

# Osteo

soothing blend 10ml

Osteo is formulated to address nearly any form of discomfort, and contains essential oils known for their anti-inflammatory, antispasmodic, anti-hematoma, and pain-relieving properties. Whether chronic or acute, this blend is a favorite among many people with conditions like rheumatism, arthritis, and gout.\*

*"Naturally assists the body with pain in a non-toxic manner. Instead of just masking the pain, it has the potential to resolve the root cause of the pain."*

~ 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 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.\*
- **Massage:** Gently massage 5-6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.\*

### 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: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Eugenia caryophyllata (Clove Bud), Helichrysum italicum (Helichrysum), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Origanum majorana (Sweet Marjoram), Gautheria fragrantissima (Wintergreen), Cocos nucifera (Fractionated Coconut Oil)*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May increase the anticoagulant action of blood thinners when applied topically; not recommended for those facing major surgery, hemophilia, or other bleeding disorders.
- 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.*