

# WISHES & DREAMS

christmas blend 5ml

goDesana  
feel the pure plant difference



## application

Aromatic • Topical

## safety group #3

## ingredients

Boswellia carteria (Frankincense), Commiphora myrrha (Myrrh), Nardostachys jatamansi (Spikenard), Inula helenium (Inula), Anthemis nobilis (Chamomile, roman), Citrus reticulata var deliciosa (Mandarin, green), Cocos nucifera (Fractionated Coconut)

## ingredient highlights

- Frankincense: Known as the "King of Oils", Frankincense was one of the gifts brought to the baby Jesus by the Magi. It induces a feeling of mental peace, relaxation, satisfaction, and spirituality. It also awakens insight, makes you more introspective and lowers anxiety, anger, and stress.
- Myrrh: Believed to enhance visualization, provide relief from worry and over-thinking, enhance deep connectivity to one's spirituality, and act as a meditative aid, Myrrh is particularly valuable for people who feel stuck emotionally or spiritually and want to move forward in their lives.
- Spikenard: Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. It was used by Roman perfumers and has a well-known Biblical history, having been mentioned in the Song Of Solomon, and with Mary Magdalene who used it to anoint Christ's feet before the Last Supper
- Roman Chamomile: Very relaxing and calming to children and adults alike. When feeling grumpy, discontented, or impatient, Roman Chamomile is a good remedy.

## product summary

Christmas has always been a season of miracles. A time when the child within all of us, young and old, once again believes in the "impossible" being made possible.

Use this blend and remember you have the power to reach out to someone in need this holiday season and make their wishes and dreams come true. And in the process, you may experience a miracle or two of your own.

This blend contains the very first Christmas gifts, Frankincense and Myrrh. And what a Christmas miracle they must have been to a poor carpenter, his wife, and newborn son, as they were worth more than gold. This blend is truly a gift.

## uses

- Wear as a personal perfume by applying 1-2 drops to pulse points, behind the ears, and especially over the heart to remember to spend time with those you love. Make time your gift and visit someone who is alone.\*
- Diffuse 15 drops during prayer and meditation as a connection to the Divine.\*
- Add 20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Mist into the environment as desired. Lightly mist an anonymous gift or donation to someone in need.\*

## responsible cautions

- Do not apply directly to the skin or use in a bath.
- 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.