

E-MOTION

E-Motion, short for "Energy In Motion" was created to support the third (solar plexus) Chakra, the seat of self-esteem, inner strength, and personal power.

**EMPOWERING,
UPLIFTING,
SUPPORTIVE**

The energy of this chakra defines how we see ourselves in relation to the world, influencing our capacity to establish appropriate boundaries, maintain a personal code of honor, and strengthen personal confidence, self-esteem, self-respect, and strong will.

Supporting overall emotional balance, this uplifting blend fosters the ability to use personal energy in taking appropriate action to create the visions, goals, and objectives we've set our sights upon - putting energy into motion - literally.

When confronted with negative or challenging situations, E-Motion blend can support and empower a sense of strength in the face of opposition, aiding on in recognizing the powerful life lessons therein.

E-Motion can be especially uplifting for those struggling with depression, fear, insomnia, stress, anxiety, and general feelings of overwhelm by one's circumstances. Self-esteem can be strengthened, providing empowerment to take action in moving forward rather than remaining emotionally stuck.

Available in: 5ml Bottle

daily uses

BATH

- Thoroughly mix 8-10 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Enjoy!

DIFFUSION

- Diffuse 10 minutes per hour as needed throughout the day.

INHALATION

- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply. This simple procedure can help bring relief in times of high stress and emotional overwhelm.

MASSAGE

- Add 8-10 drops per 1 tablespoon of massage or carrier oil for foot rubs or localized massage; or in larger quantities for full body massage.

MISTING SPRAY

- Create a personal or environmental fragrance spray by adding 15-20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before each use. This spray is great to use in the office, around the home, or anywhere desired.

TOPICAL

- Apply 3-4 drops as desired to solar plexus region of the body or on solar plexus reflex points of feet.
- Use on pulse points as a replacement for chemical-laden perfumes.

RESPONSIBLE CAUTIONS

- Not recommended for use with children.
- Not recommended for use during early pregnancy due to the proximity of this Chakra to the reproductive system.



Essential Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Roman Chamomile, Thyme ct. thymol, Tea Tree, Lemongrass, Juniper Berry, Jojoba, and Bay Laurel.

notes



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. 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.

