

# WholeBODY

Alexandria Brighton Collection  
ESSENTIAL OILS

## OSTEO | 2<sup>nd</sup> TOUCH

"Naturally assists the body with pain in a non-toxic manner. Instead of just masking the pain, it has the potential to resolve the root cause of the pain." - Alexandria Brighton

Used as the "Second Touch" to communicate with the skeletal system of the body. Formulated to address nearly any form of discomfort, Osteo contains Essential Oils historically known for their anti-inflammatory, antispasmodic, anti-pain, and anti-hematoma properties. Whether chronic or acute, this blend is a favorite among many people with long-suffering conditions of rheumatism, arthritis, and gout.

While supporting and strengthening the bone matrix, this blend is helpful to those who have broken a bone or may have had surgeries to the bones. Osteo may be applied around the area of surgery and may help with swelling and bruising. Do not apply over stitches or into an open wound. For those who are unable, due to a cast or inaccessibility, to apply Osteo to the site of the injury, you may apply to the corresponding foot or hand reflex points.

## wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet. Follow with Sensory or suggested WholeBody Blend from your completed WholeBody Assessment.

## suggested usage

### BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

### COMPRESSION

- Gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.

### INHALATION

- Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

### MASSAGE/TOPICAL

- Mix 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

## responsible cautions

- Due to its Birch content, WholeBody™ System blend Osteo is contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.



## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Birch, Clove Bud, Helichrysum, Rosemary ct. 1,8 cineole, and Marjoram, sweet

## 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

- Infant to 3 months - not recommended
- 3 months to age 3 years - not recommended
- 3 to 5 years - not recommended
- 5 to 10 years - not recommended
- Pregnancy - not recommended

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

5ml Bottle  
10ml Bottle  
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil

