

Mary

relax & reflect 10ml

According to the Bible, Mary was an Israelite Jewish woman of Nazareth in Galilee and the mother of Jesus. Among her many other names and titles are Saint Mary, Blessed Virgin Mary, Mother of God, and Virgin Mary in Western churches. She is identified in the New Testament as the mother of Jesus through divine intervention.*

Mary blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.*

Mary blend is a powerful way to instill the strength and faith needed to move forward and do whatever is necessary to fulfill your destiny. Mary teaches us to listen to our inner guiding voice, always mindful of our destiny. Use Mary blend whenever you feel the need for strength and divine guidance.*

mary's history

- Daughter of Joachim and Anne
- Devout Jew
- Galilee
- Cousin to Elizabeth, mother of John The Baptist
- Mother of Jesus the Messiah

scripture readings

- Luke 1:26-38,
- Luke 2:41-51
- Luke 8:19-21
- Matthew 2:1-12, 19-23
- John 2:1-11
- John 19:25-27, 38-40

ingredient highlights

- Rose brings harmony between the spirit and the mental, emotional, and physical. Essential Oil of Rose is a miracle of nature; it is truly exceptional. Rose expands our awareness and leads to faith.*
- Pink Tuberose is love and desired around the world for its stress-relieving and aphrodisiac properties. It is believed to be calming to the nervous system and can promote creativity, sensuality, and a positive outlook on life.*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.*
- Sandalwood is used in many different ways in the spiritual traditions of the East, and is an iconic fragrance for calming and focusing the mind. It can help to help balance emotions, ground the mind, and lessen mental tensions.*

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

Rosa damascena (Rose), *Cananga odorata* (Ylang Ylang Complete), *Pelargonium graveolens* (Geranium Rose), *Simmondsia chinensis* (Jojoba), *Santalum album* (Sandalwood), *Polianthes tuberosa* (Pink Tuberose), *Citrus paradisi* (Pink Grapefruit), *Commiphora myrrha* (Myrrh), *Nardostachys jatamansi* (Spikenard), *Lavandula angustifolia* (Lavender Vera), *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 Mary'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 insecure, fearful, and in need of courage to change your life. Think of Mary who kept her faith in God and accepted the opportunity to be the mother of Jesus. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and absolute faith. 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.*

bath

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

- **Bath:** Add 10 drops of Mary blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If you are feeling lost and alone without a sense of connection to inner guidance and are unsure of where your destiny lies, while soaking say a prayer or affirmation to connect to the source and be open for divine guidance. The Mary bath will detox past separation imprints, allowing awareness of God's love and guidance to take place. 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 Mary 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 Mary'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 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 heart area and know you are not insignificant to God; you are loved & cared for.*
- **Massage:** Apply 1 to 2 drops to the groin area, our center of personal survival.*
- **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.*