

SAINT NICHOLAS

A blend of essential oils that represent the heart of Saint Nicholas and his ability to heal and go beyond is his own grief, giving unselfishly of himself to bring joy and happiness into the lives of others.

LIGHT,
SUBTLE,
PEACEFUL

Use this blend to bring the true meaning of Christmas into your home all year long.



Christmas Blends

ingredients

100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Frankincense, Lime, Siberian Fir, Elemi, Tanacetum Annum & Rose Damascena.

notes

Available in: 5ml Bottle

daily uses

DIFFUSION

- Apply a few drops directly from the bottle into the nebulizer of an electric diffuser.
- To a burner, add water to the dish then add a few drops of the essential oil, light the candle and as the water warms the essential oil will diffuse into the air. **Caution: Never leave a lit candle unsupervised around children and/or pets.**
- Apply a drop or two of oil to a tissue and insert into your pillowcase and it will diffuse.
- Place a few drops on a cotton ball and tuck inside the branches of your artificial Christmas tree to give it a natural fragrance.

INHALATION

- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.
- Apply a drop or two of oil to a tissue and inhale.

MISTING SPRAY

- Add 15-20 drops to 4 oz. distilled water in a cobalt blue spray bottle. Shake well when using. Spray as needed or desired to bring the scent of Christmas all year long.
- Spray on gift wrapping and Christmas cards to impart special wishes of goodwill and peace.

BATH

- Add 10 to 15 drops of Saint Nicholas to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath. Soak for 10 to 20 minutes for best results.

POTPOURRI

- Select a combination of dried materials such as cinnamon sticks, clove, dried oranges, pine cones, etc. Add several drops to the dried material. Store the potpourri for a week to ten days in a jar or other airtight container. Arrange your finished potpourri in a decorative container that cannot be harmed by oil.

RESPONSIBLE CAUTIONS

- Non-irritating, non-sensitizing, for aromatic use only.
- Not for use topically as spices can be irritating to the skin.
- Keep out of reach of children and away from the eyes.
- Store at room temperature with lids securely tightened; keep away from sunlight.



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.

