

# Butterfly Expressions<sup>LLC</sup>



## Empowering Yourself

*Instead of...*



try **Spearmint**



- Mix a few drops with a little water to create a mouthwash.

*Instead of...*



try **LeMelaPlus**



- Mix with miracle salve for a topical ointment.
- Place a few drops in water or neutralizer to disinfect cuts & scrapes.

*Instead of...*



try **LeRefreshmint**



- Dilute with water to gargle.
- Soak toothbrushes in a few drops to disinfect.
- Add to toothpaste while brushing.

*Instead of...*



try **LeDeeper or LePaine**



- Dilute with a carrier oil and apply to achy muscles.
- Add a few drops to the bathtub to soak.

*Instead of...*



try **LeDelicate**



- Mix a few drops with your favorite shampoo or conditioner.

*Instead of...*



try **LeInsideOut or LeJulia**



- Dilute with a carrier oil & rub on abdomen to soothe stomach aches, nausea, bloating, and gas.

*Instead of...*



try LeBaby Me & Miracle Salve



- Dilute with Miracle Salve and apply to rash.

*Instead of...*



try LeEZ Traveler



- Dilute with carrier oil and apply to neck and under nose.

*Instead of...*



try LeJulia



- Dilute with carrier oil and apply to baby's tummy.

*Instead of...*



try LeBeGone



- Dilute several drops in small spray bottle of water. Spray clothing and exposed skin.

*Instead of...*



try LeBreezey or LeAspire



- Dilute with a carrier oil and apply to chest & throat.
- Add to diffuser for aromatherapy.

*Instead of...*



try LeVallee & Miracle Salve



- Dilute with Miracle Salve and apply to burn.

*Instead of...*



try LeBreezey



- Dilute with Miracle Salve and apply to chest and back.

*Instead of...*



try LeMyGraine



- Dilute with carrier oil and apply to back of neck, temples, and forehead.