

Align

balance blend 10ml

Align, the first blend in our WholeBody Collection, is one of our top-selling products, and a personal favorite of our formulator, Alexandria Brighton. This unique blend, carefully crafted by Alexandria herself, features the grounding and refreshing scents of Black Spruce, Frankincense, and Tanacetum Annuum.*

Known as "structural alignment in a bottle," Align helps relax the body and prepare it to absorb other essential oils more effectively, making it an ideal foundation oil for your wellness routine.*

Align's soothing yet invigorating scent is just what you need on those challenging days when extra support is essential. Whether you're tackling difficult tasks or navigating tough conversations, let its comforting aroma help you center yourself and tap into your inner strength. You can do hard things!*

uses

aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day to support confidence and assist with challenging projects or conversations.*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed for a quick, uplifting confidence boost.*

bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or sports workouts, or to relax before bed.*

topical

- **Massage:** For topical use mix 8 to 10 drops of Align and 4 to 6 drops of Trauma Relief and apply directly to areas of concern.*
- **Massage:** To restore balance to your emotions add 8 to 10 drops of Align and 4 to 6 drops of Lavender. May be added to your favorite massage oil or lotion and used as a relaxing, whole-body moisturizer.*
- **Reflex Points:** Apply to feet and/or spinal area before a chiropractic alignment or a massage. Can also be applied to the soles of the feet before bed to promote relaxation.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

goDesana

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application methods

Aromatic • Bath • 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

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Boswellia carteri (Frankincense), Aniba rosaeodora (Rosewood), Tanacetum annuum (Tanacetum Annuum), Cocos Nucifera (Fractionated Coconut Oil)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing.
- The blue color of this blend could potentially discolor clothing or bedding.
- 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.

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