), neroli, peppermint, rosemary  
hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottoms of the feet*

## **SINUS**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, bay, cajeput, myrrh, niaouli, peppermint  
inhale; diffuse; dilute and apply to sinus areas on the face or on the feet*

## **SKIN HEALTH**

*<sup>Le</sup>AboutFace, <sup>Le</sup>AgeLess, <sup>Le</sup>Baby Me, <sup>Le</sup>Reconciliation, <sup>Le</sup>Sego Lily, <sup>Le</sup>Vallee, anethi, caraway, carrot seed, grapefruit, jasmine, laurel, lemongrass, lime, litsea cubeba, manuka, neroli, orange sweet, palmarosa (oily and dry), rosewood, rose, sage, violet leaf  
dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)*

## **SKIN AND TISSUE REGENERATION**

*<sup>Le</sup>Reconciliation, <sup>Le</sup>Vallee, chaulmoogra, geranium, helichrysum, lavender, patchouli, rosemary  
dilute and apply to the area*

## **SKUNK SPRAY ODOR (ON ANIMALS)**

*<sup>Le</sup>Purify  
Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of <sup>Le</sup>Purify and massage in thoroughly. When dry, shampoo. <sup>Le</sup>Purify (quite a lot of it) added to water to soak fabric that has been sprayed) removes much of the odor.*

## **SLEEP APNEA**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Crystal Clear, <sup>Le</sup>GoodNite, <sup>Le</sup>IQ, <sup>Le</sup>Millenia  
dilute and apply to the sinus areas or to the feet*

## **SLIMMING AND TONING**

*<sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Patches, <sup>Le</sup>Sego Lily, basil, grapefruit, lavender, lemongrass, orange, rosemary, sage, thyme  
dilute and apply; I like to apply <sup>Le</sup>Patches to the places that I am concentrating on losing fat or cellulite, not  
miraculous, but helpful*

## **SMOKING (SEE ADDICTIONS)**

### **SNORING**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>GoodNite, <sup>Le</sup>Millenia (use in conjunction with one of the other listed oils)  
place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are  
used alternately, changing every few nights*

### **SORE THROAT**

*<sup>Le</sup>Aspire, <sup>Le</sup>Breezey, <sup>Le</sup>Deliverance, <sup>Le</sup>EndoRelief, <sup>Le</sup>SpiceC  
dilute and apply to the throat and the sides of the neck, including the area behind and under the ear*

### **SPINAL ALIGNMENT (SEE BACK)**

*<sup>Le</sup>Millenia  
dilute with carrier and massage along the spine*

### **SPRAINS / SPORTS INJURIES**

*<sup>Le</sup>Deeper, <sup>Le</sup>Millenia (if any structure is out of place), <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, black  
pepper, chaulmoogra, marjoram, sage, violet leaf  
dilute in carrier oil and apply to the affected area; the carrier oil should contain arnica if there is any swelling*

### **SPIDER BITES**

*<sup>Le</sup>MelaPlus, <sup>Le</sup>Millenia, <sup>Le</sup>Purify, tea tree  
apply a drop, undiluted, to the area*

### **STAINS**

*lemon (pure; uncut with carrier)  
place a little on the stain, rub it in and then launder*

### **STAMINA**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality  
inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)*

### **STREP THROAT**

*<sup>Le</sup>Deliverance, <sup>Le</sup>SpiceC, melissa  
dilute and apply to the throat*

### **STRESS**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Inner Peace, <sup>Le</sup>Key to My Heart,  
<sup>Le</sup>Letting Go, <sup>Le</sup>Meditation, <sup>Le</sup>QuietEssence, <sup>Le</sup>Sanctuary, <sup>Le</sup>Sego Lily, <sup>Le</sup>Tomorrow, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity,  
<sup>Le</sup>Weightless, <sup>Le</sup>Wisdom, <sup>Le</sup>Whispering Hope, allspice, benzoin, sandalwood  
inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower*

### **STRETCH MARKS**

*<sup>Le</sup>Baby Me, <sup>Le</sup>Sego Lily, jasmine, myrrh, rosewood  
add to carrier oil (or open a vitamin E capsule, also very effective) and apply all over abdomen and hip area*

## **STROKE**

*<sup>Le</sup>Kadence, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality  
breathe deeply; apply to neck and forehead*

## **STRUCTURAL ALIGNMENT**

*<sup>Le</sup>Millenia, <sup>Le</sup>WarmDown  
apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)*

## **SUICIDAL DEPRESSION**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Acknowledge, <sup>Le</sup>Angel, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go, <sup>Le</sup>Whispering Hope  
diffuse; inhale; wear as a perfume or cologne*

## **SUNBURN (SEE BURNS)**

## **SUNSCREEN**

*helichrysum  
dilute with carrier (coconut oil is especially nice) and apply to the skin*

