

# STILL

Aromatic and sensual blend formulated with oils that are highly grounding. Still can help soothe and ease the transition from the fast pace and worries of your day into a relaxing evening. This blend supports the Root Chakra, and can help relax and quiet the mind, body, and spirit while encouraging more restful sleep.

Still is particularly helpful when we have taken on more than we feel we can handle and are overwhelmed. For those recognizing they may have weak boundaries, Still aids in drawing more appropriate boundaries by strengthening love and respect of self.

Still helps to ground us and allow peace of mind to re-evaluate our priorities; taking a step out of the chaos to see where we can de-stress. Still may also have a calming effect on some seizure disorders.

The oils in Still are also known for their deeply nourishing and anti-aging properties. This blend encourages tissue regeneration, relieves itching and irritation after shaving, moisturizes dry skin, keeps hair looking healthy and shiny, and balances oily, acne-prone skin.

## daily uses

### BATH

- Mix 10-12 drops Still in ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water. Mix thoroughly, relax, and soak away the cares of the day.

### INHALATION

- Rub 2 to 3 drops on the palms of your hands; rub together, cup hands over mouth and nose and inhale deeply when feeling overwhelmed or anxious.

### MASSAGE

- For a relaxing massage add 5 to 6 drops to 1 tablespoon of carrier oil.

### MISTING SPRAY

- Use to create a soothing environment and increase relaxation. Add 10 to 12 drops of Still to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Close your eyes and mist around your body..

### TOPICAL

- Apply 1 to 2 drops to pulse points.
- Apply a drop over the heart or across the back of the neck.

### RESPONSIBLE CAUTIONS

- Use as directed. For topical and aromatic use only.
- Keep out of reach of children.
- Store at room temperature with lids securely tightened, keep away from sunlight.



## Health Blends

### ingredients

Certified Organic and Wild Harvested oils of Vetiver, Patchouli, Lavender, fine; Basil, sweet; Spruce, black; and Neroli

#### Basil, sweet

Considered one of the best aromatic nerve tonics for easing tension, stress, anxiety, and depression.

#### Lavender, fine

Encourages deep, restful sleep and pleasant dreams.

#### Neroli

Has a calming effect on anxiety, shock, and stress. Can assist in diffusing anger.

#### Patchouli

Known to help with frigidity, nervous exhaustion, and stress related issues.

#### Spruce, black

Possesses the ability to free and calm the mind while elevating the spirit.

*\*AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil.*



**Available in:**  
**10ml Bottle or**  
**10ml AromStix**

#### 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.



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