

PETROCHEMICAL DETOX

21-DAY PROTOCOL

This detox program is designed to help your body shed unwanted pounds, reduce cellulite, and address a range of health concerns, including improving skin health, enhancing digestion, and promoting better sleep. It also focuses on mitigating the accumulation of petrochemicals in the body, which can negatively impact overall well-being.*

Benefits

- Removes harmful petrochemicals from body.*
- Reduces inflammation for overall wellness.*
- Balances hormones by eliminating toxins.*
- Enhances liver detox for toxin removal.*
- Boosts energy by reducing toxic load.*
- Improves skin by reducing chemicals.*
- Supports better digestion and absorption.*



Understanding Petrochemicals and Their Sources

Petrochemicals are chemical compounds derived from petroleum, found in products like plastics, detergents, cosmetics, and industrial materials. Their build-up in the body stems from various sources*:

Environmental Exposure: Air, water, and soil pollution introduce VOCs into the body.*

Dietary Sources: BPA, phthalates, and additives in processed foods accumulate in the body.*

Household Products: Cleaning agents and personal care items can be absorbed through skin or inhaled.*

Occupational Risks: Workers in petroleum and chemical industries face higher exposure via inhalation or skin contact.*

Biomagnification: Toxins concentrate in animals and affect humans through the food chain.*

Health Risks of Petrochemical Accumulation

The presence of petrochemicals in the body has been linked to health problems such as hormonal disruptions, neurological issues, respiratory problems, and increased cancer risk. These compounds can persist and bioaccumulate over time, leading to heightened concentrations and long-term effects. Minimize harmful petrochemical accumulation by choosing natural or organic products, limiting processed foods with additives, drinking filtered water, avoiding plastic food containers labeled 3 (PVC) or 7 (BPA), and ensuring proper ventilation when using household chemicals. By becoming aware of exposure sources and making proactive choices, you can significantly reduce your contact with harmful petrochemical compounds and support your body's natural detoxification processes.*



Adrenacrine supports detox by balancing adrenal health and boosting energy, while Citrus Joy promotes cleansing with oils that help flush out toxins naturally.*

Combine 2 bottles of Citrus Joy and 1 bottle of Adrenacrine in a 1-ounce amber glass bottle. Let it sit for at least 12 hours. Apply generously, morning and night, to areas with petrochemical build-up (e.g., stomach, legs, arms). One bottle covers two areas; for more areas, prepare additional mixture. Do not dilute.*



Holy Basil (Tulsi) Tea supports gentle detoxification by promoting liver health, reducing inflammation, boosting immunity, and flushing out toxins naturally.*

Every morning and night, mix 1 scoop of Holy Basil Tea with up to 8 ounces of warm water, or your favorite beverage.*

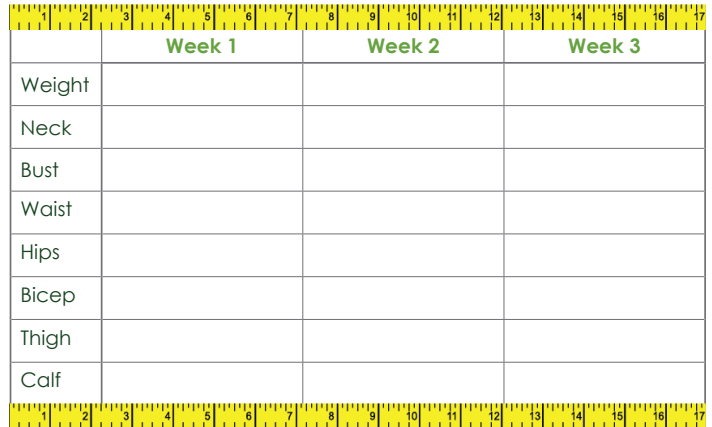


Pink Grapefruit Essential Oil supports detoxification by stimulating the lymphatic system, flushing out toxins, and promoting a healthy metabolism.*

