

Breathe

respiratory blend

Ingredients: *Eucalyptus Globulus, Niaouli, Eucalyptus Radiata, Eucalyptus Citriodora, Marjoram, sweet; Pine, scotch; Cypress, Peppermint, Rosemary ct. 1,8 cineole, Lemon, Bay Laurel, Ravintsara*
AromaStix contains Fractionated Coconut Oil

Breathe is a carefully selected blend of Essential Oils that have been shown to assist with opening up the respiratory system, calming cough, improving circulation, and thinning mucus.*

ingredient highlights

- Eucalyptus globulus, known as the Blue Gum Tree, is a potent respiratory oil against bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.
- Eucalyptus radiata has been shown to be effective for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the essential oil of choice when dealing with infections high in the chest.
- Scotch Pine has been used as a remedy since the days of ancient Greece. Its expectorant properties can provide quick relief from bronchitis, sinusitis, laryngitis, flu symptoms, and it is found in many formulations for the lungs.
- Peppermint contains nine expectorant compounds which help move mucus up and out of the lungs. Its main constituent, menthol, thins mucous, making the expectoration easier.
- Rosemary ct. 1,8 cineole is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.*

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- Diffuse 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.*

TOPICAL

- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest and back.
- Apply to the sinus reflex points on the hands and/or feet.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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.

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 #4

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

10ml Bottle & 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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