



# Primal Romance Ready Blends

## ingredients

100% pure, Certified Organic and Wildcrafted oils of of Spikenard, Geranium, rose; Lavender, fine; Vetivier, and Neroli

## availability

5ml Bottle









Inhaling Essential Oils stimulates an area of the brain called the Limbic System, which governs moods and emotions. The inhalation can trigger varying emotional and physical responses in people, and aphrodisiac Essential Oils have the ability to invoke romantic feelings.

Primal is a refreshing, masculine scent that isn't overpowering. It can be used as a cologne, added to a bath, or diluted for use as a body or room spray.

## ingredient highlights

**Spikenard** was used by Roman perfumers, and has a well-known Biblical history, having been mentioned in the Song Of Solomon and with Mary Magsalene who used it to anoint Christ's feet before the Last Supper. Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. With its warm and earthy aroma, it also helps soothe the deepest forms of anxiety, nervous indigestion, migraine, stress, and overall tension. It was also used as an aphrodisiac in treating impotence. In combination with other aphrodisiacs, this oil can increase sensuality and heighten an awareness of touch.

**Rose Geranium** is one of the best Essential Oils for easing anxiety and depression. It is wonderfully balancing and uplifting. Rose Geranium has a balancing effect on the nervous system and relieves depression and anxiety, while lifting the spirits and making the world an easier place to live in. It has a balancing effect on the adrenal cortex and is great for relieving stress.

**Lavender** has been known throughout history as an herb of love. For hundreds of years, women have scented their clothing, linens, and trousseaus with sprigs of Lavender. It has been proven through scientific studies that the scent of Lavender is a powerful aphrodisiac that increases blood flow and is irresistible to many men. Lavender is relaxing yet stimulating, and works both physically and phychologically.





## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www. godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

#### **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**

goDésana 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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## ingredient highlights (cont'd)

**Vetiver** Essential Oil stimulates the limbic system and acts as a natural aphrodisiac that increases libido and sparks sexual desire. A stress-free mind is a vital requirement for sexual health, and sexual disorders like frigidity, impotence, and lack of libido are often vested with the limbic system of the brain. Vetiver stimulates the limbic system, pacifies the mind, and serves as an effective natural remedy for such health disorders.

**Neroli** not only promotes arousal and increases the libido, but it can also help cure a loss of interest in sex, frigidity, impotence, and erectile dysfunction. Neroli Essential Oil has long been used in weddings because of both its aphrodisiac properties and its ability to calm a bride on her big day. Many Victorian brides wore a sprig of orange blossom in their head dress and carried orange blossoms in their bridal bouquets in an attempt to calm nerves and stimulate romance on the wedding night.

### suggested usage

#### Rath

- Add 10 to 15 drops of Primal to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of Primal to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking in the Primal bath warms and energizes the Heart Chakra, creating a feeling of being loved and cared for.

#### Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist
  around the heart area, front and back, when feeling unloved, lacking joy and comfort,
  or experiencing grief and loss. May also be used when experiencing relationship
  issues that may stem from your inability to give and receive love. Shake well before
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously
  whenever you need emotional support and to give yourself permission to give and
  receive love. Shake well before use.

#### **Topical**

- Apply 1 to 3 drops of Primal to the pulse points on the wrists. A powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops to to the Heart Chakra area between the breasts in the center of the
  chest, and on the spine at the upper back directly across from the heart application
  point in front. When applied to the chakra area, you are feeding vibrational frequency
  into the chakra, providing warmth, nutrients, and strength.