

TAMAR

Woman of honor, resilience, faith, wisdom, and courage

Tamar was the daughter-in-law of Judah (twice), as well as the mother of two of his children. She endured much abuse but kept her faith in her destiny, and God provided her a way to fulfill it. That meant risking her life, but she had enough faith to take the chance.

Tamar blend can help to reestablish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.

Tamar blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. Tamar teaches us to take opportunities and use them to our advantage, always mindful of our destiny. Use Tamar blend whenever you feel the need for strength and personal power.

suggested usage

BATH

One of the ways Essential Oils were most often used in the time of Tamar.

- Add 10 drops of Tamar blend to ½ cup of Clay Vitality or Vitality Bath Salts, and add to your bath. Soak 10-20 minutes for best results. If you have past or present abuse issues keeping you from your destiny, while soaking, say a prayer or affirmation to overcome those situations. The Tamar bath will detox past abuse imprints, allowing forgiveness to take place. 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 5-8 drops of Tamar blend to ½ cup of Clay Vitality or Vitality Bath Salts, and soak feet 10-20 minutes for best results.

MISTING SPRAY

In Tamar's time, Essential Oils and resins were burnt as incense for prayer and offerings. We can use the spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4-ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of Tamar who kept her faith in her right to a family and took action when God gave her the opportunity. Can be used throughout your home or workplace to create a feeling of courage, strength, resilience, and personal power. Shake well before use.
- Mix 6-8 drops in a 2-ounce cobalt blue spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of Tamar's courage and strength.

TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Tamar's time. Women were also known to apply Essential Oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.
- Add 8-10 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil and use after your bath to nourish and moisturize the skin.

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.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Safe when used as directed after the second trimester of pregnancy.

Alexandria Brighton Collection
ESSENTIAL OILS



Spiritual Blends

ingredients

Fir, balsam; Bay Laurel, Wintergreen, Spruce, black; Carrot Seed, Cypress, Frankincense, Patchouli, Rosemary ct. 1,8 cineole, Rosewood, Sage, Sandalwood, Melissa, Fractionated Coconut

pulse points

Apply neat to one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

availability

5ml Bottle



QUALITY ASSURANCE

All oils from goDésana 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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