

FlexAble

soothing blend 10ml

Formulated to support and communicate with the muscular system, FlexAble contains three primary oils - Balsam Fir, Black Spruce, and Sweet Marjoram - that each have powerful analgesic and anti-spasmodic properties.*

"Perfect blend for sore and strained muscles, rheumatic pain, and anti-spasmodic benefits. This blend is a true therapeutic blend for all forms of bodywork, injuries and healing." ~ 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 sports workouts.*

topical

- **Massage:** For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.*
- **Massage:** Apply 3-5 drops to the soles of each foot to assist with restless leg syndrome and the pain caused by neuropathy.*

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

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Simmondsia chinensis (Jojoba), Origanum majorana (Sweet Marjoram), Pinus pinaster (Ocean Pine), Pinus sylvestris (Scotch Pine), Abies sibirica (Siberian Fir), Cocos nucifera (Fractionated Coconut Oil)

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.*