

Moon

female hormone balance blend 10ml

Moon is a balancing, calming, and warming blend to enhance a woman's feelings of physical and emotional intimacy. It helps to balance hormones and aids in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches.*

This blend allows a woman to be open and communicative with their partner. Moon also helps women be sensitive to their feminine need to nurture themselves, especially during their "moon time".*

USES

aromatic

- **Inhalation:** Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.

bath

- **Bath:** Mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Moon's aphrodisiac benefits.*

topical

- **Massage:** Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.*
- **Massage:** Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.*
- **Reflexology:** Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulating the points as you massage in the oil.*

topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 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.*

- **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).*

goDesana

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

Pelargonium graveolens (Rose Geranium), Citrus sinensis (Blood Orange), Citrus paradisi (Pink Grapefruit), Lavandula angustifolia (Lavender Vera), Salvia sclarea (Clary Sage), Jasminum grandiflorum (Jasmine), Angelica archangelica (Angelica), 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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