

TAMAR

Woman of honor, resilience, faith, wisdom, and courage



Women of The Bible Blends

Tamar was the daughter-in-law of Judah (twice), as well as the mother of two of his children. She endured much abuse but kept her faith in her destiny, and God provided her a way to fulfill it. It meant risking her life, but she had enough faith to take the chance.

**SPIRITUAL,
NURTURING,
STRENGTHENING**

Tamar blend can help to reestablish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.

Tamar blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. Tamar teaches us to take opportunities and use them to our advantage, always mindful of our destiny. Use Tamar blend whenever you feel the need for strength and personal power.

Available in: 5ml Bottle

daily uses

BATH

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

- Add 10-15 drops of Tamar 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 you have past or present abuse issues keeping you from your destiny, while soaking, say a prayer or affirmation to overcome those situations. The Tamar bath will detox past abuse imprints, allowing forgiveness to take place. 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 Tamar blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

MISTING SPRAY

In Tamar'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 Tamar who kept her faith in her right to a family and took action when God gave her the opportunity. Can be used throughout your environment to create a frequency of courage, strength, resilience, 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 Tamar's courage and strength.
- 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 Tamar'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 Root Chakra, our center of personal survival.
- 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 Tamar.

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.

ingredients

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Balsam Fir, Bay Laurel, Birch, Black Spruce, Carrot Seed, Cypress, Frankincense, Patchouli, Rosemary ct.1,8 Cineole, Rosewood, Sage, Sandalwood, Melissa, and Certified Organic Fractionated Coconut Oil.

pulse points

Add 32 drops of Tamar 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.

