

FOCUS

Use Focus Essential Oil Blend when increased mental alertness is required such as while driving, studying for, or taking tests.

The Essential Oils in this blend are traditionally known to help retain and retrieve more information from your memory. Helps to stimulate the left brain logical thought processes, and prevents mental fatigue while studying.

Helps to keep one present during mental work and may be helpful for those with short-term memory loss.

Whether you are brain foggy, or simply distracted, or whenever you need help to jump start your brain, Focus Essential Oil Blend helps you to get back on your game. Drop it in your purse or pocket and apply throughout the day to clean mind-dust, promote concentration, and bolster attention.

Use when you have creative or mental tasks to perform and need extra concentration.



Health Blends

ingredients

Essential Oils of Basil, sweet; Lemon, Rosemary ct. 1,8 cineole, Geranium, rose; Rosa damascena, and Peppermint

Basil, sweet

Beneficial for headaches and migraines, but also has an uplifting effect on depression.

Lemon

Relieves physical and mental heaviness, feelings of being burdened or weighed down by life's responsibilities.

Peppermint

Clears the mind, helps focus, and relieves mental strain.

Rosa damascena

Helps with depression, anger, grief, fear, nervous tension, and stress.

Rosemary ct. 1,8 cineole

Keeps the mind alert and focused.

**AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil.*



Available in:
10ml Bottle or
10ml AromaStix

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



daily uses

BATH

- Mix 10-12 drops Focus in ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water. Mix thoroughly, relax, and inhale steam to aid with mental clarity.

DIFFUSION

- Diffuse 10-10 drops for 15 minutes every 4 to 6 hours for improved mental clarity.

INHALATION

- Rub 2 to 3 drops on the palms of your hands; rub together, cup hands over mouth and nose and inhale deeply for an instant mental wake-up.

MASSAGE

- For an invigorating massage add 5 to 6 drops to 1 tablespoon of carrier oil. Not recommended at bedtime.

MISTING SPRAY

- Add 10 to 12 drops of Focus Blend to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close eyes, mist around body to create a fresh, stimulating environment and increase alertness.
- You may also make up small 2 ounce sample misters to share with friends, family, and potential distributors. Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue spray bottle; an inexpensive way to share the stimulating properties of Focus.

TOPICAL

- Apply to pulse points and on the base of neck.
- Apply to temples, back of neck, and forehead for improved mental clarity.
- Rub on temples while studying for improved retention.

RESPONSIBLE CAUTIONS

- Use as directed. For topical and aromatic use only.
- Store at room temperature with lids securely tightened, keep away from sunlight.
- May potentially raise blood pressure in those who know that they have elevated blood pressure.
- This blend may be too intense for use with children. Children are better served using Lemon Essential Oil instead.