

# Dragonfly Essence

North | Winter

Alexandria Brighton Collection  
ESSENTIAL OILS

Dragonflies are very ancient insects with large slender bodies and iridescent wings. They are thought in many indigenous cultures to be a new expression of the dragons of old.

With Dragonfly, we can rely on our perceptions and the power of our own light; it is our time to shine. Dragonfly reminds us that we are the light, and we can express our own creative imagination - our own inner light.

Life is never what it seems, and Dragonfly helps us to see through the illusion so we can more fully shine in our endeavors. Dragonfly can be our guide to facing illusion and moving into transformation.

**Dragonfly Lessons:** Trust in the power of the Light; we can rely on our own perceptions and light to succeed; helps us to see through illusion; expresses transformation and maturity; brings clarity and light especially to endeavors such as healing, creativity, and counseling.

Too much Dragonfly Essence and a person can create their own illusion in which to live. Balance with the complementary opposite on the Circle of Vitality, Beaver Essence.

## general uses

### BATH

- Add 10 to 15 drops of Dragonfly 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 Dragonfly 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 calm and ground the mind and inspire clarity of thought.

### MASSAGE/TOPICAL

- Apply over the Heart Chakra, our center for spiritual strength and forgiveness.
- Apply over the Solar Plexus, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- Apply over the Third Eye Chakra to increase awareness of reality and intuitive guidance; to see beyond illusion.
- Apply to the Crown Chakra to be open to receiving guidance and to recognizing messages when they are received rather than dismissing them as coincidence.

### MISTING

- Add 10 to 12 drops of Dragonfly to 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist around yourself to ground your energy and inspire transformational change. Mist around yourself before you make major decisions to calm emotions and give clarity to the mind.
- Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass or PET plastic bottle. Shake well before use. Carry with you to share with friends and family who could use a little transformation. Great to sample out to potential customers.

Creativity • Imagination • Transformation

## ingredients

Palmarosa, Neroli, Dragon's Blood, Elemi, Ocean Pine, Petitgrain, Cypress, Sandalwood, Spikenard, Fractionated Coconut

## pregnancy & children

### Safety Group #3

#### Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

#### Bath

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- 5 to 10 years: not recommended
- Pregnancy: not recommended

## 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 the lid securely tightened.

## availability

5ml Bottle



### STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible. Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

### 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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