

# Dove Essence

## North | Winter

Dove is the second signature blend of goDésana Organics as it reflects the connection between heaven and earth (Terra).

The Dove is a ground feeder, and as such maintains a close connection to the Earth. Dove is a universal symbol of purity, and is recognized as a messenger of hope.

Dove can soothe our troubled, worried minds and reminds us of the blessings to be found all around us. With Dove, a new cycle is being born, opening to miracles and new possibilities.

We will be able to mourn and release what has passed and will awaken to the promise of new life and new dreams waiting to be fulfilled.

When Noah sent out the third Dove and it returned with the olive branch, he knew that the storm was over. Let Dove rekindle your hope and faith that the flood waters in your life will recede and you can enter into a time of peace and harmony.

**Dove Lessons:** Close connection to the Earth Mother; moving from a difficult cycle to one of rest and peace; messenger of hope; reminds us that no matter what has happened, we can start again; bird of prophesy, will see what we can birth within our own life; Dove was the only animal that the devil was unable to shapeshift into because of her purity.

Dove acts as a balancer to her little counterpart, Hummingbird Essence.

## general uses

### BATH

- Add 10 to 15 drops of Dove 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 Dove 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 to help restore peace and harmony.

### MASSAGE/TOPICAL

- Apply over the heart to restore hope when feeling hopeless.
- Apply over the solar plexus, our center of will and action, to inspire the will to go on during times of hardship or crisis.
- Rolled on the back of the neck, we access the Governing Meridian, spreading peace and hope through all systems of the body.
- Apply Dove Essence to the soles of the feet and move forward in faith.

### 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 anytime you may find yourself feeling emotionally overwhelmed.

## pregnancy & children

- Safe when used as directed.

*Compassion • Innocence • Peace & Hope*

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Myrrh, Spikenard, Sandalwood, Rose, and Lavender, fine*

## 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.

## 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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