

# Citrus Joy

PROTECTIVE BLEND 10ml

Citrus Joy is formulated with essential oils that contain constituents known to calm and relax while strengthening the immune system and improving overall well-being.\*

Citrus Joy has an uplifting, invigorating aroma that is enjoyed by both children and adults alike. It may assist with mental clarity, concentration, and creativity.\*

If mixed with water, Citrus Joy imparts an uplifting, fresh scent when used to clean countertops and other hard surfaces. It's the perfect replacement for chemical-laden degreasing products.\*

## USES

### aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for up to 15 minutes per hour as desired to impart an invigorating, fresh scent to the home.\*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed for a quick pick-me-up.\*
- **Body/Room Spray:** Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist around your body or into the environment as desired. Can be used as an invigorating perfume or to freshen areas like closets, basements, or cars where stale odors may linger.\*

### bath

- Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea salts and mix into warm bath water to soak away the stresses of the day.\*

### internal

- Add 1 to 2 drops to a glass or bottle of water for an extra zing; may assist with cleansing the liver and the blood, and is especially good for weight loss.\*

### topical

- **Perfume/Cologne:** Apply 1 to 2 drops to pulse points as a refreshing perfume.\*
- **Reflexology:** Apply 1 to 2 drops to the soles of the feet in the morning for an invigorating start to the day.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

gōDesana

Product Information Page



## application methods

Aromatic • Bath • Internal • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

## ingredients

*Citrus sinensis* (Sweet Orange), *Citrus reticulata* (Tangerine), *Citrus paradisi* (Pink Grapefruit), *Citrus reticulata var deliciosa* (Red Mandarin), *Citrus reticulata var deliciosa* (Green Mandarin), *Citrus aurantifolia* (Lime), *Citrus bergamia* (Bergamot)

## responsible cautions

- Will cause sunburn if skin is exposed to sunlight right after application; wait several hours before exposing skin to sunlight after application.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*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.*