

Rahab

peace & harmony 10ml

One of the most amazing and thought provoking women of the Old Testament, Rahab, a prostitute, earned unique praise for her faith and a place in the lineage of Jesus the Messiah.*

Rahab did not let her circumstances keep her from dreaming of a different life; a life of respect, love and family. When God presented Rahab with a way out of her life of shame and degradation and the chance to be part of his people, she took it.*

Rahab blend is formulated to increase your faith and connection to God, and knowledge that your life can change and what you most desire can be fulfilled. It doesn't matter what label the world gives you, it matters what's in your heart and who you and God know you to be. Rahab blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.*

rahab's history

- Canaanite
- King's prostitute in the city of Jericho
- Wife to Salmon (Joshua's spy)
- Mother of Boaz (husband to Ruth)
- Ancestor to Jesus the Messiah

scripture readings

- Joshua 2: 8-14, 15-24
- Joshua 6: 1-14, 15-25
- Hebrews 11: 1,31

ingredient highlights

- Cistus has been used since ancient times for both its medicinal and energetic properties. It is believed that Cistus can help alleviate shock from traumatic events and soothe the heart after a crisis.*
- Plumeria has been highly regarded for centuries for its healing abilities. It is useful in relaxing muscles and calming nerves. Due to its seductive aroma, it has also been widely used as an aphrodisiac.*
- Patchouli became popular in USA the 1960's, but has been used for centuries in Asia. Its distinctive aroma can help alleviate nervous tension and worry, particularly when diffused before sleep. Patchouli is also an excellent addition to skin lotions.*
- Clary Sage can help alleviate stress by inducing a sense of well-being. One study done on women undergoing a stressful medical test indicated that when inhaled, Clary Sage essential oil elicited feelings of relaxation and helped to reduce blood pressure.*

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

Picea mariana (Black Spruce), Copaifera langsdorffii (Balsam Copaiba), Cistus ladanifer (Cistus), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Citrus paradisi (Pink Grapefruit), Inula helenium (Inula) Lavandula angustifolia (Lavender Vera), Origanum majorana (Sweet Marjoram), Plumeria rubra (Plumeria), Pogostemon cablin (Patchouli), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Tanacetum annuum (Tanacetum), Pelargonium graveolens (Rose Geranium), Citrus reticulata (Tangerine), Abies balsamea (Balsam Fir), Cananga odorata (Ylang Ylang Complete), 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 Rahab'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, whenever your faith in God or yourself is in question, or when fearful and in need of the courage to change your life. Can be used throughout your home or workplace to create a feeling of courage, faith, strength, and personal power. May also be shared with a friend or family member in need of Rahab's faith and courage to follow their destiny. Shake well before each use.*

bath

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

- **Bath:** Add 10 drops of Rahab blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. Soaking in the Rahab bath can help to increase your faith and connection to God and knowing that your life can change. The Rahab bath will detox past shame or disappointment in yourself and your life allowing forgiveness to take place. It will nurture and heal the spiritual self allowing you to keep the faith. 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 Rahab 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 Rahab'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 throat area, our center of personal honor, integrity, and our ability to speak the truth.*
- **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.*