

# HARMONY

Harmony helps us to overcome harshness, discord and dissension. This uplifting blend helps us bring joy to others by bringing out the best in us.

JOYOUS,  
UPLIFTING,  
HARMONIOUS

We can become open to new possibilities with this calming yet uplifting essential oil blend. It contributes to an overall feel of well-being.

Our physical, emotional and spiritual bodies come together to create harmony in the world around us.

When we push too hard in one area of our lives, the other areas of our lives often suffer.

No matter what seems out of balance, Harmony can promote and help to create peace in all areas of our lives.

Available in: 5ml Bottle

## daily uses

### BATH

- Add 6 to 12 drops in ½ cup of Pink Himalayan or Dead Sea salts and soak in a warm bath. Allow yourself to be surrounded by harmonious joy.

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to warm the heart and bring feelings of joy.

### MISTING SPRAY

- Add 10 to 12 drops of Harmony to 4 ounces of distilled water in a blue cobalt spray bottle. Shake well before use. Close your eyes and mist around yourself to provide a high frequency energy that inspires happiness and joy.
- Mist around yourself before you meet with negative or combative people to dispel discord and animosity and create an environment of peace and harmony.
- Makes a great room spray as it brings the feeling of happiness and harmony to any environment.
- Add 5 to 6 drops to 2 ounces of distilled water in a blue cobalt bottle. Shake well before use. Carry with you to share with friends and family who could use a little happiness and harmony in their lives. Great to sample out to potential customers who will feel your genuine care and concern.

### TOPICAL

- Apply as a perfume to the pulse points, over the heart or wherever desired.
- May be applied over the Heart Chakra, your center for spiritual joy, forgiveness and unconditional love.
- Roll over the Third Eye Chakra to increase creativity and our sense of wonder.
- Apply to the Crown Chakra to be open to receiving guidance and to recognize messages when we receive them and not dismiss them as coincidence.

### RESPONSIBLE CAUTIONS

- Non-toxic and non-sensitizing.
- Due to the Cinnamon oil, if you are prone to allergies, patch test for irritation before use on the skin.
- Due to the amount of citrus oils in this blend and their potential for 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 Jasmine, Rose Damascena, Pink Grapefruit, Tangerine, Ylang Ylang Complete, Cinnamon Bark, Sweet Orange, and Ginger.

## notes

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### 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.

