

I Love

chakra blend 10ml

The Heart Chakra is located between the breasts in the center of the chest, and is the center of our experience of love. It is where we develop love and attachment to our family members, close friends, and others with whom we come to have close relationships.*

Our sense of security in family and community comes from the development of the Heart Chakra. When we are loved unconditionally, we learn to give love unconditionally. If we were taught that we would only be loved if we acted a certain way, or did certain things, then we may not be able to love without conditions being attached within our close relationships. When it is unblocked, we give love unconditionally and attract to ourselves those people who give us an abundance of love. When it is blocked, we feel the lack of love in our lives as keenly as those with Sacral Chakra blockages feel a lack of material security.*

Physical illnesses brought about by heartbreak require that emotional healing occur along long with the physical healing. Learning to love yourself is a powerful first step in securing a healthy Heart Chakra. The "wounded child" resides in our Heart Chakra. The Heart Chakra can be wounded by loss of a loved one, divorce, or being rejected in some way, and will suffer grief and/or be broken-hearted.*

The Heart Chakra sits right in the middle of our chakra system, and it is the mediator between our earthly life (Root, Sacral, and Solar Plexus Chakras) and our spiritual life (Throat, Third Eye, and Crown Chakras).*

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 heart area, front and back, when feeling unloved, lacking joy and comfort, or experiencing grief and loss. May also be used when experiencing relationship issues that may stem from your inability to give and receive love.*

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. If you feel distant from those around you, bathing in I Love will strengthen the Heart Chakra, helping to replace anger and callousness with love and empathy.*

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 of I Love to the pulse points on the wrists. A powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.*
- **Massage:** Apply 1 to 2 drops to to the Heart Chakra area between the breasts in the center of the chest, and on the spine at the upper back directly across from the heart 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

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

Salvia sclarea (Clary Sage), Pogostemon cablin (Patchouli), Cananga odorata (Ylang Ylang Complete), Cymbopogon martinii (Palmarosa), Aniba Rosaeodora (Rosewood), Nardostachys jatamansi (Spikenard), Citrus aurantium var amara (Neroli), Jasminum grandiflorum (Jasmine), Santalum album (Sandalwood), Lavandula angustifolia (Lavender Vera), Daemonorops draco blume (Dragon's Blood), Canarium luzonicum (Elemi), Origanum majorana (Sweet Marjoram), Citrus aurantium (Petitgrain), Cupressus sempervirens (Cypress), Citrus paradisi (Pink Grapefruit), Pinus pinaster (Ocean Pine), Simmondsia chinensis (Jojoba)

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.*