At least once per day, add 5-12 drops of Pink Grapefruit to 16 ounces of water or your favorite beverage.*

TIPS FOR SUCCESS

- **Super-Charge Your Weight Loss:** Boost your weight loss goals by adding **Beetroot Max**, **Berberine ACV**, **Slimmer Max**, and **VitaliTea** to your daily routine for enhanced fat-burning and reduced cravings.*
- **Weekly Tracking:** Record your weight and measurements once a week to track your progress and stay motivated.*
- **Before & After Photos:** Take a full-length photo and a close-up of your face. Wear something you'll feel confident showing off in your before/after pictures - your progress will amaze you!*
- **Stay Consistent:** Set a daily reminder on your phone to stick to the detox protocol and track your efforts.*
- **Increase Activity Gradually:** When you start feeling more energetic, add light activities like walking to your routine to enhance your detox.*
- **Fuel & Simplify:** Start with a protein-rich breakfast and remove processed foods to make healthier choices effortless.*
- **Stay Hydrated:** Drink at least 16 glasses of water daily to flush out toxins and support your body's detox process.*
- **Prioritize Sleep:** Aim for 7 to 8 hours of quality sleep each night to allow your body to repair and detoxify effectively.*



	Week 1	Week 2	Week 3
Weight			
Neck			
Bust			
Waist			
Hips			
Bicep			
Thigh			
Calf			

INGREDIENTS & CAUTIONS

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Holy Basil Tea: *Ocimum tenuiflorum (Holy Basil), Althaea officinalis (Marshmallow) Root, Cnicus benedictus (Blessed Thistle), Cassia angustifolia (Senna) Leaf, Carica papaya (Papaya) Fruit Extract, Zingiber officinale (Ginger) Root*

Adrenacrine: *Ocimum basilicum (Sweet Basil), Anethum graveolens (Dill Weed), Levisticum officinale (Lovage Root), Mentha piperita (Peppermint), Cocos nucifera (Fractionated Coconut)*

Pink Grapefruit: *Citrus paradisi (Pink Grapefruit) from USA, cold expressed from rind*

Citrus Joy: *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)*

Holy Basil Tea Cautions

- Holy Basil (Tulsi) Tea may modify glucose regulation.
- 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.

Adrenacrine Cautions

- For external use only.
- Dilute before applying topically.
- 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.

Pink Grapefruit Cautions

- Non-toxic, non-irritant, non-sensitizing, non-phototoxic. It has a short shelf life – it oxidizes quickly.
- 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.

Citrus Joy 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.

Six Month Health Tracker

Green Organics, LLC
family of companies



Name: _____ Start Date: _____

Products Being Used: _____

Disclaimer: This document is for your private use should you wish to complete it. Our intent is that this guide is helpful in revealing the value and correlation of nutrition and overall health. Should you choose to create and implement a health protocol, use this guide to monitor your results over the next six months.

Instructions: Rate each of the symptoms below, based upon your typical health profile over the past 30 days, using the following scale:

- 0 = Never or almost never have symptom 1 = Occasionally have it, effect is not severe 2 = Occasionally have it, effect is severe 3 = Frequently have it, effect is not severe 4 = Frequently have it, effect is severe