## **TEETH GRINDING**

*<sup>Le</sup>Dreams, <sup>Le</sup>GoodNite, <sup>Le</sup>Tranquility  
diffuse during the night or place a drop on the pillow*

## **TENDONS, DAMAGED**

*<sup>Le</sup>Deeper, <sup>Le</sup>Paine, <sup>Le</sup>Patches, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown, birch  
dilute and apply regularly to the area until it is completely healed*

## **THRUSH (SEE CANDIDA)**

## **THYROID**

*<sup>Le</sup>EndoRelief (hyper- or hypo- types), ledum, myrtle, palmarosa  
hyper—apply under big toes  
hypo—apply on top of big toes*

## **TICKS**

*<sup>Le</sup>Purify or thyme and lavender  
1 or 2 drops of <sup>Le</sup>Purify or thyme backs the tick out, then 1 drop of lavender every 5 minutes to prevent infection and swelling*

## **TICKS, REPEL**

*rose geranium and palmarosa  
mix 2 tablespoons of vegetable oil with 15 drops of rose geranium and 10 drops palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks*

## **TMJ**

*<sup>Le</sup>Deeper, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>TendaCare, <sup>Le</sup>WarmDown  
<sup>Le</sup>Millenia diluted and applied along the jaw line will help the jaw to realign; <sup>Le</sup>WarmDown, <sup>Le</sup>TendaCare, <sup>Le</sup>Deeper will reduce the pain and inflammation; <sup>Le</sup>Magi, <sup>Le</sup>Meditation are for the emotional aspects of the tension that is being held in the jaw*

## **TOE NAIL FUNGUS**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>NoMore, <sup>Le</sup>SpiceC  
add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil is recommended)*

**TOOTHACHE**

*<sup>Le</sup>Purify, chamomile Roman, clove, spearmint  
apply on the gums at the location of pain/problem and along the jawbone*

**TOXEMIA**

*<sup>Le</sup>Key to My Heart, <sup>Le</sup>Vitality, cypress  
dilute for massage; diffuse; inhale deeply*

**TRAUMA**

*<sup>Le</sup>LifeForce, <sup>Le</sup>Turmoil, angelica, peppermint  
dilute and apply to the chest and the feet; diffuse; place anywhere on the body*

**TUMORS, CANCER**

*<sup>Le</sup>AboutFace, <sup>Le</sup>Revitalize, anthopogon, frankincense, mountain savory*

**VARICOSE VEINS**

*<sup>Le</sup>Key to My Heart, <sup>Le</sup>Sunburst, <sup>Le</sup>Visibility, <sup>Le</sup>Vitality, copaiba balsam, cypress, lemongrass  
dilute for massage or application to area of concern; use in a bath*

**VERTIGO**

*<sup>Le</sup>EZ Traveler, <sup>Le</sup>InsideOut, <sup>Le</sup>Kadence, <sup>Le</sup>Millenia, calamus, melissa, melissa blend, tangerine  
diffused; inhaled, carry with you in an inhaler; place on the wrists or temples*

**VIRAL INFECTION**

*<sup>Le</sup>Deliverance, <sup>Le</sup>Discernment, <sup>Le</sup>EndoRelief, <sup>Le</sup>Journey, <sup>Le</sup>LifeForce, <sup>Le</sup>SpiceC, melissa, oregano, thyme  
dilute and apply to bottoms of feet and to the chest; carry an essential oil inhaler*

**VITALITY**

*<sup>Le</sup>EndoRelief, <sup>Le</sup>Energy, <sup>Le</sup>Everlasting, <sup>Le</sup>Kadence, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, peppermint  
dilute and apply to the chest or the feet; diffuse*

**VITAMIN ABSORPTION**

*<sup>Le</sup>Eternity, <sup>Le</sup>EZ Traveler, calamus, pine  
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne*

**YEAST INFECTION (SEE CANDIDA)****WARTS**

*<sup>Le</sup>Deliverance, <sup>Le</sup>MelaPlus, <sup>Le</sup>Purify with clove, manuka  
Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.*

**WEIGHT LOSS**

*<sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Weightless, anise, celery seed, ledum, lemongrass, neroli  
dilute, apply to the body or to the bottoms of the feet; the aroma of <sup>Le</sup>Weightless is often effective to curb food cravings*

**WORMS (SEE PARASITES)****WRINKLES**

*<sup>Le</sup>AgeLess, <sup>Le</sup>Sego Lily, carrot seed, frankincense, geranium, myrrh, orange sweet, rosewood, rose, sandalwood  
dilute with almond oil or carrier oil and apply to areas of concern*

**ZEST (FOR LIVING)**

*<sup>Le</sup>Assurance, <sup>Le</sup>Energy, <sup>Le</sup>Exhilaration  
diffuse; inhale; wear as perfume*