

EMOTIONAL BLENDS

DISPEL ANGER

Excessive or inappropriately expressed anger can damage your health, wealth, and relationships. Anger can ultimately be traced to a lack, or loss, of love. Dispelling anger disperses the rage and allows one to make room for love to re-enter one's life.

An environment or personal energy field that holds on to anger is a very uncomfortable and often intimidating place to be. Anger is a natural and healthy emotion when appropriately expressed.

However, in excess or when inappropriately expressed, it is destructive to one's personal chi. Dispelling anger prepares the angry person for the use of Restore Empathy or Restore Unconditional Love Essential Oil Blends.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Orange, sweet; Bergamot, Grapefruit, pink; Helichrysum, Rose, Spikenard, and Jojoba

daily uses

- 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.
- Use 2-4 drops over the liver area.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you're feeling angry, frustrated, or as if you're going to lose control of your temper.

pregnancy & children

- 2 years to 5 years - safe when used as directed
- 5 years to 10 years - safe when used as directed
- Pregnancy - safe when used as directed

RESTORE EMPATHY

Empathy is the experience of identifying and understanding another person's feelings without experiencing those feelings for yourself at that particular moment. You place yourself in their shoes and feel what they are feeling.

Empathy is known to increase prosocial (helping) behaviors, and many animals survive not by eliminating each other, or by keeping everything for themselves, but by cooperating and sharing

Restore Empathy can help us share or recognize emotions experienced by those whose opinions, practices, race, religion, nationality, etc. differ from our own.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Sandalwood, Chamomile, roman; Myrrh, Lavender, fine; Spikenard, Angelica, Rose, and Fractionated Coconut

daily uses

- 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.
- Use 2-4 drops over the liver area.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you need to put yourself in someone else's shoes.

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

- 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.

availability

Dispel Anger: 5ml Bottle
Restore Empathy: 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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