<u>HEAD</u>	1	2	3	4	5	6
Headache	___	___	___	___	___	___
Faintness	___	___	___	___	___	___
Dizziness	___	___	___	___	___	___
Insomnia	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>EYES</u>	1	2	3	4	5	6
Watery or itchy eyes	___	___	___	___	___	___
Swollen, red or sticky eyelids	___	___	___	___	___	___
Bags or dark circles under eyes	___	___	___	___	___	___
Blurred or tunnel vision	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>MOUTH/THROAT</u>	1	2	3	4	5	6
Chronic coughing	___	___	___	___	___	___
Frequent need to clear throat	___	___	___	___	___	___
Sore throat, hoarseness	___	___	___	___	___	___
Discolored tongue, gums or lips	___	___	___	___	___	___
Canker sores	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>HEART</u>	1	2	3	4	5	6
Irregular or skipped beat	___	___	___	___	___	___
Rapid or pounding heart	___	___	___	___	___	___
Chest Pain	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>DIGESTIVE TRACT</u>	1	2	3	4	5	6
Nausea, vomiting	___	___	___	___	___	___
Belching, passing gas	___	___	___	___	___	___
Heartburn	___	___	___	___	___	___
Bloated feeling	___	___	___	___	___	___
Diarrhea	___	___	___	___	___	___
Intestinal/stomach pain	___	___	___	___	___	___
Constipation	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>WEIGHT</u>	1	2	3	4	5	6
Craving certain foods	___	___	___	___	___	___
Excessive weight gain	___	___	___	___	___	___
Water retention	___	___	___	___	___	___
Underweight	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>MIND</u>	1	2	3	4	5	6
Poor memory	___	___	___	___	___	___
Stuttering or stammering	___	___	___	___	___	___
Poor concentration	___	___	___	___	___	___
Slurred speech	___	___	___	___	___	___
Poor physical coordination	___	___	___	___	___	___
Learning disabilities	___	___	___	___	___	___
Difficulty in making decisions	___	___	___	___	___	___
Confusion, poor comprehension	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>ENERGY/ACTIVITY</u>	1	2	3	4	5	6
Fatigue, sluggishness	___	___	___	___	___	___
Apathy, lethargy	___	___	___	___	___	___
Hyperactivity	___	___	___	___	___	___
Restlessness	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>EARS</u>	1	2	3	4	5	6
Ears itch	___	___	___	___	___	___
Earaches, ear infections	___	___	___	___	___	___
Drainage from ear	___	___	___	___	___	___
Ringing in ears, hearing loss	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>SKIN</u>	1	2	3	4	5	6
Acne	___	___	___	___	___	___
Hives, rashes, dry skin	___	___	___	___	___	___
Hair loss	___	___	___	___	___	___
Flushing, hot flashes	___	___	___	___	___	___
Excessive sweating	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>NOSE</u>	1	2	3	4	5	6
Stuffy nose	___	___	___	___	___	___
Sinus problems	___	___	___	___	___	___
Hay fever	___	___	___	___	___	___
Sneezing attacks	___	___	___	___	___	___
Excessive mucus formation	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>LUNGS</u>	1	2	3	4	5	6
Chest congestion	___	___	___	___	___	___
Asthma, bronchitis	___	___	___	___	___	___
Shortness of breath	___	___	___	___	___	___
Difficulty breathing	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>JOINTS & MUSCLES</u>	1	2	3	4	5	6
Pain or aches in joints	___	___	___	___	___	___
Arthritis	___	___	___	___	___	___
Joint stiffness	___	___	___	___	___	___
Pain or aches in muscles	___	___	___	___	___	___
Feeling of weakness or tiredness	___	___	___	___	___	___
Total	___	___	___	___	___	___

<u>EMOTIONS</u>	1	2	3	4	5	6
Mood swings	___	___	___	___	___	___
Anxiety, fear, nervousness	___	___	___	___	___	___
Anger, irritability, aggressiveness	___	___	___	___	___	___
Depression	___	___	___	___	___	___
Total	___	___	___	___	___	___

Track Your Improvement

MONTH 1 TOTAL	MONTH 2 TOTAL	MONTH 3 TOTAL	MONTH 4 TOTAL	MONTH 5 TOTAL	MONTH 6 TOTAL
___ 0-10 Points	___ 0-10 Points	___ 0-10 Points	___ 0-10 Points	___ 0-10 Points	___ 0-10 Points
___ 11-30 Points	___ 11-30 Points	___ 11-30 Points	___ 11-30 Points	___ 11-30 Points	___ 11-30 Points
___ > 30 Points	___ > 30 Points	___ > 30 Points	___ > 30 Points	___ > 30 Points	___ > 30 Points

Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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PRODUCT INFORMATION PAGE



suggested use

- Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.

ingredients

Ocimum tenuiflorum (Holy Basil), Althaea officinalis (Marshmallow) Root, Cnicus benedictus (Blessed Thistle), Cassia angustifolia (Senna) Leaf, Carica papaya (Papaya) Fruit Extract, Zingiber officinale (Ginger) Root

ingredient highlights

- **Holy Basil (Tulsi):** A powerful adaptogen, Holy Basil helps manage stress, promote mental balance, and strengthen immunity. Its antioxidants combat oxidative stress, while anti-inflammatory properties may alleviate arthritis. It also supports respiratory health by easing asthma and bronchitis symptoms and helps regulate blood sugar and improve insulin sensitivity.*
- **Marshmallow Root:** This soothing root forms a gel-like substance that relieves coughs, sore throats, and respiratory discomfort. It eases digestive issues such as gastritis and ulcers, while its anti-inflammatory properties reduce inflammation and enhance overall well-being.*
- **Blessed Thistle:** Known for stimulating appetite and relieving bloating, this herb supports lactation and promotes liver and gallbladder health by enhancing bile production. Its anti-inflammatory and antioxidant compounds protect cells and reduce inflammation.*

product summary

This revitalizing tea blends the health-boosting properties of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root to support overall well-being. Holy Basil helps manage stress and promote mental balance, while Marshmallow Root soothes sore throats and aids digestion. Blessed Thistle relieves bloating and supports liver and gallbladder health with its powerful anti-inflammatory benefits.

Papaya aids digestion, reduces inflammation, and boosts immunity, while Ginger Root improves gut health, eases nausea, and promotes joint comfort. Senna Leaf offers gentle detoxification and supports natural bowel regularity. Rich in antioxidants, this tea combats oxidative stress, strengthens immunity, supports weight management, and regulates blood sugar, delivering balance and vitality in every sip.*

benefits

- **Boosts Metabolism:** Holy Basil (Tulsi) Tea is believed to boost metabolism, potentially aiding calorie burning.*
- **Natural Detoxifier:** Often regarded as a natural cleanser, Holy Basil (Tulsi) Tea may help eliminate toxins from the body.*
- **Supports Digestion:** When paired with ginger, Holy Basil (Tulsi) Tea effectively aids digestion, promoting improved nutrient absorption and overall gut health.*
- **Eases Stress:** Renowned for its adaptogenic properties, Holy Basil (Tulsi) Tea may help reduce stress, which can positively impact eating habits and overall well-being.*

responsible cautions

- Holy Basil (Tulsi) Tea may modify glucose regulation.
- 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.

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Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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PRODUCT INFORMATION PAGE

main constituents

HOLY BASIL (TULSI)

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Caryophyllene:** A sesquiterpene hydrocarbon found in Holy Basil leaf oil that contributes to its calming and anti-inflammatory properties, supporting stress relief and overall wellness.*
- **Phenolic compounds:** Holy Basil's fresh leaves and stems are rich in antioxidants such as cirsilineol, circimaritin, isothymusin, apigenin, and rosmarinic acid, which help protect the body from oxidative stress and support overall health.*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.*

Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

BLESSED THISTLE

- **Cnicin:** The main compound in Blessed Thistle, cnicin gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*

Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

SENNA LEAF

- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.*
- **Antioxidants:** Phenolic compounds and vitamin C help reduce oxidative stress, boost immunity, and enhance overall well-being.*

Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.*

Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.*

Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>

Adrenacrine

detoxification blend



ingredients

Ocimum basilicum (Sweet Basil), Anethum graveolens (Dill Weed), Levisticum officinale (Lovage Root), Mentha piperita (Peppermint), Cocos nucifera (Fractionated Coconut)

suggested use

- Apply topically over the liver or kidney area twice per day. Adrenacrine can be used following antibiotics or other medications, drug and alcohol poisoning, during times of extreme stress, or for daily adrenal care. Use for 10 days, then wait 10 days before using again.

