

# EVE'S DAUGHTER

*Daughters, mothers, grandmothers the world over*

Eve's Daughter is all of us; daughters, mothers, grandmothers the world over. Eve's very name meant 'Mother of all who have life.' Therefore, every woman today can be Eve's Daughter.

**SUPPORTIVE,  
PEACEFUL,  
STRENGTHENING**

Eve's Daughter supports us as we make a difference in the world. Not by force or politics, but by being who we are and by how we chose to live our lives. Use this supportive, uplifting blend any time you need the strength and faith to change your life, and the lives of those around you.

**Available in: 5ml Bottle**

## daily uses

### BATH

*One of the ways essential oils were most often used in biblical times.*

- Add 10-15 drops of Eve's Daughter blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. If your fear issues or feelings of uncertainty are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Eve's Daughter bath will detox past fear and uncertainty imprints allowing you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot bath, add 8-12 drops of Eve's Daughter blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

### MISTING SPRAY

*In biblical times essential oils and resins were burnt as incense for prayer and offerings. We can use the spray misters to send the essential oils into the air without the smoke.*

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your environment to create a frequency of courage, strength, and personal power. Shake well before use..
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny.
- Diffuse 10-15 drops in your water mist diffuser and mist into the environment.

### TOPICAL

*Applying to the head and feet was an important way to use essential oils in biblical times. Women also were known to apply essential oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.*

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny just as Tamar did. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops on the Sacral Chakra, our center of joy and feeling, and connect to Bathsheba who suffered, was forgiven, and was rewarded as the mother of King Solomon.
- Apply 1-2 drops to the Solar Plexus Chakra, our center of planning and strategy, and connect with Queen Esther who used her intelligence to save a nation of people.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God; that you are loved and cared for. Connect with Ruth, who so loved Naomi that she put Naomi's needs above her own and as a result found love and a child of her own.
- Apply 1-2 drops to the Throat Chakra, our center for truth and honor, and connect with Rahab who spoke the truth of God to the spies sent to Jericho.
- Apply 1-2 drops to the Thymus and Third Eye Chakras, our centers of service and intuition. Remember you are Eve's Daughter and have a destiny only you can fulfill.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God. Connect with Mary, who was given God's greatest gift by remaining open to his Divine guidance.
- Add 9-12 drops per ounce of goDésana body lotion and use after your bath to nourish and moisturize the skin while surrounding your body with the spiritual essences of Tamar, Bathsheba, Queen Esther, Ruth, Rahab, and Mary.

### RESPONSIBLE CAUTIONS

- Non-irritating, non-sensitizing, for topical and 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.



**Women of The Bible Blends**

## ingredients

*100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Geranium, Pink Grapefruit, Jasmine, Lavender Fine, Green Mandarin, Pink Lotus, Myrrh, Blood Orange, Tamar, Rahab, Bathsheba, Ruth, Mary, and Queen Esther.*

## pulse points

*Add 32 drops of Eve's Daughter and 8 drops of the carrier oil of choice to glass roll-on bottle.*

*Roll on one or more pulse points during prayer, reflection, and affirmations.*

- 1. Temporal Artery: Located just above the temple, on the sides of the head.*
- 2. Carotid Artery: Located on the side of the neck above the clavicle.*
- 3. Brachial Artery: Located on the inside of the arm above the elbow.*
- 4. Radial Artery: Located on the wrist.*
- 5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.*
- 6. Posterior Tibial Artery: Located on the foot behind the ankles.*
- 7. Dorsalis Pedis Artery: Located on the top of the foot.*



### 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.

