Motion Sickness (health blend)

Ingredients: Peppermint and Organic Ginger Root

Motion Sickness can be troublesome for both pets and their owners. Many dogs do not respond well to travel, can experience nausea, and in some extreme circumstances, will always vomit in the car.

For those humans who have a tendency to experience motion sickness, you may appreciate this blend as well.

Animal Safety Guidelines

- Do not give Essential Oils to your animals internally.
- Animals will often lick the area where Essential Oils have been applied. This is normally not a problem when following recommended dilution and dosage guidelines, but you should watch for adverse reactions that may include skin irritation, vomiting, diarrhea, depression, lethargy, weakness, excessive drooling/salivation, or seizures. If they show signs, wipe the area with a cloth soaked with a carrier oil. If irritation continues or your animal’s condition worsens, seek immediate veterinary assistance.
- Never apply Essential Oils directly to an animal’s muzzle area, inside nostrils, inside ears or mouth, or directly to genital areas.
- Do not get Essential Oils near or in the eyes. If Essential Oils accidentally get into the eyes, apply a carrier oil such as Grape Seed to a cloth and wipe over the area.
- Do not apply Essential Oils neat (undiluted) to animals; they should always be diluted for topical application to animals.
- In a barn or kennel-type facility, it is best to store aromatherapy products in aroma-safe containers, locked away from children and animals. Be mindful of your fellow barn/stable/kennel mates and their animal friends; not everyone can tolerate the same aromas you and your animals may enjoy.
- Remember, less is best when it comes to Essential Oils. Do not be tempted to think that if it’s good, more is better.
- Exercise caution with pregnant animals and use smaller dosages than you normally would. Avoid during first few weeks of pregnancy and do not use on puppies until after 10 weeks of age.

Do Not Use Essential Oils With The Following:
- Cats: due to their highly sensitive metabolic systems.
- Fish and Reptiles: due to their pH levels and aquatic environment.
- Birds: due to their respiratory and metabolic systems.
- Rodents & small mammals (gerbils, hamsters, rabbits, rats etc.): there is not enough research on the use of Essential Oils with these animals to determine a safe use.

Motion Sickness

In a barn or kennel-type facility, it is best to store aromatherapy products in cobalt blue glass or PET plastic spray bottle. Mist around the animal or spray into the environment. Makes a good aerochrome spray to help keep the driver awake, while making a more pleasant travel experience for both human and dog. For enhanced results, you may also want to use a spray mister of the Stress & Nerves Blend. Do not mist the Super Calm Trauma Blend as it may make the driver drowsy. Shake well before each use. Do not spray into eyes or mouth. Note: Do not apply directly on animal or near the face. If you or your animal experience negative effects, discontinue use and open windows to allow fresh air.

Dilution & Dosage Guidelines

Always use Essential Oils diluted to .5% to 5% for topical use on animals according to the size, age and physical condition of your animal.

Babies & Elderly - 0.5%: 1 drop in 10ml carrier (3 drops per 1oz)
Miniature (Up to 10 lbs) - 1%: 2 drops in 10ml carrier (6 drops per 1oz)
Small (11-25 lbs): 2%: 4 drops in 10ml carrier (12 drops per 1oz)
Medium (26-40 lbs): 3%: 6 drops in 10ml carrier (18 drops per 1oz)
Large (41-70 lbs): 4%: 8 drops in 10ml carrier (24 drops per 1oz)
Extra-Large (70+ lbs): 5%: 10 drops in 10ml carrier (30 drops per 1oz)

For topical application, use the diluted product adhering to the dosage recommendations below. Check individual product datasheets for specific precautions, contraindications, or recommendations regarding pregnant, very young, or very elderly animals. Animals should respond within 1 to 3 days but can show improvement immediately. If there is no improvement in 7 days, discontinue use and re-evaluate.

Massage Dosage Guidelines for Dogs

Miniature (Up to 10 lbs): 1 to 2 drops massage blend
Small (11-25 lbs): 3 to 5 drops massage blend
Medium (26-40 lbs): 6 to 9 drops massage blend
Large (41-70 lbs): 10 to 15 drops massage blend
Extra-Large (70+ lbs): 16 to 20 drops massage blend

Horses and Large Animals

Follow instructions for medium to extra-large dogs, beginning with less and working up to the larger sizes as you gauge the animal’s response and tolerance.

Smaller Animals

Miniature horses and cows, goats, sheep, etc.

Follow instructions for small to large dogs, beginning with less and working up to the larger sizes as you gauge the animal’s response and tolerance.

Suggested Usage

Inhalation: Diffuse through your car’s vent system by applying a drop or two on a cotton ball and placing it in the air vent. Note: Do not diffuse with a child under 3 in the car.

Misting: Add 5-6 drops of the undiluted blend to 2 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Mist around the animal or spray into the environment. Makes a good aerochrome spray to help keep the driver awake, while making a more pleasant travel experience for both human and dog. For enhanced results, you may also want to use a spray mister of the Stress & Nerves Blend. Do not mist the Super Calm Trauma Blend as it may make the driver drowsy. Shake well before each use. Do not spray into eyes or mouth. Note: Do not apply directly on animal or near the face. If you or your animal experience negative effects, discontinue use and open windows to allow fresh air.

TABLE

<table>
<thead>
<tr>
<th>Minisize (Up to 10 lbs)</th>
<th>1 to 2 drops massage blend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small (11-25 lbs)</td>
<td>3 to 5 drops massage blend</td>
</tr>
<tr>
<td>Medium (26-40 lbs)</td>
<td>6 to 9 drops massage blend</td>
</tr>
<tr>
<td>Large (41-70 lbs)</td>
<td>10 to 15 drops massage blend</td>
</tr>
<tr>
<td>Extra-Large (70+ lbs)</td>
<td>16 to 20 drops massage blend</td>
</tr>
</tbody>
</table>

Availability

5ml Bottle

Quality Standards

All ingredients in goDesana 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 wildcrafted), 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.

2016 Alexandria Brighton, Brighton Institute of Botanical Studies