

EMOTIONAL BLENDS

DELIGHT

Delight was formulated specifically to appeal to the inner child in each of us. It reminds us to “enjoy the journey” and not take ourselves, or life’s challenges, too seriously. It can literally support us in “lightening up”.

The energy of Delight encourages us to create and experience as much fun and joy in daily living as we can.

Delight is great for everyday usage, or at a particular time when we recognize the need to “lighten up”. Whether we feel down and need a lift, or just feel bogged down by over-thinking and over-analyzing, Delight can inspire and infuse the energy of joy into our experience!



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Mandarin, red; Rosewood, Orange, sweet; Grapefruit, pink; Spearmint, and Tangerine

daily uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara ct. 1,8 cineole when applied to the soles of the feet only, all Essential Oils should be diluted when used topically during pregnancy, while nursing, and when using with children or the elderly.

BATH

- Add 8-10 drops to 1/2 cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

COMPRESS

- Mix 2-4 drops of oil in 1 pint of hot or cold water; soak towel in water and apply on desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

responsible cautions

- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Due to citrus oil ingredients, it's best to avoid direct sun exposure to the area where oils were applied for at least 24 hours.

availability 5ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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pregnancy & children

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