

Lavender Chamomile

lavender apothecary blend

Alexandria Brighton Collection
ESSENTIAL OILS

Ingredients: *Lavender, vera; Chamomile, roman*
AromaStix contains Fractionated Coconut Oil

Lavender Chamomile is a sweet, nurturing, calming blend for children and adults alike. Using only the highest quality Lavender, fine and Roman Chamomile this blend is relaxing, calming, and soothing. It can be used for calming stress, tension, anxiety, and insomnia.*

Lavender and Chamomile have been used for thousands of years by a host of civilizations. Both are excellent oils for skin and hair care, encouraging regeneration of healthy skin tissue, which makes this blend outstanding to use with burns, wounds, ulcers, dry skin, dermatitis, hair care, for easing inflammation of any kind, and promoting healing.*

Use on the babysitter, caretaker, or blankets of infants when the mother is not present; babies will likely be calmed and soothed by the scent. The sense of smell is the first sense we develop in utero and the last sense we have before passing. Sense of smell is very important in helping us process our life experiences.*

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.*

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.*

INTERNAL

- Not recommended for internal use.*

TOPICAL

- Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed.*
- A back rub before bed is sure to relax and prepare you or your child for sleep.*

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

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

Safety Group #1

Topical

- Infant to 3 months: 1 drop in 10 ml carrier oil
- 3 months to 3 years: 2 drops in 10 ml carrier oil
- 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

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: 1 drop in 1 tbsps baby shampoo
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: safe when used as directed

availability

10ml Bottle & AromaStix



STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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v04152017