

# Hummingbird Essence

## South | Summer

Alexandria Brighton Collection  
ESSENTIAL OILS

The Hummingbird is pure joy in expression; she can fly in any direction, or hover, and has long been considered to be magical.

Hummingbird feathers were used as love charms, and Hummingbird Essence will open the heart center allowing one to experience pure bliss.

Hummingbird brings out the best in us and helps us bring joy to others.

Hummingbird overcomes harshness, discord, and disharmony.

**Hummingbird Lessons:** Overcoming the contradiction of duality; pure joy in expression.

Too much Hummingbird Essence and a person could flit around in all directions acting silly, or may appear to be insincere and superficial in expressing joyous enthusiasm.

Balance with the complementary opposite on the Circle of Vitality, Dove.

## general uses

### BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Allow yourself to be surrounded by unconditional love and pure joy from the sweet Hummingbird.

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire happiness and joy.
- 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. 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.

### TOPICAL

- Apply 2-3 drops to pulse points and inhale centering your thoughts on your spiritual joy, forgiveness for others, and unconditional love.
- Apply 2-3 drops to pulse points and inhale to increase creativity and sense of wonder.
- 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.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
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## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

Pure Joy • Harmony • Bliss

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Tangerine, Orange, sweet; Ginger Root, Grapefruit, pink; Jasmine, Ylang Ylang Complete, Rose, and Cinnamon Bark

## pregnancy & children



safety group #4

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

### Bath

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## availability

### 5ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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