

ALIGN

Used as the 'First Touch' to create a receptive environment for the remaining seven WholeBody blends.

FIRST TOUCH RECEPTIVE BODY ALIGNMENT

Align may help to allow physical relaxation and release of tension being held in the muscles.

May support a deep relaxation of the myofascia that holds the muscles to the spine and other joints, thus allowing the whole body to straighten and realign.

This blend is a true preparatory blend for any form of bodywork. Helps restore the body and bring it back into balance after strenuous exercise.

Available in: 5ml Bottle, 10ml Bottle, and 10ml AromaStix

daily uses

BATH

- Thoroughly mix 12-15 drops of Align to a ½ cup of Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality and soak after body work, exercise or sports workouts.
- To ease sore muscles, muscle injuries and sprains add 8-10 drops of Align and 4-6 drops Circulate.
- To restore balance to your emotions add 8-10 drops of Align and 4-6 drops Lavender Chamomile.

COMPRESSION

- For ease from tension and inflammation, massage 5-6 drops of Align neat into spine. Apply a warm compress for 10 to 30 minutes.
- If supported by your chiropractor, have the chiropractic assistant drop 5-8 drops of Align on the spine, gently spread along the spine, and place warm, moist packs on for 15 minutes before the doctor's adjustment. Many find that it makes adjustments much easier for the body to accept and to maintain.

FOOT SOAK

- Thoroughly mix 5-8 drops of Align into Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality. Dissolve into a basin of warm water to soak and refresh tired sore feet.
- For especially sore feet apply Lavender Ice to feet and then mix 5-8 drops of Align into Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality. Dissolve into a basin of warm water to soak and refresh tired sore feet.

INHALATION

- Rub 2-3 drops in palms of both hands. Cup hands over face and nose and inhale deeply.
- Diffuse 10-15 drops in 15 minute increments throughout the day.

MASSAGE

- Apply to the feet and/or spinal area before a chiropractic alignment or a massage.
- Mix 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- For an all-over body moisturizing oil and therapeutic massage oil add 20-24 drops to one bottle goDésana Lubriessence.
- Maybe added to all goDésana Carrier oils in ratio of 10-12 drops per tablespoon.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake and spray for a really pleasant, emotionally balancing environment.

TOPICAL

- Massage 2-3 drops into spinal reflex points of the feet and/or hands.
- 1-2 drops at base of big toe down the spinal reflex of the foot to help 'balance' the body.
- Apply 4-6 drops along the spine and gently feather into skin.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

RESPONSIBLE CAUTIONS

- Non-toxic, non-irritant, non-sensitizing.
- The blue color of this oil may stain clothing and sheets.
- Not to be used internally.



WholeBody™ System

ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Balsam Fir, Black Spruce, Frankincense, Rosewood, and Tanacetum Annum.

7 touch system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine OR using the AromaStix, starting just below the big toe - roll down along the foot reflex spine. Apply to both feet.

Follow with Osteo



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

