

# Bathsheba

joy & love 10ml

According to the Hebrew Bible, Bathsheba was the wife of Uriah the Hittite, and later of David, king of the United Kingdom of Israel and Judah. Traditionally, Bathsheba is remembered for her adulterous affair with King David while married to Uriah.\*

If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, Bathsheba blend can help bring forgiveness and the knowledge that like Bathsheba, you can begin a new life.\*

Bathsheba blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.\*

## bathsheba's history

- Israelite
- Jerusalem
- Queen and Queen Mother to King Solomon
- Wife to Uriah and King David
- Mother to Shimea, Shobab, Nathan, and Solomon

## scripture readings

- Samuel 11:1-5
- 2 Samuel 11: 6-27, 12:1-23, 12:24-25
- 1 Chronicles 3: 4B-5
- 1 Kings 1: 11-14, 28-31, 47-48
- Song of Solomon 3: 11
- Matthew 1: 6, 16

## ingredient highlights

- Cedarwood Atlas is said to be an aphrodisiac with an aroma that could be described as masculine, but it appeals to both men and women. It may assist with encouraging confidence and calming restlessness.\*
- Champaca is extracted by steam distillation of the young, fragrant flowers of a tree regarded as one of the most sacred trees of India and tropical Asia. It is used as an anti-depressant and is said to soothe and relax the body and strengthen the mind.\*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.\*
- Jasmine influences the emotional part of us. No other essential oil is quite as capable of changing our mood so intensely. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia.\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## ingredients

*Cedrus atlantica* (Cedarwood Atlas), *Magnolia champaca* (Champaca), *Cupressus sempervirens* (Cypress), *Canarium luzonicum* (Elemi), *Boswellia carteri* (Frankincense), *Citrus paradisi* (Pink Grapefruit), *Jasminum grandiflorum* (Jasmine), *Aniba rosaeodora* (Rosewood), *Santalum album* (Sandalwood), *Nardostachys jatamansi* (Spikenard) *Cananga odorata* (Ylang Ylang Complete), *Cocos nucifera* (Fractionated Coconut Oil)

## 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.*

## USES

### aromatic

In Bathsheba's time, essential oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.\*

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.\*
- **Misting:** Mix 6 to 8 drops in a 2-ounce amber glass or PET plastic spray bottle of distilled water. Mist around yourself, front and back, when feeling guilt, shame, fearful, and in need of courage to change your life. Think of Bathsheba, whose faith gave her forgiveness and a chance to raise her sons as men of faith and to be Queen Mother to King Solomon, Israel's wisest king. Can be used throughout your environment to create a frequency of courage, strength, faith, and forgiveness. May also be shared with a friend or family member in need of Bathsheba's faith and strength. Shake well before each use.\*

### bath

One of the ways essential oils were most often used in the time of Bathsheba.\*

- **Bath:** Add 10 drops of Bathsheba blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. Soaking in the Bathsheba bath can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, while soaking say a prayer or affirmation for forgiveness and know that like Bathsheba, you can begin a new life. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.\*
- **Foot Soak:** For a foot bath, add 5 to 8 drops of Bathsheba blend to ½ cup of bath salts, and soak feet 10 to 20 minutes.\*

### topical

Applying to the head and feet was an important way to use essential oils in Bathsheba's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.\*

- **Feet:** Apply 1 to 3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.\*
- **Massage/Lotion:** Add 8 to 10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.\*
- **Massage:** Apply 1 to 2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.\*
- **Massage:** Apply 1 to 2 drops to the lower abdomen, which has an affinity to instill peace and joy.\*
- **Massage:** Apply 1 to 2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.\*
- **Pulse Points:** Apply 1 to 2 drops neat (undiluted) to pulse points.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*