

## Essential Oils – Lymphatic System

The following is an excerpt from Essential Oils Desk Reference Third Edition Compiled by Essential Science Publishing. (pages 367-368)

### Oils Specific for Lymphatic System

Essential oils can aid in stimulating and detoxifying the lymphatic system. When massaging to improve lymphatic flow use a gentle light touch, the weight of a nickel in the palm of your hand. You don't want to press so hard as to compress the thin walled lymphatic vessels. When massaging a specific lymph node, work in a circular pattern over the node gently.

### Single Oils:

Ledum, Sandalwood, Helichrysum, Myrtle, Grapefruit, Lemongrass, Cypress, Tangerine, Orange, Rosemary.

### Young Living Oil Blends:

Di-Gize – Relieves digestive problems including indigestion, heartburn, and bloating. Combats candida and parasite infestation. Ingredients: Tarragon; Ginger; Juniper; Anise; Fennel; Patchouli; Peppermint; Lemongrass.

JuvaFlex – Supports liver and lymphatic detoxification. Ingredients: Geranium; Rosemary; Roman Chamomile; Fennel; Helichrysum; Blue Tansy.

JuvaCleanse – Liver cleansing properties. Ingredients: Helichrysum; Celery Seed; Ledum.

EndoFlex – Amplifies metabolism and vitality, and creates hormonal balance. Ingredients: Spearmint; Myrtle; Nutmeg; German Chamomile; Geranium; Sage; carrier oil of Sesame seed oil.

Thieves – Antiviral, antiseptic, antibacterial and anti-infectious blend. Ingredients: Clove, Lemon; Cinnamon Bark; Eucalyptus; Rosemary.

R.C. – Relief from colds, bronchitis, sore throats, sinusitis, coughs and respiratory congestion. Decongests sinus passages, combats lung infections and relieve allergy symptoms. Ingredients: Eucalyptus globulus; Eucalyptus radiata; Eucalyptus australiana; Eucalyptus citriodora; Myrtle; Pine; Spruce; Marjoram; Lavender; Cypress; Peppermint.

Aroma Life – Improve cardiovascular, lymphatic and circulatory systems. Lowers high blood pressure and reduces stress. Ingredients: Helichrysum; Ylang Ylang; Marjoram; Cypress; carrier oil of Sesame seed oil.

En-R-Gee – Increases vitality, circulation and alertness in the body. Ingredients: Clove; Juniper; Fir; Black Pepper; Nutmeg; Rosemary; Lemongrass.

Citrus Fresh - Aids in feeling of well-being and reduces anxiety. Ingredients: Orange; Tangerine; Lemon; Mandarin; Grapefruit; Spearmint.

### Application:

Topically - Dilute 50-50; massage 2-4 drops on sore lymph glands and under arms 2-3 times daily.

**Lymphatic Cleanse:**

3 drops cypress

1 drop orange

2 drops grapefruit

Mix in ½ gallon distilled or purified water. Grade B maple syrup may be added. Drink at least two 8 oz. glasses daily.

For assistance in ordering Essential Oils – phone 1.866.522.3484 or place your order at **[www.AToils.com](http://www.AToils.com)**

For more information on using essential oils, contact a certified Aromatherapist in your area. Only use the purist quality oils available - Therapeutic-Grade Essential Oils as inferior quality or adulterated oils most likely will not produce therapeutic results and could possibly be toxic. The Association French Normalization Organization Regulation (AFNOR) and International Standards Organization (ISO) set the standards and guidelines that help buyers differentiate between a therapeutic-grade essential oil and lower grade oil with a similar chemical makeup and fragrance. All Young Living Essential Oils are based on oils that have been graded according to AFNOR standards.