

## beBOLD

beBold encourages us to go after our dreams with persistence and gusto. beBold gives us the ability to be assertive and take positive action towards our goals. It delivers the gift of boldness and a willingness to fight for what we want.

BOLD, UPLIFTING, STRENGTHENING Are you acting too meek in trying to reach your goals?

beBold gives the strength of will to take action and do something about your present state of affairs. beBold supports you in being persistent and provides the will to never give up.

The Essential Oils in this blend provide the energy needed to take appropriate action when we feel stuck, defeated or feel like giving up on our dreams of success.

Let be Bold become a positive force for creating success through self-improvement. Kickstart your momentum with this bold, energizing oil.

#### **Available in: 5ml Bottle**

# suggested uses

#### **BATH**

Not appropriate to use in a bath.

#### **INHALATION**

 Apply 2 drops to a tissue and inhale when you need to bolster your confidence. Diffuse 10 to 15 drops in your water mist diffuser and mist into the environment for added benefit.

#### **MISTING SPRAY**

- Mix 10 to 12 drops in 4 ounces of distilled water in a blue cobalt spray bottle. Shake
  well before use. Close your eyes and mist around your body any time you feel unsure of
  yourself and need extra support to move forward.
- Mix 5 to 6 drops in 2 ounces of distilled water in a cobalt blue spray bottle. Shake well before use. Carry with you to share with friends or family, or as a mentoring tool to sample out to your team members and/or potential members, prospects, and clients.

#### **TOPICALLY**

- May be applied to the soles of the feet to access the Root Chakra, your prosperity chakra.
   This gives you the ability to take positive action.
- **RESPONSIBLE CAUTIONS**

 Cinnamon Bark and Cinnamon Leaf are known skin irritants; do not apply anywhere other than the soles of the feet without diluting to 10% or less.



### ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted essential oils of Cinnamon Bark, Vetiver, Cedarwood Atlas, and Fractionated Coconut Oil.

#### **CINNAMON BARK**

A very warm and uplifting oil known for its strengthening and energizing ability. Helpful in easing mental or emotional fatigue.

#### **VETIVER**

Known as the oil of tranquility, it has a tonic, calming effect on the nervous system and is said to be deeply relaxing.

#### **CEDARWOOD ATLAS**

Has powerful benefits to the emotional system; can provide strength in times of stress, extreme fatigue and nervous exhaustion or breakdown.



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.

