

GRIEF RELIEF

Sooner or later, everyone's life is touched by loss, the loss of a loved one, an important relationship, a valued job or some other event that causes us to fall into a state of grief.

LOVING,
HEALING,
SOOTHES HEARTS

If we are not able to keep our heart open and process that grief it will stay with us for a very long time, maybe even the rest of our life. When this happens, we recall the incident and feel all the pain as if it were happening today.

Grief Relief blend allows the heart center to stay open and process through the pain to allow real healing to take place. The Bergamot Essential Oil in the blend resonates with the heart and acts as a soothing balm, allowing healing to gently take place, without the deep cathartic experience that many associate with emotional healing.

Available in: 10ml Bottle

daily uses

BATH

- Add 12 to 15 drops of Grief Relief blend to ½ cup of Pink Himalayan or Dead Sea salts and mix into a warm bath. Soak in the warm feeling of love, support, and being held in spirit.

INHALATION

- Apply 1 to 3 drops to a tissue or cotton ball and inhale as needed when feeling overwhelmed by feelings of grief.

MISTING SPRAY

- Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Mist around yourself or into a room creates an uplifting and heart soothing atmosphere and brings a feeling of being loved and cared for.

TOPICAL

- Apply 1 to 2 drops over the heart chakra to allow the heart center to stay open and to provide comfort and support to the heart.

RESPONSIBLE CAUTIONS

- Due to the amount of Bergamot in this blend and its high photo-sensitivity, it is best to avoid direct sun exposure to any areas where this blend has been applied for at least 24 hours.



Essential Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Bergamot, Cedarwood Atlas, Clary Sage, Cypress, Rose damascena, and Spikenard.

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.

