

Sacred Time

renewing blend 5ml

Sacred Time is time that we experience differently than ordinary time; it is a "time out" from the everyday stress, chaos, and distractions that make up our days. Sacred Time refreshes the spirit, mind, and body by restoring our sense of wonder and allowing us time to evaluate what really matters in life.*

Sacred Time can help us to make time for those small, precious things that in the end will be the ones we will remember most and hold closest to our hearts.*

Sacred Time blend can be used in a mister and sprayed around the home or office when we have people over to inspire us to make the moments we spend with family and friends Sacred Time. It can be misted before meditation, yoga, or any spiritual practice to set the intention and mood for the time spent to be experienced as time out of the ordinary.*

ingredient highlights

- **Davana:** Native to southern India, Davana is a relative to Roman Chamomile, sunflowers, and daisies, and it has been used in spiritual practices for hundreds of years. Davana's sweet scent is used in aromatherapy to improve mental and spiritual health and to bring positive energy to the mind.*
- **Sandalwood:** Used for centuries in aromatherapy and meditation for its calming and grounding properties, Sandalwood can help calm emotions, relieve stress and anxiety, and promote a sense of peace and clarity.*
- **Melissa:** Commonly known as Lemon Balm, Melissa has been used as far back as the Middle Ages to address a number of health concerns including anxiety, insomnia, and migraines.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day.*
- **Inhalation:** Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as desired.*
- **Misting:** Mix 10 to 12 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist into the environment as desired.*

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.*

topical

- **Massage:** To open the heart and support emotional balance, apply 2 to 3 drops to heart and/or 2 to 3 drops on the soles of the feet.*
- **Perfume/Cologne:** Use as perfume by applying a drop or two to pulse points and/or on the heart.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

goDesana

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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

Artemisia pallens (Davana), Santalum album (Sandalwood), Melissa officinalis (Melissa), Rosa damascena (Rose), Jasminum grandiflorum (Jasmine), Citrus aurantium var. amara (Neroli), Ocimum basilicum (Sweet Basil), Inula helenium (Inula), Pogostemon cablin (Patchouli), Aniba rosaeodora (Rosewood), Simmondsia chinensis (Jojoba)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing.
- 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.*