



Align | First Touch

wholebody blend

Ingredients: Spruce, black; Fir, balsam; Frankincense, Rosewood, Tanacetum Annum, Jojoba, Fractionated Coconut

Used as the 'First Touch' to create a receptive environment for the remaining six WholeBody blends. Align may help to allow physical relaxation and release of tension being held in the muscles.*

May support a deep relaxation of the myofascia that holds the muscles to the spine and other joints, thus allowing the whole body to straighten and realign. This blend is a true preparatory blend for any form of bodywork. Helps restore the body and bring it back into balance after strenuous exercise.*

suggested usage

BATH

- Add 8-10 drops to 1/2 cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, and soak after body work, exercise or sports workouts.
- To ease sore muscles, muscle injuries and sprains add 8-10 drops of Align and 4-6 drops Circulate.
- To restore balance to your emotions add 8-10 drops of Align and 4-6 drops Lavender Chamomile.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser 15 minute increments throughout the day.

MASSAGE/TOPICAL

- Apply to the feet and/or spinal area before a chiropractic alignment or a massage.
- Massage 2-3 drops into spinal reflex points of the feet and/or hands.
- 1-2 drops at base of big toe down the spinal reflex of the foot to help 'balance' the body.
- Apply 4-6 drops along the spine and gently feather into skin.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist for a really pleasant, emotionally balancing environment.

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- The blue color of this oil may stain clothing and sheets.

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals 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.

pregnancy & children

Safety Group #3

Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

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availability

5ml Bottle
10ml Bottle
10ml AromaStix



STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

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.

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