

EMOTIONAL BLENDS

GRATITUDE

Supporting the Crown (7th) Chakra, the center of enlightenment and connection to the Divine, Gratitude offers the highest frequency of any goDésana Essential Oil Blend.

Gratitude supports one in finding that place of compassion and forgiveness, both for self and others. It is helpful whenever we feel spiritually numb or feel the need to consciously reconnect to our divine nature.

When used in a misting spray, this blend is a wonderful way to surround oneself in the energy of white light for energetic self-protection. Practitioners will also find this valuable when working with clients or clearing environments of negative energies.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Ylang Ylang Complete, Geranium, rose, Jojoba, Sandalwood, and Grapefruit, pink

daily uses

BATH

- Thoroughly mix 8-10 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

DIFFUSION

- Diffuse 20-25 minutes per hour as desired.

INHALATION

- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.
- Apply 2-3 drops to a tissue or cotton ball and place near pillow before retiring. Gratitude will enhance relaxation and support more restful sleep.

MASSAGE

- Add 20 drops per 1 ounce of massage or carrier oil for a calming, centering massage.

MISTING SPRAY

- Add 20-24 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before each use.
- Spray generously around body for protection when anticipating being around anyone whose energy is negative or caustic.
- Spray around your personal energy field at night to rid yourself of negative energy before sleeping, and in the morning in preparation and protection for the daily challenges of life.
- A misting spray is also an excellent “Angel Spray” or “Monster Spray” to use with children who are living in fear or are afraid of the dark; just spray as desired in closets, under the bed, or around the child’s energy field.

TOPICAL

- Apply 1-2 drops to pulse points as a replacement to chemically-laden perfumes.
- To support a deep inner shift of awareness, apply a drop or two to the crown chakra and as desired to other chakras.

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

responsible cautions

- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Due to citrus oil ingredients, it's best to avoid direct sun exposure to the area where oils were applied for at least 24 hours.
- People with highly sensitive skin may want to dilute this blend before applying directly to skin.

availability 5ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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pregnancy & children

- Safe when used as directed.