

FLEXABLE

Used as the "Fourth Touch" to support and communicate with the muscular system.

FOURTH TOUCH MUSCULAR SYSTEM

There are three primary oils in this blend, Balsam Fir, Black Spruce and Sweet Marjoram.

Balsam Fir has a long history of therapeutic application by the Native Americans who used its resin for healing wounds. This pure and clear essential oils is effective whether an injury is physical wounding or emotional. Its warming and analgesic properties make it an excellent support for the muscles.

Black Spruce has traditionally been used as a key ingredient in massage blends for muscle spasms and discomfort, and general strains and sprains.

Sweet Marjoram, one of the gentlest of all essential oils, is particularly helpful when anti-spasmodic properties are necessary such as with sore muscles and cramping.

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 assist with pain relief, ease aching muscles and sore joints.

COMPRESSION

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

FOOT SOAK

- Thoroughly mix 5-8 drops of FlexAble 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 FlexAble 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

- For aid with a cough, take 1 drop in 1/2 glass of water, mix well, and gargle, do not swallow..

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

- For an effective tick repellent add 12-20 drops into 4 oz. distilled or purified water. 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.
- To assist with nagging cough apply a few drops to the chest and back to calm coughing fits.
- Apply 1-2 drops on location, to ease muscle spasms, headache or coughs or on feet to relax body.
- Apply neat, or mix a few drops with an equal amount of Argan Carrier Oil for a wonderfully nourishing face & neck moisturizer. Powerfully anti-aging!
- Apply 3-5 drops to the soles of each foot to calm restless leg syndrome.
- 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

- Avoid during pregnancy.
- Should not be used with medications containing iodine or iron.
- Non-toxic, non-irritant, non-sensitizing.



WholeBody™ System

ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Balsam Fir, Black Spruce, Cedarwood Atlas, Cypress, Sweet Marjoram, Ocean Pine, Scotch Pine, and Siberian Fir.

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.

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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.

