

Delight

uplifting blend 5ml

Delight was formulated specifically to appeal to the inner child in each of us. It reminds us to "enjoy the journey" and not take ourselves, or life's challenges, too seriously. It can literally support us in "lightening up".*

The energy of Delight encourages us to create and experience as much fun and joy in daily living as we can. Delight is great for everyday usage, or at a particular time when we recognize the need to infuse more positivity into our day.

Whether we feel down and need a lift, or just feel bogged down by over-thinking and over-analyzing, Delight can inspire and infuse the energy of joy into our experience!*

ingredient highlights

- **Rose:** Even in highly diluted concentrations, Rose Oil has a very strong psychological effect; it is a good tonic to the soul.*
- **Red Mandarin:** An uplifting, cheerful oil especially recommended for use with children and during pregnancy. Its uplifting, cheerful aroma has been shown to calm anxiety.*
- **Tangerine:** With a sweet, sparkling, fresh, and lively fragrance, Tangerine can help ease tension, fear, sadness, irritability, and insomnia.*

uses

aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for up to 15 minutes per hour throughout the day as desired to create a joyous, uplifted environment.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body when you need to "lighten up".*

bath

- **Bath:** Mix 10 to 12 drops in $\frac{1}{2}$ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. Mix thoroughly for an uplifting, restorative bath.*

topical

- **Massage:** Dilute 6 to 10 drops in 1 ounce of carrier oil and massage as desired for relaxation and rejuvenation.*
- **Perfume/Cologne:** Apply 1 to 2 drops to pulse points as a personal perfume/cologne.*
- **Reflexology:** Apply 2 to 4 drops to the soles of the feet to help lighten the mood and relax the body.*

topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

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Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Rosa damascena (Rose), Citrus reticulata (Red Mandarin), Aniba Rosaeodora (Rosewood), Citrus sinensis (Sweet Orange), Citrus paradisi (Pink Grapefruit), Mentha spicata (Spearmint), Citrus reticulata (Tangerine), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- 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.

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