

EMOTIONAL BLENDS

COMPASSION

This blend was created with the intention of supporting the aspect of ourselves that wants to open to greater love and compassion for self and others. Through compassion for ourselves and others, we learn to give the same love that we long to receive, unconditional love. By releasing our own harsh judgment of ourselves, we can in turn release judgment of others. As we practice being kind and forgiving of ourselves, we can extend that same kindness and forgiving nature to others. If you recognize an opportunity to open up to greater love and kindness in your own life and relationships, try using Compassion blend for a while. Let it be kind, gentle and loving energy flow through your being, releasing any resistance to expanding the aspect of yourself that wants to open more fully to giving and receiving love.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Marjoram, sweet; Grapefruit, pink; Jojoba, Ylang Ylang Complete, Clary Sage, Sandalwood, and Lavender, fine

daily uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Thoroughly mix 12-15 drops into 1/2 cup Dead Sea Salts and dissolve into warm bath.

MASSAGE/ TOPICAL

- Add 5-10 drops to 1 tbsp of carrier or massage oil and massage over heart and thymus areas. Increase proportions if desired for a full body massage. 1-2 drops applied to the heart to support compassion for those you meet daily.

- Use as perfume by applying a drop or two pulse points.
- To open the thymus chakra for enhanced emotional balance, apply 2-3 drops to thymus center and/or on the soles of the feet.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.
- 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.

PERFUME & COLOGNE

- 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.

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

responsible cautions

- 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.
- Not recommended for use during early pregnancy due to possible hormonal influence of essential oils.
- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.

availability 5ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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pregnancy & children

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