

# SENSORY

Used as the "Third Touch" to support and communicate with the nervous system.

## THIRD TOUCH NERVOUS SYSTEM

This powerful blend strengthens and supports and acts as a tonic to nourish the nervous system, our very important system for body-wide communication.

Without a balanced functioning nervous system, we are unable to register information from our external and internal environment that is essential to our health and well-being.

Sensory contains essential oils that are historically known to reduce inflammation, assist vascular dilation, supports relief from neuralgia, nervous exhaustion and stress-related disorders.

Sensory may support relaxation for those who experience neuropathy, phlebitis, arthritis, or other nerve-type conditions.

**Available in: 5ml 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.
- For chronic or acute nerve pain relief gentle massage 5-6 drops of Sensory directly to the injury site. Apply a warm compress for 10 to 30 minutes.

### FOOT SOAK

- Thoroughly mix 5-8 drops of Sensory 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 Sensory 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.
- For an all-over body toning oil and therapeutic massage oil add 20-24 drops to one bottle goDésana Lubriessence.
- May be added to all goDésana carrier oils in a ratio of 10-12 drops per tablespoon.

### MISTING SPRAY

- Mix 15 drops in 4 oz. distilled water in blue cobalt spray bottle. Shake well and spray for fresh, clean aroma.

### 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.
- Can be applied neat to insect bites and wounds.
- 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

- Non-toxic, non-irritant, non-sensitizing.
- Adhere to Responsible Safety Precautions.
- Not to be used internally.



WholeBody™ System

## ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Eucalyptus radiata, Helichrysum, Lemon, Ravensara, 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 FlexAble**



### 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.

