

Respi Relief

A Terrain Respiratory blend to assist with allergic reactions. The Essential Oils in Respi Relief have been shown to be effective for relieving hay fever and other allergic symptoms that result in sneezing, runny nose, watery eyes, and so on.

ingredient highlights

- Helichrysum is a good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; it reduces both congestion and inflammation.

The therapeutic properties of Helichrysum Essential Oil are anti-allergenic, anti-inflammatory, antispasmodic, astringent, diuretic, analgesic, expectorant, cytophylactic, cholagogue, and nervine.

- Niaouli Essential Oil is a gentle yet potent respiratory oil with strong decongestant ability; useful with colds, flu, allergies, asthma, bronchitis, sinusitis, sore throat, and whooping cough.

The therapeutic properties of Niaouli Essential Oil are analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, and vulnerary

- Ravensara ct. 1,8 cineole is a great anti-allergenic. It is non-sensitizing and non-irritating, and effectively prevents and reduces allergens. It helps to gradually build resistance to certain allergenic substances.

The therapeutic properties of Ravensara ct. 1,8 cineole are analgesic, anti-allergenic, anti-asthmatic, anti-bacterial, anti-infectious, anti-inflammatory, anti-microbial, anti-oxidant, anti-septic, anti-spasmodic, anti-viral, diuretic, expectorant, immuno-stimulant, mucolytic, stimulant.

respi relief inhaler

- Aromatherapy inhalers are a great way to transport Essential Oils for quick, convenient inhalation. To use, simply unscrew the top and raise the tip of the inhaler to your nose or mouth and inhale deeply.
- Inhalers can be refilled by removing the bottom cap and re-moistening the absorbent, inner core with your favorite Essential Oil or Essential Oil Blend.

pregnancy & children

TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (Grape Seed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - 6 to 8 drops Essential Oil in 10 ml carrier oil

BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in ¼ cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy - 6 to 10 drops Essential Oil in ½ cup of Dead Sea Salt or Clay Vitality



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Niaouli, and Ravensara ct. 1,8 cineole

suggested usage

- Diffuse 6 to 8 drops for 15 minutes every 2 to 3 hours as needed.
- Apply over the lung area as well as on the soles of feet.
- Can also be rolled on wrists and inhaled as needed when you feel an allergic reaction beginning.

reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

10ml Bottle, 10ml AromaStix, & 1ml Inhaler



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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