

# Wellness For Kids & Elderly protective blend

This blend was specifically formulated with Essential Oils known for their antibacterial, antiviral, and immune-stimulant properties. At the same time, it's gentle, non-toxic, and appropriate for long-term daily use.\*

Apply by rolling on the bottoms of your child's feet in the morning and in the evening before bed for cold and flu prevention.\*

## suggested usage (10 years & up)

### 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.\*

### TOPICAL

- Use 2-4 drops on reflex points on either hands or feet.\*
- Use 2-4 drops on soles of feet or along the foot spinal reflex.\*
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara ct. 1,8 cineole when applied to the soles of the feet only, all Essential Oils should be diluted when used topically during pregnancy, while nursing, and when using with children or the elderly.\*

### RESPONSIBLE CAUTIONS

- Keep out of the 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.

## ingredients

*Eucalyptus radiata, Ravintsara, Thyme ct. linalool, Lemon, Tea Tree*

## topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

## pregnancy & children



### 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 2<sup>nd</sup> 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 2<sup>nd</sup> trimester

## availability

10ml Bottle & AromaStix



### STANDARDS OF QUALITY

All ingredients in goDésana 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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