

WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

CONNECT | 5th TOUCH

"Connect's ability to assist the body with muscular spasms, sprains, and strains make it a great massage choice. Also a great pick-me-up due to its fresh and distinct aroma." - Alexandria Brighton

Used as the 'Fifth Touch' to support and communicate with the tendons, cartilage and connective tissue of the body. Whether for use in easing spasms, sprains, and strains or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do. Lemongrass, one of the primary oils in this blend, is a sedative to the central nervous system and is extremely beneficial for stress-related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration. Will help to ease headache pain and is an excellent support for tired, aching tendons, cartilage, and connective tissue. Great for use in massage as it eases muscular spasms, sprains, and strains; and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body. Because of its powerful properties (which include dispersing lactic acid build-up, improving muscle tone, and pain relief) and distinct, refreshing aroma, Connect Blend is a great pick-me-up.

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 Circulate 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.
- 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.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct. 1,8 cineole, Tea Tree, and Thyme ct. linalool

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 - not recommended
- 5 to 10 years - not recommended
- Pregnancy - not recommended

Bath

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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

