

# WISHES AND DREAMS

Christmas has always been a season of miracles. A time when the child within all of us, young and old, once again believes in the "impossible" being made possible.

**DIVINE,  
UPLIFTING,  
MIRACULOUS**

Use this blend and remember you have the power to reach out to someone in need this holiday season and make their wishes and dreams come true. And in the process, you may experience a miracle or two of your own.

This essential oil blend contains the very first Christmas gifts, Frankincense and Myrrh. And what a Christmas miracle they must have been to a poor carpenter, his wife and newborn son, as they were worth more than gold. This blend is truly a gift.

**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, reminding you that you are remembered and blessed.

### 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 anonymous gifts or donations to those in need.

### 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.

### TOPICAL

- Apply a drop or two on your heart and remember to spend time with those you love. Make time your gift and visit someone who is alone.

### RESPONSIBLE CAUTIONS

- Non-irritating, non-sensitizing, for aromatic use only.
- Keep out of reach of children and away from the eyes.
- Store at room temperature with lids securely tightened; keep away from sunlight.



## Christmas Blends

## ingredients

**100% Pure, Therapeutic Grade, Certified Organic And/Or Wild-Crafted Essential Oils Of Frankincense, Myrrh, Spikenard, Inula, Roman Chamomile, and Green Mandarin.**

## notes

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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.

