

# Clear

balance blend 10ml

Clear is formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners, and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.\*

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, the Elemi will revitalize and refresh you, and the Black Spruce will anchor and strengthen you."

~ 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 just to unwind.\*

### 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

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## 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), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Pelargonium graveolens (Rose Geranium), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Rosa damascena (Rose), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus reticulata (Tangerine), Copaifera langsdorffii (Balsam Copaiba), Tanacetum annuum (Tanacetum Annuum), Cocos nucifera (Fractionated Coconut)*

## 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.*