

Dolphin Essence

North North East | Winter

Dolphins are the keepers of the sacred breath of life.

Dolphins are conscious breathers and must be awake to remember to breathe. In order to do this, Dolphins must remain in the present moment, in the now, a state of conscious awareness.

Life only happens in the now, and some of us are missing it.

With Dolphin we learn to live in balanced community and experience joyful harmony with each other and Mother Earth.

Dolphin teaches how to use breath to revitalize ourselves physically.

Dolphins are supremely intelligent, highly social, endlessly flirtatious, and not above a good fight.

Dolphin Lessons: Vibrant personality; enthusiastic and positive attitude; charismatic; spirit-filled and healthy; expresses high life-force energy; altruistic; peace loving; has trust in and connection to Higher Power.

Too much Dolphin Essence and a person can become a day-dreamer or a religious zealot, have their head in the clouds, and become unable to accomplish necessary daily requirements of life; they see reality only as they wish it to be.

Balance with the complementary opposite on the Circle of Vitality, Squirrel Essence.

general uses

BATH

- Add 10 to 15 drops of Dolphin to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot soak, add 8 to 12 drops of Dolphin to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

INHALATION

- Apply 2 drops to palms of hands; rub together, cup hands over nose and mouth. Inhale deeply as needed.

MASSAGE/TOPICAL

- For a safe, healthier alternative to synthetic fragrances, apply 2-4 drops on pulse points. Can be blended with other Essential Oils to create your own personalized signature scent.
- Apply to the wrists and breathe in the essence of Dolphin Spirit; especially helpful when we find ourselves living in the past or in the future.
- Apply Dolphin Spirit to your feet and heart and become more outgoing and social; great for those who are shy and reserved.

MISTING

- Mix 10 to 12 drops in 4 ounces of Distilled Water in a blue cobalt glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist around your body.

pregnancy & children

- Safe when used as directed.

Breathe • Harmony • Live In The Now

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Elemi, Tangerine, Inula, Balsam Copiava, Cistus, and Tanacetum Annuum

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

5ml Bottle



QUALITY ASSURANCE

All goDésana Organics 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 Organics.

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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