

Calm

You can use this sweet smelling blend to assist your nervous system while breaking life-draining addictions. The beautiful fragrance helps one's nerves stay calm and supports a person emotionally to remain resolute in the desire to overcome addictive behaviors.

Children find this blend very relaxing, particularly if they are overstimulated and cannot go to sleep.

This blend has been diffused in schools with ADD children who cannot settle down in the afternoons with good success.

The Essential Oils in this formula have a direct response on the brain, therefore, it is most effective when inhaled. Diffuse into a room or inhale from a tissue.

A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.

ingredient highlights

Ylang Ylang Complete: The fragrance is soft, sweet, and erotic. It stimulates the same part of the brain that releases endorphins.

Orange, sweet: Orange is known as the Oil of Tranquility. Emotionally, Orange is an uplifting, anti-depressive and de-stressing essential oil without being sedative.

Rose: Even in highly diluted concentrations, Rose Oil has a very strong psychological effect; it is a good tonic to the soul.

general uses

BATH

- Mix 10-12 drops Calm in 1/2 cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water. Mix thoroughly for relaxing a bath before bed to promote restful sleep.

INHALATION

- Put 2 to 3 drops on the palms of your hands, rub together, cup hands over nose and mouth, and inhale deeply when feeling anxious or overstimulated.

MESSAGE/TOPICAL

- Dilute 6 to 10 drops in an ounce of carrier oil and massage as desired for relaxation.
- Apply 1 to 2 drops to pulse points.
- 2 to 4 drops applied to the soles of the feet can help relax the body quickly and effectively.

MISTING SPRAY

- Add 10 to 12 drops of Calm to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body to create a soothing environment and increase relaxation. Particularly helpful in children's rooms at bedtime.
- You may also make up small 2 ounce sample misters to share with friends, family, and potential distributors. Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue spray bottle

pregnancy & children

- Safe when used as directed after the first trimester of pregnancy.
- Safe for children when used as directed.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Tangerine, Orange, Grapefruit, pink; Ylang Ylang Complete, Tanacetum Annuum, Rose, Rosewood, and Fractionated Coconut

reasonable 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 lid securely tightened.
- For topical and aromatic use only. Not to be used internally.
- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue/green color of this blend could potentially discolor clothing or bedding.

availability

10ml Bottle & AromaStix



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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