

# Concentrate

KIDS FOCUS BLEND 10ml

Many kids commonly have difficulty concentrating on tasks, particularly school work. Multi-tasking and distractions like surfing the web or instant messaging compete for their attention. With so many potential interruptions, it can be difficult for children to stop and focus on the task at hand.\*

Concentrate is a proprietary blend of essential oils that have been shown to assist and help support the body with left-brain, logical thought processes, attention, and concentration. It helps to keep one present during mental work and may be helpful for attention deficit disorders.\*

## ingredient highlights

- **Vetiver:** Known for its grounding and balancing effect on the emotions and nervous system.\*
- **Cedarwood Atlas:** A grounding and calming, yet uplifting, oil known to combat negativity.\*
- **Elemi:** A stimulating oil that can assist with stress, anxiety, and mental clarity while bringing feelings of peace.\*
- **Frankincense:** Has been used for centuries to assist with improving mental clarity and memory function.\*
- **Lavender:** Well known for its calming effects; helps improve cortisol levels and may reduce symptoms of ADD or ADHD.\*
- **Grapeseed:** Contains neuroprotective compounds shown in studies to have a positive effect on long-term brain health.\*

## uses

### aromatic

- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to improve focus and mental clarity.\*

### topical

- **Reflexology:** Apply 1 to 2 drops neat (undiluted) under the big toe and/or on the back of the neck near the hairline as needed.\*

### 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.\*



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## application methods

Aromatic • 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

*Vetiveria zizanioides (Vetiver), Cedrus atlantica (Cedarwood Atlas), Canarium luzonicum (Elemi), Boswellia carteri (Frankincense), Lavandula angustifolia (Lavender Vera), Vitis vinifera (Grapeseed)*

## responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Not recommended for use in children under 10 years of age.
- 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.*