

Alert

Alert was formulated to assist with general drowsiness and is especially effective when driving. For an immediate 'pick me up', place 1-2 drops on your hands and inhale the aroma of the oils.

The aroma will help wake you up and keep you awake for a while during those "2 O'clock drags" at work. If you don't want to get oil on your hands put the drops of oil in a cup or on a tissue and inhale.

To wake up feeling rested in the morning place 1-2 drops on the bottom of your feet after getting out of the shower or bath.

ingredient highlights

- Clove Bud has a very powerful uplifting and spicy scent. Inhaling its aroma can reduce drowsiness, irritability, and headaches. Along with relieving mental fatigue, this oil has the ability to relieve depression. Clove Bud Essential Oil is traditionally used for immune, cardiovascular, respiratory, and digestive support in addition to its widespread usage as a flavoring in food products.

Eugenol, the main chemical component in Clove Bud, makes it a very stimulating and energizing Essential Oil. It's good for promoting blood circulation and is beneficial to cardiovascular health. Clove Bud is also a powerful antioxidant, helpful in combatting free radicals and maintaining a healthy immune system.

Energetically, mentally, and emotionally, Clove Bud is said to promote healthy boundaries, helping with feelings of empowerment and encouraging one to honor their needs and speak for themselves.

- Peppermint is a refreshing Essential Oil used in aromatherapy to stimulate the mind and increase mental agility and focus. Due to its refreshing nature, it can provide relief from stress, anxiety, depression, mental exhaustion, and restlessness.

Peppermint's numerous health benefits, including its supportive effect on the liver and respiratory systems, ability to improve concentration and mental sharpness, and ability to directly affect the brain's satiety center to trigger feelings of fullness after a meal, have been studied, and proven, by the scientific community.

Peppermint Essential Oil is a very effective natural painkiller and muscle relaxant; especially helpful in soothing sore muscles and melting away headaches. It can also calm skin inflammation, help cure acne, thicken and nourish damaged hair, improve bloating and indigestion, freshen breath and reduce cavities, balance hormones, and more.

suggested usage

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- For truck drivers or those driving long distances, apply to a cotton ball and place in a vent opening. Refresh as needed.

INTERNAL

- Alert Teeth & Gums: Add 2-3 drops per cup of water and use to rinse your mouth after brushing your teeth or anytime you need an oral refresher.

TOPICAL

- Apply 2 drops on feet (neat).
- Alert Thyroid: Mix 10 drops Lemongrass, 20 drops Alert, and 5 drops L-Stimulate; add to a 10ml bottle or Aromastix, then fill the rest of the bottle with the carrier oil of choice. Apply topically over thyroid area at the base of the neck and reflexology points (big toe), and massage in 3x daily.

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.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Clove Bud and Peppermint

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 #4: Never recommended for children or while pregnant or nursing.

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

- 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*

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

availability

10ml Bottle



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.