

SHAMAN BLEND

Historically, Shamanic knowledge and power was closely guarded and held for only a select few.

Now, however, much of that knowledge has been revealed, and the information is readily accessible to practitioners of all kinds.

Shaman Blend contains oils that have been used since ancient times to impart positive energy while bringing peace and reverence.

Practitioners can use this blend to help connect to their intuitive side, thereby enhancing their hands-on healing abilities.

Shaman promotes an atmosphere of peace, calm, and relaxation while encouraging harmony.

Use this blend, with positive intention, to release negativity from your personal energy field or your environment.



Emotional Blends

ingredients

Essential Oils of Frankincense, Cedarwood Atlas, Jojoba, Elemi, Cypress, Sandalwood, and Spikenard

Cedarwood Atlas

A wonderful insect repellent and air purifier.

Cypress

Calming and soothing; eases anger, irritability, and stress.

Frankincense

Can calm the mind and slow rapid breathing.

Sandalwood

Considered the aromatic foundation of spirituality as practiced in India.

Spikenard

Regarded as a calming, sedative, stabilizing oil, Spikenard regulates the nervous system and heart.

daily uses

DIFFUSION

- Diffuse 15 minutes per house as needed throughout the day.

MASSAGE

- Add 10-15 drops to 1 tablespoon of carrier oil and massage on for a localized massage, or mix greater quantity of oil for a full-body massage.

MISTING SPRAY

- Add 12-15 drops to 4 ounces distilled water in a blue cobalt spray bottle. Shake well before each use.
- Lightly spray around your personal environment and/or other areas where you wish to promote and preserve positive energy and feelings of peace.

TOPICAL

- Apply as a perfume. Can be used alone or as a base to layer additional oils.
- Apply to the wrists and inhale as needed to help restore peace and harmony.

RESPONSIBLE CAUTIONS

- Use as directed. For topical and aromatic use only.
- Store at room temperature with lids securely tightened, keep away from sunlight.
- Not for internal use.



**Available in:
5ml Bottle**

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



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