

# OSTEO

Used as the 'Second Touch' to communicate with the skeletal system of the body.

## SECOND TOUCH SUPPORTIVE SKELETAL SYSTEM

Formulated to address nearly any form of discomfort, it contains essential oils historically known for their anti-inflammatory, antispasmodic, anti-pain and anti-hematoma properties.



WholeBody™ System

Whether chronic or acute, this blend is a favorite among many people with long suffering conditions of rheumatism, arthritis and gout.

While supporting and strengthening the bone matrix, this blend is helpful to those who have broken a bone or may have had surgeries to the bones. Osteo may be applied around the area of surgery and may help with swelling and bruising. Do not apply over stitches or into an open wound.

For those who are unable, due to a cast or inaccessibility, to apply Osteo to the site of the injury, you may apply to the corresponding foot or hand reflex points.

**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 to assist with pain relief, ease aching muscles and sore joints.
- To ease tired muscles after working out add 8-10 drops of Osteo, 4-6 drops Lavender Fine and 3-5 drops of Trauma Relief.

### COMPRESSION

- For relief from pain and inflammation, gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.
- For chronic or acute bone or tissue pain relief, gentle massage 1-2 drops of Trauma Relief directly on the injury site. Follow with 5-6 drops of Osteo, again massaging gently directly on the injury site. Apply a warm compress for 10 to 30 minutes.

### FOOT SOAK

- Thoroughly mix 5-8 drops of Osteo 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 per hour throughout the day.

### MASSAGE

- Add 8 to 10 drops to 1 tablespoon of carrier oil to create a soothing blend for aches, pains and sore muscles.
- For an all-over body toning oil and therapeutic massage oil add 20-24 drops to one bottle goDésana Lubriessence.
- May be added to all goDésana carrier oils in a ratio of 10-12 drops per tablespoon.

### MISTING SPRAY

- Mix 15 drops in 4 oz. distilled water in blue cobalt spray bottle. Shake well and spray for fresh, clean aroma.

### TOPICAL

- Massage 2-3 drops into spinal reflex points of the feet and/or hands.
- 1-2 drops at base of big toe down spine of foot to assist with pain relief body.
- For oily or acne prone skin and to tone the face, mix 40 drops with 1 oz. of argan carrier oil, apply to cotton ball and cleanse affected area.
- 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

- One of the primary oils in this blend, Birch, can provide relief of joint and bone pain; it contains 90+% methyl salicylate - very similar to the active ingredient in aspirin. Use responsibly.
- Keep out of reach of children. This blend can be used with children, when used without overdoing.
- When applied topically, methyl salicylate may increase the anticoagulant action of blood thinners.

## ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Birch, Clove Bud, Helichrysum, Rosemary ct. 1,8 cineole, and Sweet Marjoram.

## 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 Sensory**



### 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.

