

# L-Stimulate

detoxification blend 10ml

This masterfully formulated proprietary blend features Essential Oils that have an affinity for the lymphatic system; for the express purpose of stimulating, supporting, and strengthening the flow of the lymphatic system. The lymphatic system is one of the most complex networks of our body, but it doesn't get much "press". The primary function of the lymph system is to flush excess toxins, waste, metabolic debris, and infection from our body.\*

A well functioning lymphatic system can mean fewer colds, flu, and illness, clearer, smoother, more radiant skin, and a body that is more firm and toned.\*

## ingredient highlights

- **Bay Laurel** is known to be a powerful stimulant to both the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies, especially when congestion and infection are involved.\*
- **Pink Grapefruit** is a wonderful detoxifying agent as it helps to activate the lymphatic system. It has been shown to increase metabolism, help suppress appetite, dissolve fat, prevent bloating, and reduce water retention\*.
- **Lemon** is known for encouraging stimulation and detoxification of the lymphatic system. It helps to remove toxin build-up from the body, increases energy levels, and supports healthy digestion.\*

## uses

### topical

- **Massage:** Apply to lymph sites such as behind the ears, underarms, under breasts, inside elbows, and around groin daily, or as needed, for lymphatic support. Use for on-site application in lymphatic massage, or lymphatic drainage work. Use 21 days each month for general lymphatic support.\*

## topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*

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Product Information Page



## application methods

Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend..

## ingredients

*Laurus nobilis* (Bay Laurel), *Citrus paradisi* (Pink Grapefruit), *Citrus limon* (Lemon), *Citrus aurantifolia* (Lime), *Sesamum indicum* (Sesame Seed)

## responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*