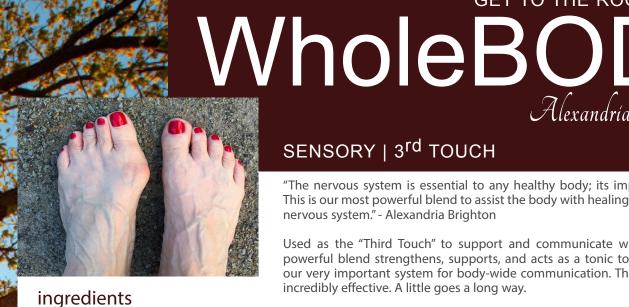
Alexandría Bríghton Collection



100% Pure, Certified Organic and

and Thyme ct. linalool

cramping.

1 ounce)

or Clay Vitality

Salt or Clay Vitality

Bath

Wildcrafted oils of Eucalyptus radiata,

Helichrysum, Lemon, Ravintsara, Tea Tree,

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

pregnancy & children

Infant to 3 months - not recommended 3 months to 3 years - not recommended

3 to 5 years - 3 drops in 10 ml carrier oil 5 to 10 years - 6 drops in 10 ml carrier oil

Infant to 3 months - not recommended

3 months to age 3 years - not recommended

5 to 10 years - 6 drops in 1/4 cup Pink Himalayan

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.

3 to 5 years - 3 drops in 1/4 cup Pink Himalayan salt

Pregnancy - safe when used as directed starting in the 2nd trimester

Pregnancy - safe when used as directed starting in the ^{2nd} trimester at a 3% dilution (15 drops per

SENSORY | 3rd TOUCH

"The nervous system is essential to any healthy body; its importance can't be overstated. This is our most powerful blend to assist the body with healing throughout the body and the nervous system." - Alexandria Brighton

Used as the "Third Touch" to support and communicate with the nervous system. This powerful blend strengthens, supports, and acts as a tonic to nourish the nervous system, our very important system for body-wide communication. This amazing oil is versatile and incredibly effective. A little goes a long way.

Without a balanced functioning nervous system, we are unable to register information from our external and internal environment that is essential to our health and well-being. Sensory contains Essential Oils that are historically known to reduce inflammation, assist vascular dilation, and support the body with neuralgia, nervous exhaustion, and stress-related disorders. Sensory may support relaxation for those who experience neuropathy, phlebitis, arthritis, or other nerve related conditions.

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 FlexAble 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. Works well to assist with pain relief, ease aching muscles and sore joints. 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 instead.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody TM 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 TM System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBodyTM 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.
- Apply 2-3 drops to the soles of each foot to assist the body woth restless leg syndrome and the pain caused from neuropathy
- 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.

availability

5ml Bottle 10ml Bottle AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut



responsible cautions

- · 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.
- · Store away from sunlight, at room temperature, with the lid securely tightened.

All oils from goDésana 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
goDésana 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.

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