

Breathe Relief

respiratory blend

Ingredients: *Eucalyptus Citriodora*, *Lavender, vera*; *Ravintsara*
AromaStix contains Fractionated Coconut Oil

Breathe Relief is formulated with Essential Oil known to have properties to assist and support the body with asthmatic reactions.*

ingredient highlights

- *Eucalyptus Citriodora*, also known as Lemon Eucalyptus, has been used in traditional Aboriginal bush medicine for thousands of years. It is a powerful fungicidal and bactericidal, and is especially effective for use in treating asthma, laryngitis, sore throat, colds, and other respiratory illness.
- *Lavender Vera* is an increasingly rare and valuable Essential Oil. Grown and wild-harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as *Lavender Fine*, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of *Lavender*. *Lavender Vera High Altitude* has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.
- *Ravintsara* is the Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile. It is potent, yet safe and gentle. Like *True Lavender*, *Ravintsara* can be used for ailments which do not normally fall within its recommended usage and still achieve great results.

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 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.*

TOPICAL

- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest and back.
- Apply to the sinus reflex points on the hands and/or feet.*

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).

pregnancy & children

👶 Safety Group #2

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 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 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 starting in the 2nd trimester

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.