

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.

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.



Health Blends

ingredients

Certified Organic and Wild Harvested oils of Lavender, fine and Peppermint

Lavender, fine

True Lavender, fine should be in every family medicine cabinet, and if one does not know which remedy to use, opting for this wonder of nature is almost an assurance of success.

Peppermint

This cooling and refreshing Essential Oil is used in aromatherapy to stimulate the mind, increase mental agility, and increase focus.

daily uses

TOPICAL

- For headaches 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 too close to the eyes. This can be repeated as needed.
- Apply Lavender Ice 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 eyes.

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 in 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.

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



**Available in:
10ml AromStix**

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.



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