

BREATHE RELIEF

respiratory blend 10ml & AromaStix

goDésana
feel the pure plant difference



application

Aromatic • Bath • Topical

safety group #2

ingredients

Eucalyptus citriodora (Eucalyptus Citriodora),
Lavandula angustifolia (Lavender, vera),
Cinnamomum camphora ct. 1,8 cineole
(Ravintsara) **Note:** AromaStix contain Cocos
nucifera (Fractionated Coconut)

suggested use

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.*
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- Diffuse 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.*
- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest & back.*
- Apply to the sinus reflex points on the hands and/or feet.*

product summary

Breathe Relief is formulated with Essential Oils known to have properties to assist and support the body with asthmatic reactions.*

ingredient highlights

Eucalyptus Citriodora, also known as Lemon Eucalyptus, has been used in traditional Aboriginal bush medicine for thousands of years. It is a powerful fungicidal and bactericidal, and is especially effective for use in treating asthma, laryngitis, sore throat, colds, and other respiratory illness.*

Lavender Vera is an increasingly rare and valuable Essential Oil. Grown and wild-harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as Lavender Fine, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender.*

Ravintsara is the Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile. It is potent, yet safe and gentle. Like True Lavender, Ravintsara can be used for ailments which do not normally fall within its recommended usage and still achieve great results.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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