

Citrus Joy

invigorating blend

Ingredients: Orange, sweet; Tangerine, Grapefruit, pink; Mandarin, red; Mandarin, green; Lime, Bergamot.

Citrus Joy is formulated with Essential Oils that contain constituents known to calm and relax while strengthening the immune system and improving overall well-being.*

Citrus Joy has an uplifting, invigorating aroma that is enjoyed by both children and adults alike. It may assist with mental clarity, concentration, and creativity.*

Mixed with water, Citrus Joy imparts a clean, fresh scent when used to clean countertops and other hard surfaces. It's the perfect replacement for chemical-laden degreasing products.*

aromatherapy & home uses

Circulation, Muscles, and Joints: Arthritis, cellulitis, obesity (congestion), poor circulation, rheumatism.

Digestive System: Liver cleanser.

Immune System: Colds, flu, fever, and infection.

Respiratory System: Asthma, throat infections, bronchitis, catarrh.

Skin Care: Acne, greasy skin, herpes, insect bites, spots, varicose veins, warts.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to soak away the stresses of the day.*

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.*
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed for a quick pick-me-up.*

INTERNAL

- 1 to 2 drops in a glass or bottle of water for an extra zing. May assist with cleansing the liver and the blood, and is especially good for weight loss.*

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired. Can be used to freshen areas like closets, basements, or cars where stale odors may linger.*

TOPICAL

- Apply 1-2 drops to pulse points as a refreshing perfume.*
- Apply 1-2 drops to the soles of the feet in the morning for an invigorating start to your day.*
- Add 2-3 drops to a dryer sheet or washcloth to freshen laundry in the dryer.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Will cause the skin to sunburn if exposed to sunlight right after application; you should wait several hours, keeping the skin covered before exposing it to sunlight.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 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.

pregnancy & children



safety group #2

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester @ 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup bath salts
- 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

availability

10ml Bottle



STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

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.

©2012 Alexandria Brighton, Brighton Institute of Botanical Studies