

Ruth

fatigue & stress 10ml

Ruth was a Moabite woman who married into an Israelite family and eventually converted to Judaism. She is the great-grandmother of King David, and hence an ancestor of Jesus the Messiah.*

Ruth blend can help you to remember your personal relationship with God and with your family and friends, and instill those relationships with peace beyond all understanding. Ruth blend reminds us to be grateful for all the support and love these relationships provide.*

Ruth blend is a powerful way to instill the faith and commitment needed to move forward and do whatever is necessary to make your life what you know it could be.*

ruth's history

- Moabite
- Daughter-in-law to Naomi
- Widow to Naomi's son Mahlon, then wife to Boaz
- Mother of Obed
- Great-grandmother to King David
- Ancestor to Jesus the Messiah

scripture readings

- Ruth 1:1-22
- Ruth 2:1-21
- Ruth 3:1-18
- Ruth 4:1-15, 17

ingredient highlights

- Bergamot's capacity for restoring emotional balance and, in the process, enhancing the efficacy of treatments for depression and anxiety disorders has been verified by scientific research.*
- Rose Geranium helps to reconnect us with our life feeling, to our emotional sensitivity, relaxed spontaneity, and a healthy thirst for pleasure and enjoyment. It is indicated for chronic anxiety, infertility, and symptoms associated with menopause.*
- Angelica has been used for thousands of years for a variety of medicinal and emotional uses. It is very helpful for times of high anxiety, fear, depression, and instability. May also assist with menstruation, menopause, and circulation issues.*
- Jasmine influences the emotional part of us. No other essential oil is quite as capable of changing our mood so intensely. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia.*

gōDesana

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

Citrus aurantium bergamia (Bergamot), Picea mariana (Black Spruce), Pelargonium graveolens (Rose Geranium), Jasminum grandiflorum (Jasmine), Angelica archangelica (Angelica), Lavandula angustifolia (Lavender Vera), Citrus aurantifolia (Lime), Citrus reticulata var deliciosa (Green Mandarin), Commiphora myrrha (Myrrh), Pinus pinaster (Ocean Pine), Cymbopogon martinii (Palmarosa), Rosa damascena (Rose), Aniba rosaeodora (Rosewood), Abies sibirica (Siberian 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 Ruth'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 feeling insecure, fearful, and in need of courage to change your life. Think of Ruth who kept her faith and commitment to Naomi and took action when God gave her the opportunity to fulfill her destiny. Can be used throughout your home or workplace to create a feeling of courage, love, gratitude, and hope. May also be shared with a friend or family member in need of Ruth's courage and devotion to family. Shake well before each use.*

bath

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

- **Bath:** Add 10 drops of Ruth blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If you are feeling alone and in fear, Ruth blend will help you to remember your personal relationship with God and your family and friends and instill those relationships with peace beyond all understanding. While soaking say a prayer or affirmation of gratitude for all the support and love these relationships provide. 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 Ruth 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 Ruth'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 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.*