

Focus

FOCUS BLEND 10ml

Focus Essential Oil Blend is useful when increased mental alertness is required such as while driving, studying, or taking tests.*

The essential oils in this blend are traditionally known to help retain and retrieve more information from your memory. They can help to stimulate the left-brain logical thought processes, and prevent mental fatigue while studying.*

Focus helps to keep one present during mental work and may be helpful for those with short-term memory loss. Also helpful when you have creative or mental tasks to perform and need extra concentration.*

Whether you are brain foggy, simply distracted, or whenever you need help to jump start your brain, Focus Essential Oil Blend helps you to get back on your game.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes every 4 to 6 hours for improved mental clarity.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to provide a mental pick-me-up.*

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. Mix thoroughly, relax, and inhale steam to aid with mental clarity.*

topical

- **Reflexology:** Apply 1 to 2 drops to pulse points, the base of the neck, and forehead for mental clarity. Rub 1 to 2 drops on temples while studying for improved retention.*
- **Massage:** Add 5 to 6 drops to 1 tablespoon of carrier oil for an invigorating massage. Not recommended at bedtime.*

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.*

gōDesana

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

Ocimum basilicum (Basil, sweet), *Citrus limon* (Lemon), *Rosemarinus officinalis ct. cineole* (Rosemary ct. 1,8 cineole), *Pelargonium graveolens* (Geranium, rose), *Rosa damascena* (Rose), *Mentha piperita* (Peppermint)

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.*