

Energize

energy blend

Ingredients: Cypress, Sandalwood, Cedarwood, atlas; Sesame Seed

Malaise is a general feeling of being emotionally or physically unwell, or a combination of the two. Almost any medical or emotional condition can bring on feelings of malaise.*

Chronic conditions like anemia, hypothyroidism, and diabetes may cause malaise. It may also be caused by cancers, arthritis, kidney diseases, etc. as well as by short-term conditions like urinary tract or respiratory infections.*

Malaise is often associated with depression and fatigue. Stress, lack of sleep, and poor diet are all factors that may worsen malaise.*

Energize is formulated with Essential Oils to assist with fatigue and general feelings of malaise. The Essential Oils in Energize work synergistically to also improve mood and overall discontent.*

suggested usage

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water for an energizing soak.*

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 to enhance mood and provide a pick-me-up.*

INTERNAL

- Not to be used internally.*

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 whenever you are feeling overwhelmed or stressed and need strength to go on.*

TOPICAL

- Apply 1-2 drops to pulse points as an energizing perfume.*
- Apply 1-2 drops to the soles of the feet in the morning for energy and strength to face the day.*
- Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed and in need of a mood boost.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesana.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



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

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- 5 to 10 years: not recommended
- Pregnancy: not recommended

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.

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