

# Terra

grounding blend 5ml

Terra represents the values that are important to goDesana and our distributors; to live in harmony and balance with the Earth and the other life with whom we share this home.\*

Being green and organic not only helps preserve our health but the health of the Earth as well. Terra, the Earth, is our mother energy, our home; this blend helps us to reconnect with that nurturing, comforting and healing energy.\*

We feel this connection when we sit on beach and watch the sunset, walk in the woods, lie on the grass, or dig in our gardens. The rhythms of the Earth are the rhythms of our body and we need this connection to be and stay healthy.\*

Scientists are now beginning to study our need for connecting to the Earth, and their conclusion is that the biological clock of the body needs to be continually calibrated by the pulse of the Earth that governs the circadian rhythms of all life on the planet in order to be healthy. How long has it been since you have really connected to Terra and felt yourself relax into the beauty of nature?\*

## 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:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Close your eyes and mist into the environment as desired; especially useful when you notice that you are feeling ungrounded and irritable.\*

### 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

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.\*
- **Reflexology:** Apply 1 to 3 drops to the feet to feel grounded and supported when you can't go barefoot on the Earth.\*
- **Massage:** Apply 1 to 3 drops over the heart in the morning to start your day, and again in the evening before bed for a better night's sleep.\*

### 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

*Vetiveria zizanioides (Vetiver), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Citrus aurantium var. amara (Neroli), Pelargonium graveolens (Rose Geranium), Cocos nucifera (Fractionated Coconut)*

## 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.

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