

Eve's Daughter

forgive & understand 10ml

Eve's Daughter is all of us; daughters, mothers, and grandmothers the world over. Eve's very name meant 'Mother of all who have life'. Therefore, every woman today can be Eve's Daughter. Eve's Daughter supports us as we make a difference in the world. Not by force or politics, but by being who we are and by how we choose to live our lives.*

Use this supportive, uplifting blend any time you need the strength and faith to change your life and the lives of those around you.*

ingredient highlights

- 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.*
- Pink Lotus has historically been connected with the concepts of spirituality and relaxation. Its calming aroma is believed to promote heightened kindness, understanding, forgiveness, and spiritual growth.*
- Lavender Vera is an increasingly rare and valuable essential oil. It has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.*
- Pink Grapefruit is a very refreshing oil helpful in combating depression and fatigue. It promotes balance while aiding in sharp mental function. Diffusing Pink Grapefruit oil can encourage a joyful, uplifted mood.*

uses

aromatic

In Biblical Times, 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 insecure, fearful, and in need of courage to change your life. Think of what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your home or workplace to create a feeling of courage, strength, and personal power. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny. Shake well before each use.*

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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

Pelargonium graveolens (Geranium Rose), Citrus paradisi (Pink Grapefruit), Jasminum grandiflorum (Jasmine), Lavandula angustifolia (Lavender Vera), Citrus reticulata var deliciosa (Green Mandarin), Nelumbo nucifera Gaertn (Pink Lotus), Commiphora myrrha (Myrrh), Citrus sinensis (Blood Orange), Cocos nucifera (Fractionated Coconut Oil), Tamar, Rahab, Bathsheba, Ruth, Mary, Queen Esther

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

bath

One of the ways essential oils were most often used in Biblical times.*

- **Bath:** Add 10 drops of Eve's Daughter blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If your fear issues or feelings of uncertainty are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find the courage to do what needs to be done. The Eve's Daughter bath will detox past fear and uncertainty imprints, allowing you to feel connected to God's bigger plan for your 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 Eve's Daughter 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 Biblical times. 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 fulfill your destiny.*
- **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 groin area, our center of personal survival.*
- **Massage:** Apply 1 to 2 drops on the lower abdomen, our center of joy and feeling, and connect to Bathsheba, who suffered, was forgiven, and was rewarded as the mother of King Solomon.*
- **Massage:** Apply 1 to 2 drops to the upper abdomen, our center of planning and strategy, and connect with Queen Esther, who used her intelligence to save a nation of people.*
- **Massage:** Apply 1 to 2 drops to the heart area and know that you are not insignificant to God, that you are loved and cared for. Connect with Ruth, who so loved Naomi, that she put her needs above her own and, as a result, found love and a child of her own.*
- **Massage:** Apply 1 to 2 drops to the throat area, our center for truth and honor, and connect with Rahab, who spoke the truth of God to the spies sent to Jericho.*
- **Massage:** Apply 1 to 2 drops to the forehead, our center of service and intuition. Remember, you are Eve's Daughter and have a destiny only you can fulfill.*
- **Massage:** Apply 1 to 2 drops to the top of the head, our personal connection point to the divine guidance and protection that we receive from God. Connect with Mary, who was given God's greatest gift by remaining open to his Divine guidance.*
- **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.*