

## **Aromatherapy & Essential Oils**

Cedarwood: Relaxing, stress reducing

**Chamomile:** Soothing and calming, excellent to use after an argument

Cinnamon Bark: Creates a warm & inviting "heart of home" feeling, soothing sensation, antiseptic

**Eucalyptus:** Invigorating, cleansing, tonifying

**Fir Needle:** Refreshing, cleansing **Frankincense:** Calming, releasing fear

**Geranium:** Balancing mood swings, harmonizing

Juniper: Purifying, stimulating

**Lavender:** Calming, soothing, relaxing (Lavender will sooth the invalid.)

Lemon/Orange: Uplifting, refreshing Myrrh: Strengthening, inspiring Patchouli: Inspiring, sensuous

Pine: Refreshing, cleansing, stimulating

**Peppermint:** Stimulating, cleansing, refreshing, invigorating

**Rose:** Emotionally soothing **Sage:** Cleansing, purifying

**Spearmint:** Refreshing, stimulating

**Tea Tree/Melaleuca:** Disinfecting, stimulating, very powerful – use sparingly!

**Ylang Ylang:** Soothing, sensuous © Linda Lenore 2001- 2013 - All Rights Reserved

I have found the products created by the **Young Living Company** to be excellent in their quality, pureness and vitality. The company has excellent ethics and values by which they stand. If you decide you would like to purchase any products from them, you may use my **Sponsor ID number: 1074359** as a referral. (It is a network marketing company and I will get a commission on your purchases if you chose to supply Young Living with this number.) You may contact them at: <a href="https://www.youngliving.org">https://www.youngliving.org</a>

**Thieves:** This product from Young Living is an excellent solution to many mold issues. It has killed & removed black mold from client's bathrooms. Used as a kitchen and bathroom antiseptic it creates a wonderful, clean and intriguing fragrance and easily cuts through grease. There's also a hand sanitizer.

Thieves Essential Oil – 15 ml - #3423 Household Cleaner 14.4 fl.oz. - #3743

Essential 7 - #3120 - \$71.50

Contains: Lavender, Lemon, Peppermint, Joy, PanAway, Peace & Calming, and Purification. The last 4 blends contain several oils to create desired results. This package is a great "starter" set.

## Essential Oil Diffusers:

Home - #4589 - \$75.00 Bronze - #3660 - \$125 Silver - #3661 - \$125 Green - #3662 - \$125

## Linda Lenore

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