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

responsible cautions

- Dilute before applying topically.
- 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.

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product summary

In today's fast-paced, fight-or-flight world, adrenal fatigue has become quite common. Many of us are always on the go, never taking the time to truly relax. So whether we're stressed about being late for work or literally running for our lives, our adrenals don't know the difference.*

In a crisis situation, we get a boost of adrenaline and cortisol to deal with the immediate challenge, then once we're safe, the adrenals re-regulate and our bodies return to normal function. But sometimes when there is chronic stress and worry, the flight-or-flight mechanism never gets switched off and we have a constant flow of stress chemicals taxing the body.*

Sustained, high levels of cortisol can compromise healthy organs and normal, functioning hormone levels can become destabilized. At this point, we can experience adrenal exhaustion/fatigue and the many symptoms associated with it like weight gain, insomnia, tiredness, depression, food cravings, mood swings, and lack of focus.*

Adrenacrine is a proprietary essential oil blend formulated for the express purpose of stimulating, supporting, and strengthening the adrenal system.*

ingredient highlights

- **Sweet Basil:** Has been shown to lower cortisol levels and is considered one of the best aromatic nerve tonics for its ability to assist with nervous tension, stress, anxiety, and depression. It may also be useful in supporting the body with insomnia and migraine headaches.*
- **Dill Weed:** Shown to exhibit anti-inflammatory and analgesic properties that fight free radical damage which may lead to autoimmune disorders, heart disease, cancer, arthritis, premature aging, and neurodegenerative diseases like Alzheimer's and Parkinson's.*
- **Lovage Root:** Has sedative and antispasmodic properties that may help soothe anxiety and promote restful sleep. Emotionally and energetically, Lovage has been shown to assist with reducing stress, fatigue, depression, and overall feelings of melancholy.*
- **Peppermint:** Has been shown in studies to assist in lowering cortisol levels and calming anxiety. Its aroma stimulates the nervous system, releasing endorphins that induce a positive mental effect on the body and brain.*

PINK GRAPEFRUIT

citrus paradisi

10ml

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PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Internal • Topical

properties

Wildcrafted

Producing Organ: Rind

Extraction: Cold Expression

Country of Origin: USA

Safety Group: #2

Main Chemical Constituents: limonene, cadinene, paradisiol

Therapeutic Properties: Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 123.]

uses

- Add 10-15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water to assist the body in easing cellulite and water retention. Also helpful to lift the spirit and revive the body.*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to assist with mood elevation, lethargy, and appetite reduction.*
- Add 1 drop to your water bottle and drink for its decongesting properties; helpful to the liver and lymphatic system. Using 2 drops in bottled water may also support a healthy metabolism.*
- Add 5 drops of Pink Grapefruit and 5 drops of Lemon to 2 ounces of Grape Seed Oil. Apply as a cleanser for oily and acne prone skin.*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.*

product summary

Pink Grapefruit Essential Oil has anti-depressive properties and an incredible fragrance that makes it a good choice to add to a perfume blend. It is uplifting as a diffuser oil and blends well with citrus, florals, and especially with Sandalwood essential oil.*

Pink Grapefruit is a very refreshing oil helpful in combatting depression and fatigue. It is cooling, cleansing, decongesting, and can be beneficial for the liver and a sluggish lymph system.*

Further, the pleasing aroma has laboratory-confirmed appetite reducing effects. Adding a drop of Pink Grapefruit to drinking water gives a refreshing zing that also has wonderful cleansing properties.*

Like many of the citrus oils, Pink Grapefruit, has a unique "fat dissolving" characteristic. Pink Grapefruit is famous for reducing cellulite and can be used with a favorite carrier oil.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing, non-phototoxic. It has a short shelf life – it oxidizes quickly.
- 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.

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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 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

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.
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