

Circulate

soothing blend 10ml

Circulate is formulated with oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying, and decongesting properties.*

"A circulatory system that functions less than optimally may cause a selection of problems, and with this in mind, we developed our Circulate Blend."

~ 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 on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.*

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

Cupressus sempervirens (Cypress), Gardenia taitensis (Monoi), Pelargonium graveolens (Rose Geranium), Santalum album (Sandalwood), Rosa damascena (Rose), Pogostemon cablin (Patchouli), Cananga odorata (Ylang Ylang Complete), Simmondsia chinensis (Jojoba), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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.*