



Elk

south west | waxing fall

Stamina | Strength | Pacing Yourself

Elk Essence is representative of personal inner strength and maintaining a steady pace in life. Elk is very majestic and regal in stature, a perfect example of courage and dignity. With Elk Essence we take pride in ourselves without being egotistical. Elk, known for their stamina and ability to pace themselves, can help us to handle stress without getting burned out. Elk Essence helps one to proceed at a steady pace toward their goal.

Elks are unique in that they enjoy the company of their own gender and teach us how to develop friendships, communicate with and support brotherhood and sisterhood without jealousy and competition.

Elk Lessons: Self-worth; high self-esteem; act with confidence and dignity; acceptance of the physical body.

Too much Elk Essence and a person acts over-confident; boastful; acts impulsively; egotistically superior attitude towards others.

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

ingredient highlights

- Cedarwood, atlas: Gives Elk Essence its strength and endurance; willpower to hold firm against resistance; immovable strength in times of crisis.
- Cypress: Feeling of stability; helps to cope with difficult change; ability to go with the flow.
- Juniper Berry: Determination to overcome life's obstacles; the release of fear of failure; to feel empowered.
- Bergamot: Release negative emotions, grief, depression, etc; helps to rediscover spontaneity and optimism.

suggested usage

Bath:

- Add 6 to 12 drops in ½ cup of Dead Sea Salt and soak in a warm bath to renew your strength and confidence.

Inhalation:

- Apply 2 drops to a tissue or the palm of your hands, rub together, cup hands over your nose and mouth. Inhale deeply as needed for strength and confidence.

Misting Spray:

- Add 10 to 12 drops of Elk Essence to 4 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before using. Close your eyes and mist around your body as needed.
- Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before using. Carry with you to share with friends, family, and potential customers.

Topical

- Apply as a perfume. Can be used alone or as a base layer for additional blends.
- Apply 2 drops Elk Essence over the solar plexus and awaken your own confidence, self-esteem, and belief in your ability to succeed.
- Apply Elk Essence to the feet and across the back of the neck. Can help us to proceed at a steady pace toward our goals without getting burned out.
- Apply to the wrist or a tissue and inhale deeply whenever you need the confidence to go the distance.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing

Ingredients: Cedarwood, atlas; Cypress, Organic Juniper Berry, Organic Bergamot, Fractionated Coconut

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children



Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup bath salts
- 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

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.