

# CONNECT

Used as the "Fifth Touch" support and communicate with the tendons, cartilage and connective tissue of the body.

## FIFTH TOUCH CONNECTIVE SYSTEM

Formulated with oils that have an affinity for the tendons, cartilage and connective tissues of the body.

Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do!

Useful in dispersing lactic acid build up, improving muscle tone, and generally relieving pain; it is also a great pick-me-up due to its fresh, distinct aroma.

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

## daily uses

### BATH

- Thoroughly mix 12-15 drops of Sensory 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 Connect 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 Connect 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.

### MASSAGE

- Add 8 to 10 drops to 1 tablespoon of carrier oil to create a soothing blend for aches, pains and sore muscles.
- May be added to all goDésana carrier oils in a 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.
- 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.
- Not to be used internally.



WholeBody™ System

## ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct. 1,8 cineole, Tea Tree, and Thyme ct. linalool.

## 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 Circulate**



### 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.

