

TERRA

Terra represents the values that are important to goDésana and our distributors; to live in harmony and balance with the Earth and the other life with whom we share this home.

**EARTH,
BALANCE,
CONNECTIVITY**

Being green and organic not only helps preserve our health but the health of the Earth as well. Terra, the Earth, is our mother energy, our home; this blend helps us to reconnect with that nurturing, comforting and healing energy.

We feel this connection when we sit on beach and watch the sunset, walk in the woods, lie on the grass, or dig in our gardens. The rhythms of the Earth are the rhythms of our body and we need this connection to be and stay healthy.

Scientists are now beginning to study our need for connecting to the Earth, and their conclusion is that the biological clock of the body needs to be continually calibrated by the pulse of the Earth that governs the circadian rhythms of all life on the planet in order to be healthy.

How long has it been since you have really connected to Terra and felt yourself relax into the beauty of nature?

Available in: 5ml Bottle

daily uses

BATH

- Add 12-15 drops to ½ cup of Pink Himalayan or Dead Sea salts and dissolve into a warm bath, relaxing into the healing waters of Terra.

INHALATION

- Apply 2 drops to palms of hands; rub together, cup hands over nose and mouth. Inhale deeply as needed.

MISTING SPRAY

- Add 10 to 12 drops of Terra to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Great when you notice that you are feeling particularly ungrounded and irritable. Close your eyes and mist around your body.
- You may also make up small 2 ounce sample misters to share with friends, family and potential distributors. Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass spray bottle. An inexpensive way to share the heart of goDésana.

TOPICAL

- Apply as a perfume. Can be used alone or as a base to layer additional oils. May be applied to pulse points.
- Apply to the feet when you can't go barefoot on the Earth to feel grounded and supported.
- Use in the morning to start your day and in the evening before bed to ground excess static for a better night's sleep.
- Particularly effective when applied over the heart to feel held in the unconditional love Terra radiates.

RESPONSIBLE CAUTIONS

- Non-toxic, non-irritating, and non-sensitizing.



Essential Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Vetiver, Spikenard, Lavender Fine, Neroli, Geranium, and Fractionated Coconut Oil.

notes



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or 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.

