

EMOTIONAL BLENDS

DISPEL FEAR

"Only when we are no longer afraid do we begin to live."

~ Dorothy Thompson

Fear is an illusion, but once given life fear becomes real. If we accept fear, we give fear a basis for existence; we make fear real, and we give fear life.

The soothing aroma of Dispel Fear quickly calms and balances the emotions while allowing the mind to release our fears.

Dispel Fear can help to sooth, balance, ground, and stabilize the body emotionally.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Geranium, rose; Rose, Palmarosa, and Neroli

daily uses

- 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.
- Use 2-4 drops behind knee; left knee if left-handed, right knee if right-handed. Use Restore Courage behind opposite knee.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you're feeling anxious or fearful.
- If using for adrenal support, refer to the A-Stimulate datasheet for further information.

pregnancy & children

- Safe when used as directed.

RESTORE COURAGE

"Courage is resistance to fear, mastery of fear - not absence of fear."

~ Mark Twain

Courage is the ability to act in spite of our fear. Fear is not the enemy, but rather our intuition guiding us in the direction we are intended to follow, much like a compass.

The powerful aroma of Restore Courage grounds and balances the emotions while empowering the mind.

Restore Courage can help to balance, ground, and stabilize the body emotionally.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rosewood, Tanacetum annuum, Spruce, black; Sage, and Bay Laurel

daily uses

- 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.
- Use 2-4 drops behind knee; left knee if left-handed, left knee if right-handed. Use Dispel Fear behind opposite knee.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you need strength to face life's issues.
- If using for adrenal support, refer to the A-Stimulate datasheet for further information.

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

- Keep out of reach of children and pets.
- 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.

availability

Dispel Fear: 5ml Bottle
Restore Courage: 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.
© 2011 Green Organics, LLC • © 2013 goDésana, LLC
www.godesana.com