

# Lavender Ravintsara

## lavender apothecary blend

Alexandria Brighton Collection  
ESSENTIAL OILS

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

Lavender and Ravintsara is a prime blend for children along with the Lavender Chamomile blend. Lavender, already an accepted children's oil, can seriously be used from the cradle to the grave as it has unequaled healing and gentleness for people of any age. Ravintsara is an exceptional Essential Oil for adolescence, helping children to adjust to their changing bodies and emotions as they approach adulthood. Together, they are unparalleled as a children's helper.\*

Together in nature as they both grow at high altitude, giving them exceptional emotional energies, they empower each other as a blend; amplifying their power to heal and nurture while maintaining their gentle, calm, and supporting ways. Sooner or later every adolescent will find themselves in a situation where this beautiful blend can give them the support and security they need to get through the trying times of the "between age", the time between being a small child and being an adult.\*

Lavender Ravintsara is a nerve tonic and intellectual and mental stimulant which acts in cases of nervous depression, mental fatigue, and mental deficiency. It is very helpful for children suffering psychic problems due to parental lack of understanding or conflict. This blend can be used as an inhalant, both direct from a tissue or personal diffuser, or indirect diffused into the air. It's very effective in a bath, as a compress for the head, as either a full body or back and shoulder massage, or applied to the feet.\*

### 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

- Apply to minor skin irritations as needed.\*
- Apply over the heart, solar plexus, back of the neck, and shoulders.\*
- Use with a cool or warm compress to assist with nervous depression or mental fatigue.\*
- Apply to the chest or back to assist with bronchial issues.\*

### 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](http://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 tbslp 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.

©2012 Alexandria Brighton,  
Brighton Institute of Botanical Studies

v04152017