

LAVENDER ICE

Headaches are a painful recurring experience for many people.

Headaches may be caused by stress, eye strain, allergies, sinus congestion, hormone imbalances and many other causes.

HEADACHE RELIEF

Some are mild and just annoying while some are migraines which for some people can be debilitating.

Whatever the cause, Lavender Ice may bring the non-prescription, non-drug relief you seek.

Available in: 10ml AromaStix

daily uses

TOPICAL

- For headache apply the Lavender Ice AromaStix to the temples, forehead, over the ear following the hairline and across the back of the neck. Be careful not to get it to close to the eyes. This can be repeated as needed.
- Apply the Lavender Ice AromaStix to areas of the body experiencing pain due to tight muscles, strains or sprain, or from blunt trauma such as slamming your finger in a door or stubbing your toe. Gently massage it in. Repeat as necessary.
- Can be rubbed gently under and on the sides of the nose to assist with nasal congestion. Always wash your hands if you get oil on your fingers as Peppermint has a long lasting presence and you could rub it into your eye.

RESPONSIBLE CAUTIONS

- Not for use on babies or children under age three; on young children be very cautious to keep away from the eyes.
- Not recommended for those with atrial fibrillation.
- Should not be used on conjunction with homeopathic remedies as it may neutralize the homeopathic effects.
- Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.



Health & Wellness Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Lavender Fine and Peppermint.

notes



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.

