

## Ingredients

100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cedarwood, atlas; Elemi, Frankincense, and Lavender, fine

### 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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## Focus For Kids

Many kids commonly have difficulty concentrating on tasks, particularly school work.

Multi-tasking and distractions like surfing the web or instant messaging compete for their attention. With so many potential interruptions, it can be difficult for children to stop and focus on the task at hand.

Focus For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with left brain, logical thought processes, attention, and concentration.

It helps to keep one present during mental work and may be helpful for attention deficit disorders.

### INGREDIENT HIGHLIGHTS

- Vetiver, a very grounding and balancing oil emotionally, mentally, and spiritually, is said to affect the nervous system, endocrine (hormone) system, skin, and emotions.
- Cedarwood, atlas is a grounding, calming Essential Oil that is said to combat negativity. Unlike other conifers, Cedarwood, atlas brings instantly uplifting, yet calming effects.
- Elemi Essential Oil stimulates circulation, the secretion of hormones and enzymes from the endocrinal glands, and the discharge of bile and other gastric juices into the stomach. Additionally, it stimulates nervous responses, including those affecting neurons in the brain, the heartbeat, and respiration.
- Frankincense is known for its comforting properties. It is useful for visualizing, improving one's spiritual connection, and helping to overcome stress and despair. Frankincense can promote feelings of mental peace, relaxation, and satisfaction while helping to relieve anxiety, anger, and stress.
- Lavender, fine, with its well-known calming scent, is an excellent tonic for the nerves and anxiety issues. It can be helpful in treating migraines, headaches, depression, nervous tension, and emotional stress. The balancing properties of Lavender, fine can also boost energy and stamina.

### SUGGESTED USAGE

- Inhale, then apply neat under the big toe, then drop or apply neat to the back of neck near hairline. This can be repeated as needed.
- Can also be used topically and in bath with proper dilution.

### PREGNANCY & CHILDREN

#### Topical

Infant to 3 months - *not recommended*  
3 months to 3 years - *not recommended*  
3 to 6 years - 3 drops in 10 ml carrier oil  
6 to 10 years - 6 drops in 10 ml carrier oil  
Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester at a 3% dilution (15 drops per 1 ounce)

#### Bath

Infant to 3 months - *not recommended*  
3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo  
3 to 6 years - 3 drops in ¼ cup Pink Himalayan Salt  
6 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality  
Pregnancy - safe when used as directed

### RESPONSIBLE CAUTIONS

- Generally non-toxic, non-irritant.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

5ml Bottle



### GODÉSANA ORGANICS CORPORATE OFFICE

461 E Pike Street • Morrow, OH 45152  
614.948.4409  
[www.goDesanaOrganics.com](http://www.goDesanaOrganics.com)

Alexandria Brighton Collection  
ESSENTIAL OILS

