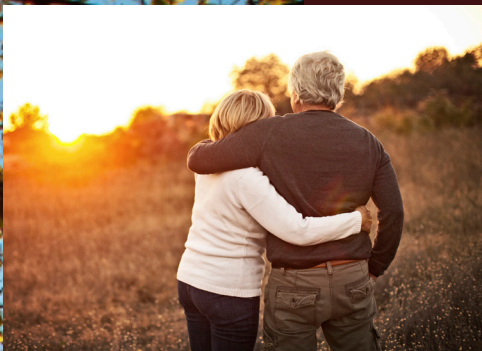


WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

CIRCULATE | 6th TOUCH



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Cypress, Monoi, Patchouli, Geranium, rose; Sandalwood, Ylang Ylang Complete, and Jojoba

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

Topical

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)

Bath

- Infant to 3 months - not recommended
- 3 months to age 3 years - not recommended
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

5ml Bottle
10ml Bottle
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil



"A circulatory system that functions less than optimally may cause a selection of problems, and with this in mind, we developed our Circulate Blend." - Alexandria Brighton

Used as the 'Sixth Touch' to support and communicate with the circulatory system.

Circulate is formulated with the power-oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying, and decongesting properties. Circulate is blended with pure Rose damascena, Sandalwood, and other Essential Oils that are known to have an affinity for the heart center while supporting the cardiovascular and circulatory system. One of the earliest signs of circulatory concerns can often be seen in the skin. Small lesions and wounds may have difficulty healing or will heal very slowly. You may also feel the cold easier. Various common ailments, including normal aging, may contribute to reduced circulation. With this in mind, Circulate Blend has been shown to aid in revving up your circulation and getting it moving again. Excellent blend to use for enhancing all skin care products.

wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet. Follow with Clear or suggested WholeBody Blend from your completed WholeBody Assessment.

suggested usage

BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

COMPRESSION

- Gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.

INHALATION

- Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

TOPICAL

- Add 8 to 10 drops to 1 tablespoon of carrier oil to create a soothing blend to assist the body with aches, pains and sore muscles.
- Apply 3-5 drops to the soles of each foot to assist the body with restless leg syndrome.
- 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.

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.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.