

# I Connect

chakra blend 10ml

The Foot Chakras are located within the center of the sole of each foot. Although they are physically located in two different places, they act as one unified chakra.\*

Previously this important chakra was considered to be a sub-chakra to the Root Chakra and not a primary chakra. As our modern lifestyle has become more and more chaotic and filled with more and more electrical pollution, it has evolved into a primary chakra.\*

This chakra is charged with the important task of ridding the body of static electrical and psychic charges accumulated in the everyday processes of our modern lifestyle. Before man distanced himself from contact with the earth, this important task was a natural occurrence that happened as we walked barefoot, slept, sat, and lived in natural shelters connected to the earth.\*

We know that the earth influences the circadian rhythms of the body and helps us to maintain a healthy balance within the body and our life. We need to have the Foot Chakras open and functional in order for this to take place. The Foot Chakras also act as energy transformers; regulating the intensity and quantity of the energy flow as well as whether or not they should or should not enter our physical energetic environment. It represents the beginning of our ability to set boundaries to protect and contain our physical and spiritual life in this material place.\*

## uses

### aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.\*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around yourself when you need extra support and grounding, or when around people who threaten your sense of boundaries.\*

### bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. Bathing in I Connect will strengthen the foot chakra, grounding us and helping us reestablish a sense of connection to the Earth.\*

### topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.\*
- **Reflexology:** Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your foot chakra.\*
- **Massage:** Apply 1 to 2 drops to the area behind the knees and at the center side of the hip joint to feed vibrational frequency into the chakra.\*

## topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

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## 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

*Rosa damascena (Rose), Jasminum grandiflorum (Jasmine), Pelargonium graveolens (Rose Geranium), Dalbergia maritima (Rosewood), Citrus paradisi (Pink Grapefruit), Cedrus atlantica (Cedarwood Atlas), Foeniculum vulgare (Sweet Fennel), Citrus aurantium var. amara (Neroli), Syzygium aromaticum (Clove Bud), Commiphora myrrha (Myrrh), Cymbopogon martinii (Palmarosa), Vetiveria zizanioides (Vetiver), Gautheria fragrantissima (Wintergreen), Juniperus communis (Juniper Berry), Lavandula angustifolia (Lavender Vera), Pogostemon cablin (Patchouli), 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.*