



# HUMILITY

Leadership requires us to be a servant to others with strength and sincerity.

Humility shows us how to express strength without ego. Humble leaders know the balance between being gentle and remaining strong.

Having the sincere willingness to invest in others, raising up and maturing new leaders, is the road to our own success.

The danger in not being a humble leader or considering ourselves better than others, is that one day we may be “humbled”.

Use before meeting with others to develop your humble servant leadership within.

Humility helps us to understand that our purpose is bigger, and will last longer, than us.

## general uses

### LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara ct. 1,8 cineole when applied to the soles of the feet only, all Essential Oils should be diluted when used topically during pregnancy, while nursing, and when using with children or the elderly.

### BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### COMPRESS

- Mix 2-4 drops of oil in 1 pint of hot or cold water; soak towel in water and apply on desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

### PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

### 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 lid securely tightened.
- Some ingredients may be phototoxic; the area of skin where the Essential Oil is applied should not be exposed to UV rays for 24 hours after application.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rosemary ct. 1,8 cineole, Cypress, Carrot Seed, Tanacetum annuum, Sandalwood, and Patchouli

### MESSAGE/TOPICAL

Topical dilution for healthy individuals ages 10 and up is 10%.

1%-1.5% dilution is recommended for pregnancy, children, and the elderly.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 5ml Bottle



#### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and 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.

#### 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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.  
© 2013 goDésana • [www.godesana.com](http://www.godesana.com)