

# Shingles Care

soothing blend 10ml

Shingles is a viral infection caused by the varicella-zoster virus, the same virus that causes chickenpox. Once you've had chickenpox, the virus lies dormant in nerve tissue near the spinal cord and brain. In some individuals, the virus can become reactivated, even years later, due to stress, injury, certain types of medications, or other factors, and then presents itself as a painful rash.\*

According to the U.S. Centers For Disease Control, almost 1 out of every 3 people in the United States will develop shingles in their lifetime. There are an estimated 1 million cases of shingles each year in the U.S. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of shingles increases as you get older, with about half of all cases occurring in men and women 60 years old or older.\*

Shingles Care is a proprietary blend formulated with essential oils known to assist with the symptoms related to outbreaks of the shingles virus.\*

## ingredient highlights

- **Peppermint** is cooling in nature; when applied to an injury or a wound it may reduce swelling, relieve the pain, and reduce the chance of inflammation. The cooling sensation from peppermint is also known for soothing itch.\*
- **Ravintsara** has analgesic properties making it very effective in relieving pain. It's effective at fighting bacteria and viruses. Its antiviral properties, help to kill the virus and stop any further growth. Ravintsara heals wounds faster and protects them from infection with its vulnerary properties.\*
- **Eucalyptus Citriodora** has amazing antiseptic qualities, making it very effective in healing wounds. It helps to soothe the area while protecting it from developing any infection. Eucalyptus Citriodora combined with peppermint essential oil helps to reduce fever, which often accompanies shingles.\*
- **Lavender Vera** has powerful anti-inflammatory components help to reduce inflammation throughout the body. Known for assisting with many skin irritations or issues, it helps to regenerate skin cells, calm inflammation, and encourage rapid healing.\*
- **Sesame Seed Oil** has been used in healing for thousands of years. It is high in zinc, which helps produce collagen, giving skin more elasticity and helping repair damaged body tissues. Sesame Seed Oil is naturally antibacterial for common skin pathogens, such as staphylococcus and streptococcus as well as common skin fungi, such as athlete's foot fungus. It is also naturally antiviral and anti-inflammatory.\*

## USES

- Gently apply to areas of concern, 3 to 4 times per day, until clear.\*

## topical dilution guidelines

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

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Product Information Page



## application methods

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

*Mentha piperita (Peppermint), Cinnamomum camphora ct. 1,8 cineole (Ravintsara), Eucalyptus citriodora (Eucalyptus Citriodora), Lavandula angustifolia (Lavender Vera), Sesamum indicum (Sesame Seed)*

## responsible cautions

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