

# I Feel

chakra blend 10ml

The Sacral Chakra is located midway between the pubic bone and the navel, and is our center of emotions and feeling. It is here we learned to express our emotions and to be sensitive to the emotions of other people. If taught as children that expressing our emotions is inappropriate behavior that results in criticism or punishment, we may have lost touch with how we truly feel about the important issues in our lives.\*

If we become disconnected from our feelings we may have difficulty expressing to others that we love them and others may view us as cold and unfeeling. This may result in an inability to maintain intimate relationships. This type of damage causes considerable disruption and blockage to this chakra and its ability to function as a life support for the organs located within its area of operation, which includes all the reproductive organs. This may show up as reproductive issues such as infertility, PMS, impotence or frigidity, or lack of health of the reproductive organs themselves.\*

The Sacral Chakra is also our place of pleasure and joy. It is through this chakra that we develop our social behaviors and our joy in being with others; our friends and family ties start here. A life without joy and companionship is no life at all.\*

A healthy developed sense of self from the Root Chakra is necessary to the development of this chakra of relationships and pleasure.\*

## 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 the lower abdominal area, front and back, when feeling alone and lacking joy and/or pleasure in life, whenever you need emotional support, and to give yourself permission to express your emotions. Can also be used when experiencing relationship issues that may stem from an inability to express emotions.\*

### 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. When unhappy and alone in the world, bathing in I Feel will strengthen the Sacral Chakra, bringing about feelings of joy and connection to others.\*

### 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 inside and outside of each ankle over the reproductive foot reflex points as a powerful way to affect your Sacral Chakra.\*
- **Massage:** Apply 1 to 2 drops to the Sacral Chakra area below the navel, and on the spine at the lower back directly across from the sacral application point in front 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).

goDesana

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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

*Canarium luzonicum (Elemi), Citrus sinensis (Blood Orange), Cedrus atlantica (Cedarwood Atlas), Nardostachys jatamansi (Spikenard), Citrus reticulata (Tangerine), Inula helenium (Inula), Copaifera officinalis (Balsam Copaiba), Cistus ladanifer (Cistus), Citrus reticulata (Green Mandarin), Tanacetum annuum (Tanacetum annuum), Santalum album (Sandalwood), Boswellia carteri (Frankincense), Rosa damascena (Rose), Jasminum grandiflorum (Jasmine), Citrus aurantium var. amara (Neroli), Simmondsia chinensis (Jojoba), Pelargonium graveolens (Rose Geranium), Cupressus sempervirens (Cypress), Pogostemon cablin (Patchouli), Coriandrum sativum (Coriander Seed), Zingiber officinale (Ginger Root), Aniba rosaeodora (Rosewood), Citrus paradisi (Pink Grapefruit), Lavandula angustifolia (Lavender Vera), Salvia sclarea (Clary Sage), Angelica archangelica (Angelica)*

## 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.*