

# Otter Essence

## South | Summer

The Otter holds a set of lessons in female energy. This applies to both women and men as we all hold both feminine and masculine energy. It is the innocence of love found in a child's heart, given freely without jealousy or control.

With Otter there is only trust and openness to share, give, and receive love, and to be part of a relationship, group, or community.

The Otter, like a playful child, is symbolic of the inner child. Otter reminds us not to take ourselves too seriously and to experience as much fun and joy in living as we can.

To know how to play, to have fun, and to balance work with play is not only all right, it's necessary; experiencing joy and happiness is essential to our well-being.

Take time each day to nourish you inner child so you will feel as light-hearted as when you were young.

**Otter Lessons:** Get in touch with your inner child; balance work with play; expression of joy; develop a sense of wonder; experience happiness; optimistic viewpoint.

Too much Otter Essence and a person acts immature; too much play, not enough work; a goof off; a jokester who is not sensitive to other people's feelings.

Balance with the complementary opposite on the Circle of Vitality, White Buffalo.

## general uses

### BATH

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

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed when feelings bogged down and depressed by too many hours of work and a lack of rest and play.
- 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 to feel happy, joyful, and enthusiastic.

### TOPICAL

- Apply 2-3 drops to the soles of the feet and run, dance, and jump around for the pure joy of it.
- 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 soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on reflex points on either hands or feet

## 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.

**Trust • Joy • Happiness**

## ingredients

*Orange, sweet; Tangerine, Grapefruit, pink; Mandarin, red; Spearmint, Rose, Rosewood, Fractionated Coconut*

## pregnancy & children



**safety group #2**

### 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 2<sup>nd</sup> trimester @ 3% dilution (15 drops/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 2<sup>nd</sup> trimester*

## 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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