

# EMOTIONAL BLENDS

goDésana organics  
feel the difference

## DISPEL JUDGMENT

Dispel Judgment can help those who judge people or situations to release that pattern of thought and behavior.

When we judge others, we see only the negative and this can cause us to feel separated and alone. Those with low self-esteem may judge themselves as well as others.

We have a choice in how we perceive ourselves and others. Dispel feelings of judgment and replace them with the positive energy of the companion blends, Restore Tolerance and Restore Empathy.



## RESTORE TOLERANCE

Intolerance causes conflicts and in many cases, has even triggered wars. Tolerant individuals never start conflict unnecessarily.

If other people think differently than you, it doesn't mean either way of thinking is wrong, or that you necessarily need to justify your own beliefs and actions.

Restore Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.



## 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Spikenard, Marjoram, sweet; Grapefruit, pink; Melissa, Ylang Ylang Complete, Clary Sage, Angelica, Sandalwood, Lavender, fine; and Fractionated Coconut

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Melissa, Myrrh, Jasmine, Mandarin, green, Palmarosa, Angelica, Ylang Ylang Complete, Geranium, rose; Lavender, vera; and Fractionated Coconut

## 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.
- Add 10-15 drops to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results.
- 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 judgmental toward yourself or others.

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- 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 to be more accepting.

## pregnancy & children

- Dispel Judgment and Restore Tolerance are not recommended for use during the first trimester of pregnancy.
- Dispel Judgment and Restore Tolerance are safe when used as directed in children over six years of age.

## availability

Dispel Judgment: 5ml Bottle  
Restore Tolerance: 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

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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