

Respi Relief

respiratory blend 10ml

Respi Relief is formulated with essential oils shown to have properties that support the body and may assist in relief of hay fever and allergic symptoms that result in sneezing, runny nose, water eyes, etc.*

ingredient highlights

- **Helichrysum** is a good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; it reduces both congestion and inflammation.*

Helichrysum essential oil has therapeutic properties that are anti-allergenic, anti-inflammatory, antispasmodic, astringent, diuretic, analgesic, expectorant, cytophylactic, cholagogue, and nervine.*

- **Niaouli** is a gentle yet potent respiratory oil with strong decongestant ability; useful with colds, flu, allergies, asthma, bronchitis, sinusitis, sore throat, and whooping cough.*

The therapeutic properties of Niaouli are analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, and vulnerary.*

- **Ravintsara** is a great anti-allergenic. It is non-sensitizing and non-irritating, and effectively prevents and reduces allergens. It helps to gradually build resistance to certain allergenic substances.*

The therapeutic properties of Ravintsara are analgesic, anti-allergenic, anti-asthmatic, anti-bacterial, anti-infectious, anti-inflammatory, anti-microbial, anti-oxidant, anti-septic, anti-spasmodic, anti-viral, diuretic, expectorant, immuno-stimulant, mucolytic, and stimulant.*

uses

- Diffuse 6 to 8 drops in a cool mist essential oil diffuser for 15 minutes every 2 to 3 hours as needed.*
- Apply over the lung area as well as on the soles of feet.*
- Apply 1 to 2 drops on wrists and inhale as needed when you feel an allergic reaction beginning.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • 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

Helichrysum italicum (Helichrysum), Melaleuca quinquenervia bs. viridiflora (Niaouli), Cinnamomum camphora ct. 1,8 cineole (Ravintsara)

responsible cautions

- Dilution not required but may be done in cases of individual sensitivity.
- 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.*