

Bathsheba

joy & love 10ml

According to the Hebrew Bible, Bathsheba was the wife of Uriah the Hittite, and later of David, king of the United Kingdom of Israel and Judah. Traditionally, Bathsheba is remembered for her adulterous affair with King David while married to Uriah.*

If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, Bathsheba blend can help bring forgiveness and the knowledge that like Bathsheba, you can begin a new life.*

Bathsheba 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.*

bathsheba's history

- Israelite
- Jerusalem
- Queen and Queen Mother to King Solomon
- Wife to Uriah and King David
- Mother to Shimea, Shobab, Nathan, and Solomon

scripture readings

- Samuel 11:1-5
- 2 Samuel 11: 6-27, 12:1-23, 12:24-25
- 1 Chronicles 3: 4B-5
- 1 Kings 1: 11-14, 28-31, 47-48
- Song of Solomon 3: 11
- Matthew 1: 6, 16

ingredient highlights

- Cedarwood Atlas is said to be an aphrodisiac with an aroma that could be described as masculine, but it appeals to both men and women. It may assist with encouraging confidence and calming restlessness.*
- Champaca is extracted by steam distillation of the young, fragrant flowers of a tree regarded as one of the most sacred trees of India and tropical Asia. It is used as an anti-depressant and is said to soothe and relax the body and strengthen the mind.*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.*
- 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.*

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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

Cedrus atlantica (Cedarwood Atlas), *Magnolia champaca* (Champaca), *Cupressus sempervirens* (Cypress), *Canarium luzonicum* (Elemi), *Boswellia carteri* (Frankincense), *Citrus paradisi* (Pink Grapefruit), *Jasminum grandiflorum* (Jasmine), *Aniba rosaeodora* (Rosewood), *Santalum album* (Sandalwood), *Nardostachys jatamansi* (Spikenard) *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.

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USES

aromatic

In Bathsheba'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 guilt, shame, fearful, and in need of courage to change your life. Think of Bathsheba, whose faith gave her forgiveness and a chance to raise her sons as men of faith and to be Queen Mother to King Solomon, Israel's wisest king. Can be used throughout your environment to create a frequency of courage, strength, faith, and forgiveness. May also be shared with a friend or family member in need of Bathsheba's faith and strength. Shake well before each use.*

bath

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

- **Bath:** Add 10 drops of Bathsheba blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. Soaking in the Bathsheba bath can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, while soaking say a prayer or affirmation for forgiveness and know that like Bathsheba, you can begin a new life. 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 Bathsheba 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 Bathsheba'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 make your life what you know it could be.*
- **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 lower abdomen, which has an affinity to instill peace and joy.*
- **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.*

Eve's Daughter

forgive & understand 10ml

Eve's Daughter is all of us; daughters, mothers, and grandmothers the world over. Eve's very name meant 'Mother of all who have life'. Therefore, every woman today can be Eve's Daughter. Eve's Daughter supports us as we make a difference in the world. Not by force or politics, but by being who we are and by how we choose to live our lives.*

Use this supportive, uplifting blend any time you need the strength and faith to change your life and the lives of those around you.*

ingredient highlights

- 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.*
- Pink Lotus has historically been connected with the concepts of spirituality and relaxation. Its calming aroma is believed to promote heightened kindness, understanding, forgiveness, and spiritual growth.*
- 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.*
- Pink Grapefruit is a very refreshing oil helpful in combating depression and fatigue. It promotes balance while aiding in sharp mental function. Diffusing Pink Grapefruit oil can encourage a joyful, uplifted mood.*

uses

aromatic

In Biblical Times, 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 what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your home or workplace to create a feeling of courage, strength, and personal power. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny. Shake well before each use.*

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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

Pelargonium graveolens (Geranium Rose), Citrus paradisi (Pink Grapefruit), Jasminum grandiflorum (Jasmine), Lavandula angustifolia (Lavender Vera), Citrus reticulata var deliciosa (Green Mandarin), Nelumbo nucifera Gaertn (Pink Lotus), Commiphora myrrha (Myrrh), Citrus sinensis (Blood Orange), Cocos nucifera (Fractionated Coconut Oil), Tamar, Rahab, Bathsheba, Ruth, Mary, Queen Esther

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.

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USES

bath

One of the ways essential oils were most often used in Biblical times.*

- **Bath:** Add 10 drops of Eve's Daughter blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If your fear issues or feelings of uncertainty are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find the courage to do what needs to be done. The Eve's Daughter bath will detox past fear and uncertainty imprints, allowing you to feel connected to God's bigger plan for your life. 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 Eve's Daughter 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 Biblical times. 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 groin area, our center of personal survival.*
- **Massage:** Apply 1 to 2 drops on the lower abdomen, our center of joy and feeling, and connect to Bathsheba, who suffered, was forgiven, and was rewarded as the mother of King Solomon.*
- **Massage:** Apply 1 to 2 drops to the upper abdomen, our center of planning and strategy, and connect with Queen Esther, who used her intelligence to save a nation of people.*
- **Massage:** Apply 1 to 2 drops to the heart area and know that you are not insignificant to God, that you are loved and cared for. Connect with Ruth, who so loved Naomi, that she put her needs above her own and, as a result, found love and a child of her own.*
- **Massage:** Apply 1 to 2 drops to the throat area, our center for truth and honor, and connect with Rahab, who spoke the truth of God to the spies sent to Jericho.*
- **Massage:** Apply 1 to 2 drops to the forehead, our center of service and intuition. Remember, you are Eve's Daughter and have a destiny only you can fulfill.*
- **Massage:** Apply 1 to 2 drops to the top of the head, our personal connection point to the divine guidance and protection that we receive from God. Connect with Mary, who was given God's greatest gift by remaining open to his Divine guidance.*
- **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.*

