

CISTUS (ROSE OF SHARON)

Cistus ladaniferus

Cistus, commonly referred to as Labdanum or Rock Rose, is believed to be the Biblical Rose of Sharon and is mentioned in the Song of Solomon.

Cistus can strengthen the immune system, reduce scarring from scrapes and cuts, is well known for its meditative effects, and is also a powerful tool in the fight against aging skin.

Cistus Essential Oil is used in many skin care products. It can be blended with German Chamomile to treat chronic, slow healing skin disorders like psoriasis and eczema. It is an excellent tonic for firming mature skin care.

Cistus Essential Oil also has anti-hemorrhagic, anti-inflammatory, antiviral, antibacterial, and immune supporting properties that make it useful in healing wounds, reducing bruising and inflammation, treating bronchitis, colds, urinary tract or bladder infections, and a host of other ailments.

Cistus is a spiritual oil used for centuries during meditation. It opens the Third Eye Chakra, oxygenates the brain, quiets the nerves, and may relieve insomnia. It will assist those who exhaust and drain their own physical and mental well-being in the care of others.

daily uses

BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.
- Use 5-6 drops in ¼ cup Pink Himalayan or Dead Sea salts for a relaxing foot bath.

DIFFUSION

- Diffuse in 15 minute intervals throughout the day to to ease congestion and lift & support mood and emotional balance.

INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.

TOPICAL

- May be used neat, or mixed with carrier oil.
- Dilute with carrier or massage oil for applying to large areas.
- Dilute 2 drops per 1 teaspoon of carrier oil and massage into back or chest for respiratory relief.
- Add 10-15 drops to your favorite goDésana moisturizer or lotion.

RESPONSIBLE CAUTIONS

- Use as directed, and adhere to reasonable cautions at www.godesana.com/cautions.asp
- Store at room temperature with lids securely tightened.
- Keep away from sunlight.
- Not for use during pregnancy or while breastfeeding.
- Patch test on extremely sensitive skin before topical application.

Essential Singles

attributes

Wild Harvested

Producing Organ

Gum resin

Extraction

Steam distillation

Country of Origin

Spain

Therapeutic Properties

Antiviral, antibacterial, antimicrobial, anti-inflammatory, expectorant, antihemorrhagic, antiseptic, astringent, diuretic, supports sympathetic nervous system, immune stimulant, and tonic



Available in:
5ml Bottle

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. 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.



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