

Lavender Frankincense

Alexandria Brighton Collection
ESSENTIAL OILS

This is a wonderful blending of our Frankincense from Somalia and Lavender, vera from Bulgaria. This blend of Essential Oils is particularly suited to the skin and has traditionally been used to help the body with scarring and restoration of tissue. This soothing, anti-inflammatory blend may be added to unscented lotion or body wash. Great to use as an after sun lotion when mixed with Jojoba Oil.

ingredient highlights

Lavender, vera is great for healing wounds due to its powerful antiseptic properties. Applying it to cuts and scrapes increases cell growth while speeding up the healing process and lessening the possibility of scars. It's also known to assist with/stop bleeding, clean the wound, and kill pathogens.

With a history dating back thousands of years, Frankincense is known for its powerful healing and anti-aging benefits. It promotes skin cell regeneration while keeping the existing cells healthy. It also has astringent properties that can help accelerate the healing of wounds.

In ancient Egypt, Frankincense was used in rejuvenating face masks, cosmetics, and perfumes. It has been used medicinally in the East and West for a wide range of conditions including syphilis, rheumatism, respiratory and urinary tract infections, and skin diseases, as well as digestive and nervous complaints. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 97.]

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

COMPRESS

- Mix 2-4 drops Lavender Frankincense in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

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.

INTERNAL

- Use 1 to 2 drops under the tongue as a natural anti-depressant or anti-inflammatory. Not real tasty, but has been shown to be effective.
- Put 2-3 drops in a veggie capsule with carrier oil; take capsule one or two times daily, as desired.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment as desired.

TOPICAL

- Apply 1 to 2 drops on location to assist with inflammation of joints.
- Add 8-10 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil.
- Apply to cuts, scrapes, and other skin abrasions to assist with healing and scarring.
- Mix 5-6 drops in an equal amount of carrier oil and use to assist with the pain associated with gout.
- Apply over minor burns that are not open wounds. If applied immediately, it may assist with blistering.
- Apply to an insect bite or sting to assist with inflammation and itching.
- Mix with your favorite skin care products to boost their anti-aging, rejuvenating properties.
- Apply a few drops to the back of the neck two or more times daily to help mitigate depression and feelings of helplessness.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Possible dermal irritation and/or sensitization in some individuals.
- 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 Lavender, vera; and Frankincense

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: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - 1 drop in 10 ml Grape Seed 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 - 2 drops in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 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

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 & AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil



QUALITY ASSURANCE

All oils from goDésana 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

goDésana 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.

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