

# Sensory

soothing blend 10ml

Sensory strengthens, supports, and acts as a tonic to nourish the nervous system, our very important system for body-wide communication. Sensory contains essential oils that are historically known to reduce inflammation, assist vascular dilation, and support the body with neuralgia, nervous exhaustion, and stress-related disorders.\*

*"The nervous system is essential to any healthy body; its importance can't be overstated. This is our most powerful blend to assist the body with healing throughout the body and the nervous system."* ~ 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. Works well to assist with pain relief, aching muscles and sore joints.\*

### 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

*Eucalyptus radiata (Eucalyptus Radiata), Helichrysum italicum (Helichrysum), Citrum Limon (Lemon), Cinnamomum camphora ct. 1,8 cineole (Ravintsara), Melaleuca alternifolia (Tea Tree), Cymbopogon martinii (Palmarosa), 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.*