

PRAYER OF SAINT FRANCIS

meditative blend 5ml

goDésana
feel the pure plant difference



application

Aromatic • Bath • Topical

safety group #3

ingredients

Lavandula angustifolia (Lavender, vera), Nardostachys jatamansi (Spikenard), Boswellia carteri (Frankincense), Santalum album (Sandalwood), Commiphora myrrha (Myrrh), Aniba rosaeodora (Rosewood), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

*Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O, Divine Master, grant that I may not so much seek to be
consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.*

The Prayer of Saint Francis is a bold one, asking for strength to give of ourselves to meet the needs of others. It is in giving that we receive; as we give of ourselves, we receive peace and blessings. Think about the situations you are involved in and restore peace to the soul with this spiritual, meditative blend.*

uses

- Mix 10-12 drops into ½ cup Pink Himalayan or Dead Sea bath salts and dissolve into warm bath.*
- Add 10-15 drops of Prayer Of Saint Francis blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into warm bath water; soak 10-20 minutes for best results.*
- For a foot soak, add 8-10 drops of Prayer Of Saint Francis blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.*
- Mix 12-15 drops in a 4-ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling disconnected, insecure, fearful, judgmental, and in need of peace in your life. Can be used throughout your environment to create a frequency of peace and giving. Shake well before use.*
- Diffuse 10-12 drops in a cool mist essential oil diffuser.*
- Apply 1-3 drops to the sole of each foot. This is a powerful way to instill the faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.*
- Add 10-15 drops per ounce of goDésana Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin.*