

CLEAR

Used as the "Seventh Touch" to communicate with the emotional system of the body.

SEVENTH TOUCH EMOTIONAL SYSTEM

While Align blend is a preparatory blend to support bodywork of all kinds, Clear is the final touch.

Designed to bring balance and harmony after bodywork as it has been the experience of many massage therapists and other body workers that manipulating the body can give rise to emotional experiences.

This blend is very supportive in easing the anxiety, stress and any other strong emotions that may be present.

This blend is very uplifting and the perfect ending for any type of hands-on therapy.

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

daily uses

BATH

- Thoroughly mix 8-10 drops of Clear to a ½ cup of Pink Himalayan Salt, Dead Sea Salt, or goDésana Clay Vitality for a relaxing and regenerative sense of well-being.
- To ease tension and elevate mood add 8-10 drops of Clear, 4-6 drops Lavender, fine and 3-5 drops of Happy.
- To restore balance to your emotions add 8-10 drops of Clear, 4-6 drops Lavender Chamomile and 3-5 drops of E-Motion.

COMPRESSION

- For relief from tension and to increase overall feeling of well-being, massage 5-6 drops neat into spine. Apply a warm compress for 10 to 30 minutes.

FOOT SOAK

- Thoroughly mix 5-8 drops of Clear 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 Clear 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.

MESSAGE

- Add 8 to 10 drops to 1 tablespoon of carrier oil to support and tone skin.
- Mix 10-12 drops to 1 tablespoon of carrier oil and massage into the neck & chest area using a clockwise motion for tension.
- For an all-over body moisturizing oil and therapeutic massage oil add 20-24 drops to one bottle goDésana Lubriessence.
- 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 and spray for an for an emotional balancing aroma in your home.

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 helps 'balance' body.
- For oily or acne prone skin, mix 40 drops with 1 oz. of argan carrier oil, apply to cotton ball and cleanse affected area.
- Mix 2 to 3 drops with 10 drops argan carrier oil for an anti-aging night oil treatment.
- 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

- Non-toxic, non-irritant, non-sensitizing.
- Patch-test prior to applying to larger areas of the body.
- Not to be used internally.



WholeBody™ System

ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Balsam Fir, Black Spruce, Clary Sage, Elemi, Rose Geranium, Inula, Rockrose, Patchouli, Lavender fine, Ylang Ylang complete, Sweet Marjoram, Pink Grapefruit, Sage, and Spikenard.

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.



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.

