

# CIRCULATE

Used as the "Sixth Touch" to support and communicate with the circulatory system.

## SIXTH TOUCH CIRCULATORY SYSTEM

Circulate is formulated with Pure Rose, Sandalwood and other essential oils that are known to have an affinity for the heartcenter and support the cardiovascular and circulatory system.

When we experience states of anger, it affects our entire circulatory system and especially the heart. The sweet smell of Ylang Ylang in this blend is a balm for anger, allowing calm and balance to return.

Available in: 5ml Bottle, 10ml Bottle, and 10ml AromaStix

## daily uses

### BATH

- Thoroughly mix 8-10 drops of Circulate to a ½ cup of Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality to relieve menstrual cramps.
- Thoroughly mix 8-10 drops of Circulate to a ½ cup of Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality to relieve stress, pain, and tension.

### COMPRESSION

- For relief from pain and inflammation, massage 5-6 drops neat into spine. Apply a warm compress for 10 to 30 minutes.

### FOOT SOAK

- Thoroughly mix 5-8 drops of Circulate into Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality. Dissolve into a basin of warm water to soak and refresh tired sore feet.
- For especially sore feet apply Lavender Ice to feet and then mix 5-8 drops of Circulate into Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality. Dissolve into a basin of warm water to soak and refresh tired sore feet.

### INHALATION

- Rub 2-3 drops in palms of both hands. Cup hands over face and nose and inhale deeply.
- Diffuse 10-15 drops in 15 minute increments per hour throughout the day.

### INTERNAL

- Add a drop in ½ glass of water and gargle to soothe a sore throat, coughing or laryngitis. Do not swallow.

### MASSAGE

- To improve circulation and "warm -up" dilute 4 to 6 drops with 1 oz. carrier oil for a therapeutic massage.
- May be added to all goDésana Carrier oils in ratio of 8-10 drops per tablespoon.

### MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake well before each use.

### TOPICAL

- Massage 2-3 drops into spinal reflex points of the feet and/or hands.
- 1-2 drops at base of big toe down spine of foot to assist with pain relief body.
- Mix 3-5 drops with 1 tbsp carrier oil and massage over abdomen to ease heavy menstrual flow and cramps
- Mix 2-3 drops with equal parts of L-Stimulate, apply on location for congested prostate, varicose veins, and support of the lymphatic system. Mix with 1 tbsp. of carrier oil if desired.
- Apply 4-6 drops along the spine and gently feather into skin.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to "fall" down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

### RESPONSIBLE CAUTIONS

- Should not be used with medications containing iodine or iron.
- Non-toxic, non-irritant, non-sensitizing.
- Adhere to Responsible Safety Precautions.



WholeBody™ System

## ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Cypress, Monoi, Patchouli, Rose Damascena, Geranium, Sandalwood, and Ylang Ylang complete.

## 7 touch system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine OR using the AromaStix, starting just below the big toe, roll down along the foot reflex spine. Apply to both feet.

Follow with Clear



### 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.

