

RUTH

Woman of loyalty, humility, love, strength, and faith

Ruth was a Moabite woman who married into an Israelite family and eventually converted to Judaism. She is the great-grandmother of King David and hence an ancestor of Jesus the Messiah.

**CALMING,
NURTURING,
STRENGTHENING**

Ruth blend can help you to remember your personal relationship with God and of your family and friends, and instill those relationships with peace beyond all understanding. Ruth blend reminds us to be grateful for all the support and love these relationships provide.

Ruth blend is a powerful way to instill the faith and commitment needed to move forward and do whatever is necessary to make your life what you know it could be. This blend also helps to give energy to the Heart Chakra, our center of personal relationships.

Available in: 5ml Bottle

daily uses

BATH

One of the ways essential oils were most often used in the time of Ruth.

- Add 10-15 drops of Ruth blend to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to your bath. Soak 10-20 minutes for best results. The Ruth bath will detox past fear and abandonment imprints, allowing love and peace to take place. For intensive therapy, soak once a day, if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8-12 drops of Ruth blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10-20 minutes for best results.

MISTING SPRAY

In Ruth's time 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 Ruth who kept her faith and commitment to Naomi and took action when God gave her the opportunity to fulfill her destiny. Can be used throughout your environment to create a frequency of courage, love, gratitude, and hope. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt blue 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 Ruth's courage and devotion to family.
- 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 Ruth's time. 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. This also helps to give energy to the Heart Chakra, our center of personal relationships.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God, that you are loved and cared for.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 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 essence of Ruth.

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 Bergamot, Black Spruce, Geranium, Jasmine, Angelica Root, Lavender Vera, Lime, Green Mandarin, Myrrh, Ocean Pine, Palmarosa, Rose Damascene, Rosewood, Siberian Fir, and Ylang Ylang Complete.

pulse points

Add 32 drops of Ruth and 8 drops of the carrier oil of choice to glass roll-on bottle.

Roll on one or more pulse points during prayer, reflection & 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 pelvic.*
- 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.

