

Product Summary

Ledum groenlandicum is a low evergreen shrub native to northern latitudes, particularly North America and Europe. This strongly aromatic herb has been used for centuries in folk remedies. The native people of eastern Canada used this herb as a tea to harmonise and balance the body's daily needs and requirements.

Ledum oil is produced through steam distillation of the flowering tops of the plant and has a high concentration of limonene. When used aromatically it helps to release dissatisfaction, anger, and obsession. The aroma is of medium strength with sweet and herbaceous notes.

Primary Benefits

- Traditionally used to support the liver and kidneys
- Supports detox programmes and regimes.

Who should use this product?

- Individuals looking to support a detox regime.
- People who wish harmonise and balance the body.

Suggested Use

- Apply to desired area. In case of sensitivity, dilute 5 drops in 10ml of V-6.
- Diffuse up to 30 minutes 3 times daily.



Ingredients

Ledum groenlandicum oil

Cautions

- Keep out of reach of children
- Avoid contact with eyes and mucous membranes.
- Not for internal use.

Goes well with

- JuvaFlex
- Fennel essential oil
- Carrot Seed essential oil

Did You Know?

- Ledum has been used to prevent scurvy in northern America for thousands of years.
- Labrador tea is a traditional herbal beverage made from Ledum.