

Country Christmas

christmas blend

Alexandria Brighton Collection
ESSENTIAL OILS

Ingredients: *Citrus sinensis* (Orange, blood), *Picea marian* (Spruce, black), *Cinnamomum zeylanicum* (Cinnamon Bark), *Cocos nucifera* (Fractionated Coconut)

For many, the holiday season starts with putting up the Christmas tree. Back when most trees were real, your home became immersed in the fresh fragrance given off by the tree.

No matter what variety, they all had an incredibly fresh, piney scent that everyone finds uplifting. This would inspire the making of cookies and pies and soon that long-awaited holiday smell we were all anxious for had arrived... the smell of the Christmas tree intertwined with the sweet and spicy cookies. The Christmas in the country from our fond childhood memories can be recreated using the Country Christmas essential oil blend.

ingredient highlights

- **Blood Orange:** The invigorating yet calming aroma of Blood Orange exhilarates the senses and inspires a positive outlook. It is uplifting, stimulating, and helps with sadness and moodiness; diffuse to ease nervous tension and promote a happy mood.
- **Black Spruce:** Like all conifer oils, Black Spruce is an emotionally grounding oil, while at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety. It possesses the ability to free and calm the mind while elevating the spirit.
- **Cinnamon Bark:** A very warm and uplifting oil known for its strengthening and energizing ability, Cinnamon Bark is helpful in easing mental or emotional fatigue, fighting weakness, recovering from a nervous breakdown, and improving concentration. Cinnamon Bark is highly beneficial for stress-related conditions.

suggested usage

- Diffuse 15 drops for 10 minutes every 2-3 hours to bring the smell of Christmas to your home.
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired.
- Place 3-5 drops on a cotton ball and then tuck it inside the branches of an artificial Christmas tree to give it a natural fragrance.
- Select a combination of dried materials such as cinnamon sticks, clove buds, dried oranges, pine cones, etc. Add several drops to the dried material. Store the potpourri for a week to ten days in a jar or other airtight container. Arrange your finished potpourri in a decorative container that cannot be harmed by oil.

responsible cautions

- 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.

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #4

Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended



STANDARDS OF QUALITY

All ingredients in goDesana 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.

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