

Energize

ENERGY BLEND 10ml

Malaise is a general feeling of being emotionally or physically unwell, or a combination of the two. Almost any medical or emotional condition can bring on feelings of malaise.*

Chronic conditions like anemia, hypothyroidism, and diabetes may cause malaise. It may also be caused by cancers, arthritis, kidney diseases, etc. as well as by short-term conditions like urinary tract or respiratory infections.*

Malaise is often associated with depression and fatigue. Stress, lack of sleep, and poor diet are all factors that may worsen malaise.*

Energize is formulated to assist the body with fatigue and general feelings of malaise. The essential oils in Energize work synergistically to also improve mood and overall discontent.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired to enhance mood.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to provide an emotional pick-me-up.*
- **Body/Room Spray:** Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment and/or around your body as desired. Use whenever you are feeling overwhelmed or stressed and need strength to go on.*

bath

- Add 5 to 10 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water for an energizing soak.*

topical

- **Reflexology:** Apply 1 to 2 drops to the soles of the feet in the morning for energy and strength to face the day.*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.*
- **Massage:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.*

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), Santalum album (Sandalwood), Cedrus atlantica (Cedarwood Atlas), Sesamum indicum (Sesame Seed)

responsible cautions

- 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.*