

WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

CLEAR | 7th TOUCH

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, Elemi will revitalize and refresh you and Spruce, Black will anchor and strengthen you." - Alexandria Brighton

Used as the 'Seventh Touch' to communicate with the emotional system of the body.

Formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences.

While Align Blend is a preparatory blend to support bodywork of all kinds, Clear Blend is the final touch. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.

Clear is very supportive in easing the anxiety, stress and any other strong emotions that may be present from past injuries or trauma.

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.

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.

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ingredients

100% Pure, Certified Organic and Wildcrafted oils of Fir, balsam; Spruce, black; Clary Sage, Elemi, Geranium, rose; Inula, Rockrose, Patchouli, Lavender, fine; Ylang Ylang Complete, Marjoram, sweet; Grapefruit, pink; Sage, and Spikenard

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

availability

5ml Bottle
10ml Bottle
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil

