

Focus

focus blend

Ingredients: *Ocimum basilicum* (Basil, sweet), *Citrus limon* (Lemon), *Rosemarinus officinalis ct. cineole* (Rosemary ct. 1,8 cineole) *Rosa damascena* (Rose), *Pelargonium graveolens* (Geranium, rose), *Mentha piperita* (Peppermint) **Note:** Aromastix contain a small amount of *Cocos nucifera* (Fractionated Coconut)

Whether you are brain foggy, 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.

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

suggested usage

- 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.
- Diffuse 1-10 drops for 15 minutes every 4 to 6 hours for improved mental clarity.
- Rub 2 to 3 drops on the palms of your hands; cup hands over mouth & nose and inhale deeply for an instant mental wake-up.
- Apply to pulse points, temples, back of neck, and forehead for improved mental clarity and retention while studying.
- Add 20 drops 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.

responsible cautions

- May potentially raise blood pressure in those who know that they have elevated blood pressure.
- 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 #3

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 goDésana 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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