

# Align

balance blend 10ml

Align essential oil blend is one of our most popular products and a favorite of formulator Alexandria Brighton. Its earthy and uplifting scent comes from Alexandria's proprietary blend of Black Spruce, Frankincense, and Tanacetum Annuum.\*

"This is structural alignment in a bottle. It is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate other oils more effectively." ~ Alexandria Brighton

## USES

### aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.\*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.\*

### bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or sports workouts.\*

### topical

- **Massage:** For topical use add 8 to 10 drops of Align and 4 to 6 drops Trauma Relief.\*
- **Massage:** To restore balance to your emotions add 8 to 10 drops of Align and 4 to 6 drops Lavender.\*
- **Reflex Points:** Apply to feet and/or spinal area before a chiropractic alignment or a massage.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## ingredients

*Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Boswellia carteri (Frankincense), Aniba rosaeodora (Rosewood), Tanacetum annuum (Tanacetum Annuum), Cocos Nucifera (Fractionated Coconut Oil)*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- The blue color of this blend could potentially discolor clothing or bedding.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

\*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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.