

Deep Green

grounding blend 10ml

Experimental studies have shown that aromatic compounds (essential oils) produced from trees can lower the production of stress hormones, reduce anxiety, and increase your pain threshold; when inhaled, aromatic plant essential oils increase the antioxidant defense system in the human body.*

Studies have also shown an association between higher amounts of volatile aromatic compounds in the air and improved immune function. Specifically, higher levels of volatile aromatic compounds cause increased production of anti-cancer proteins in the blood as well as higher levels of the frontline immune defenders called natural killer cells (NK). Adults who have higher NK activity tend to have a lower frequency of colds and flu.*

Aromatic trees and plants release volatile aromatic compounds that impact our mood, physical state, and even our immunity in ways we are only just beginning to understand.*

ingredient highlights

- **Green Mandarin:** Can calm emotional distress, provide courage to those reluctant to ask others for help, and release blocked, stagnant energy. It may be immensely supportive for those working through situational anxiety or depression.*
- **Black Spruce:** In *Aromatherapy Scent and Psyche*, Peter Damian notes "Antiseptic, expectorant, and anti-tussive, Black Spruce Oil is an ideal remedy for all lung ailments (e.g. asthma and bronchitis) whether utilized as an inhalant or a cough remedy."*
- **Pine Needle:** Pine trees have long been associated with fresh air, and Pine Needle essential oil can assist in cleaning, purifying, stimulating, and refreshing our senses and our homes. Pine Needle can help clear the air, release negative emotions, and may assist in promoting wellness, especially during the winter months.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 10 minutes per hour throughout the day as needed.*
- **Inhalation:** Put 2 to 3 drops in the palms of your hands, rub together, cup hands over nose and mouth, and inhale deeply.*
- **Misting:** Mix 10 to 12 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist into the environment as desired.*

bath

- **Bath:** Mix 8 to 10 drops into ½ cup Pink Himalayan or Dead Sea bath salts and dissolve into warm water to help you reconnect with nature, helping you to stay balanced and healthy. Soaking in a Deep Green bath warms and energizes the heart chakra, creating a feeling of being loved and cared for. Soak 10 to 20 minutes for best results.*

topical

- **Massage:** Add 8 to 10 drops per 1 ounce of carrier oil or lotion for foot rubs or localized massage.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

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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

Citrus reticulata var deliciosa (Green Mandarin), Picea mariana (Black Spruce), Pinus sylvestris (Pine Needle), Salvia officinalis (Sage), and Eucalyptus globulus (Eucalyptus Globulus)

responsible cautions

- Not recommended for use in children under 10 years of age.
- Not recommended for use during the first trimester of pregnancy.
- Patch-test prior to topical application, and discontinue use if redness or irritation develops
- 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.*