

# Queen Esther

**courage & destiny** 10ml

Queen Esther was a Jew from the tribe of Benjamin who grew up as an exile in Persia. The name Esther means 'star' and is a derivation of the root name of the goddess Ishtar. Hadassah, which means 'Myrtle', is a branch that signifies peace and thanksgiving; two things Queen Esther brought to her people.\*

Queen Esther's transformation from orphan girl to a true queen and leader is incredible and awe inspiring. Her story is about what happened in her time as well as the legacy she left for the women of today. Esther was an incredible woman who came into her own power when she realized the fate of her people lay in her hands. She revealed her intelligence, became a savvy strategist, a calculated risk taker, and a powerful and commanding leader. Risking her own life, she found the courage to use the gifts God gave her to save her people.\*

## queen esther's history

- Jew in exile in Persia
- Living in Susa
- Cousin to Mordecai
- Wife to King Xerxes
- Queen of Persia
- Savior of her people

## scripture readings

- Esther 1:1-6, 10-22
- Esther 2:1-18, 19-23
- Esther 3:1-15
- Esther 4:1-17
- Esther 5:1-8, 9-14
- Esther 6:1-14
- Esther 7:1-10
- Esther 8:1-14, 15
- Esther 9:1-5

## ingredient highlights

- Black Spruce can free and calm the mind while elevating the spirit. Emotionally grounding, yet at the same time stimulating, it is an excellent refresher for physical or mental exhaustion, stress, and anxiety.\*
- Davana has been used for centuries in Indian cultures due to its wide range of benefits and uses. It is traditionally used in Ayurveda to balance the mind, body, and spirit. Davana can encourage a joyful mood and strengthen mental focus.\*
- 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.\*
- 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.\*



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

*Picea mariana (Black Spruce), Lavandula angustifolia (Lavender Vera), Canarium luzonicum (Elemi), Salvia officinalis (Sage), Copaifera langsdorffii (Balsam Copaiba), Artemisia pallens (Davana), Rosmarinus officinalis ct cineole (Rosemary ct. 1,8 cineole), Piper nigrum (Black Pepper), Salvia sclarea (Clary Sage), Nepeta cataria (Catnip), Rosa damascena (Rose), Nardostachys jatamansi (Spikenard), Citrus aurantium bergamia (Bergamot), Santalum album (Sandalwood), Cedrus atlantica (Cedarwood Atlas), Boswellia carteri (Frankincense), Cupressus sempervirens (Cypress), 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 Queen Esther'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 Queen Esther who kept her faith in her right action and saved a nation of people when God gave her the opportunity. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and personal power. May also be shared with a friend or family member in need of Queen Esther's 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 Queen Esther.\*

- **Bath:** Add 10 drops of Queen Esther blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If your fear issues are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Queen Esther bath will detox past fear imprints allowing courageous action 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 Queen Esther 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 Queen Esther'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.\*