Mary

relax & reflect 10ml

According to the Bible, Mary was an Israelite Jewish woman of Nazareth in Galilee and the mother of Jesus. Among her many other names and titles are Saint Mary, Blessed Virgin Mary, Mother of God, and Virgin Mary in Western churches. She is identified in the New Testament as the mother of Jesus through divine intervention.*

Mary blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.*

Mary blend is a powerful way to instill the strength and faith needed to move forward and do whatever is necessary to fulfill your destiny. Mary teaches us to listen to our inner guiding voice, always mindful of our destiny. Use Mary blend whenever you feel the need for strength and divine guidance.*

mary's history

- Daughter of Joachim and Anne
- Devout Jew
- Galilee
- Cousin to Elizabeth, mother of John The Baptist
- Mother of Jesus the Messiah

scripture readings

- Luke 1:26-38,
- Luke 2:41-51
- Luke 8:19-21
- Matthew 2:1-12, 19-23
- John 2:1-11
- John 19:25-27, 38-40

ingredient highlights

- Rose brings harmony between the spirit and the mental, emotional, and physical. Essential Oil of Rose is a miracle of nature; it is truly exceptional. Rose expands our awareness and leads to faith.*
- Pink Tuberose is love and desired around the world for its stress-relieving and aphrodisiac properties. It is believed to be calming to the nervous system and can promote creativity, sensuality, and a positive outlook on life.*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.*
- 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.*

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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

Rosa damascena (Rose), *Cananga odorata* (Ylang Ylang Complete), *Pelargonium graveolens* (Geranium Rose), *Simmondsia chinensis* (Jojoba), *Santalum album* (Sandalwood), *Polianthes tuberosa* (Pink Tuberose), *Citrus paradisi* (Pink Grapefruit), *Commiphora myrrha* (Myrrh), *Nardostachys jatamansi* (Spikenard), *Lavandula angustifolia* (Lavender Vera), *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.

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USES

aromatic

In Mary'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 Mary who kept her faith in God and accepted the opportunity to be the mother of Jesus. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and absolute faith. May also be shared with a friend or family member in need of guidance, 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 Mary.*

- **Bath:** Add 10 drops of Mary blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If you are feeling lost and alone without a sense of connection to inner guidance and are unsure of where your destiny lies, while soaking say a prayer or affirmation to connect to the source and be open for divine guidance. The Mary bath will detox past separation imprints, allowing awareness of God's love and guidance 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 Mary 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 Mary'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.*

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.*

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application methods

Aromatic • Bath • Topical

safety group: 3

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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.

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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.*

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.*

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application methods

Aromatic • Bath • Topical

safety group: 3

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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.

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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.*

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.*

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

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.*

Tamar

calm & uplift 10ml

Tamar was the daughter-in-law of Judah (twice), as well as the mother of two of his children. She endured much abuse but kept her faith in her destiny, and God provided her a way to fulfill it. That meant risking her life, but she had enough faith to take the chance.*

Tamar blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.*

Tamar blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. Tamar teaches us to take opportunities and use them to our advantage, always mindful of our destiny. Use Tamar blend whenever you feel the need for strength and personal power.*

tamar's history

- Canaanite
- Wife to Er and then to Onan
- Daughter-in-law to Judah
- Mother of Perez and Zerah
- Ancestor to Jesus the Messiah

scripture readings

- Genesis 37:25-28
- Genesis 38
- Genesis 49:8-12
- Ruth 4:7-22
- Matthew 1:1-6

ingredient highlights

- Balsam Fir has an uplifting yet soothing effect, and is widely used for its ability to balance emotions. It's also an excellent oil for tired muscles and joints after a long day or an intense workout.*
- Bay Laurel is frequently used for uplifting the senses, and its aroma can promote confidence and courage. Good for everyday aches and pains, it is also known to be a natural antiseptic.*
- 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.*
- Melissa has great value as a therapeutic oil, and has been scientifically confirmed to have powerful antiviral properties. Emotionally it is said to bring acceptance and understanding; to calm anxiety and uplift the mood.*

goDesana

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application methods

Aromatic • Bath • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

ingredients

Abies balsamea (Balsam Fir), Laurus nobilis (Bay Laurel), Gautheria fragrantissima (Wintergreen), Picea mariana (Black Spruce), Daucus carota (Carrot Seed), Cupressus sempervirens (Cypress), Boswellia carteri (Frankincense), Pogostemon cablin (Patchouli), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Aniba rosaeodora (Rosewood), Salvia officinalis (Sage), Santalum album (Sandalwood), Melissa officinalis (Melissa), 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.

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USES

aromatic

In Tamar'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. Can be used throughout your home or workplace to create a feeling of courage, strength, resilience, and personal power. May also be shared with a friend or family member in need of Tamar's courage and strength. Shake well before each use.*

bath

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

- **Bath:** Add 10 drops of Tamar blend to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. If you have past or present abuse issues keeping you from your destiny, while soaking, say a prayer or affirmation to overcome those situations. The Tamar bath will detox past abuse imprints, allowing forgiveness 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 Tamar 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 Tamar'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 1-2 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.*