

Breathe

Breathe is a carefully selected blend of Essential Oils that have been shown to assist with opening up the respiratory system, calming cough, improving circulation, and thinning mucus.

ingredient highlights

- **Eucalyptus globulus**, known as Blue Gum Tree, is a potent respiratory oil against bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.
- **Eucalyptus radiata** has been shown to be effective for treating sinus conditions as it can be inhaled most deeply without triggering the cough reflex. It is the essential oil of choice when dealing with infections high in the chest.
- **Scotch Pine** has been used as a remedy since the days of ancient Greece. Its expectorant properties can provide quick relief from bronchitis, sinusitis, laryngitis, flu symptoms, and it is found in many formulations for the lungs.
- **Peppermint** contains nine expectorant compounds which help move mucus up and out of the lungs. Its main constituent, menthol, thins mucous, making the expectoration easier.
- **Rosemary ct. 1,8 cineole** is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis.
- **Bay Laurel** is a powerful stimulant to the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions.

general uses

BATH

- Add 8-10 drops to ½ cup Himalayan Pink Salt, Dead Sea Salt, or Clay Vitality and add to a warm tub of water.

INHALATION

- Apply 2-3 drops to a tissue or palms of hands and inhale deeply to relieve coughing fits or to open respiratory airways.
- Diffuse 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.

MASSAGE/TOPICAL

- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest and back.
- Apply to the sinus reflex points on the hands and/or feet.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

pregnancy & children

TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (grapeseed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - safe when used as directed

BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in 1/4 cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in 1/4 cup Pink Himalayan salt or Clay Vitality
- Pregnancy - safe when used as directed

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ingredients

100% Pure, Certified Organic and Wildcrafted oils of *Eucalyptus globulus*, *Eucalyptus radiata*, *Eucalyptus citriodora*, *Marjoram*, sweet; *Pine*, scotch; *Cypress*, *Peppermint*, *Rosemary ct. 1,8 cineole*, *Lemon*, *Bay Laurel*, and *Ravensara ct. 1,8 cineole*

Note: 10ml AromaStix contain a very small amount of Certified Organic Fractionated Coconut Oil

reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

10ml Bottle & 10ml AromaStix



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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Breathe Relief Asthmatic

Breathe Relief Asthmatic is a carefully selected blend of Essential Oils that have been shown to assist with opening up the respiratory system.

ingredient highlights

- **Eucalyptus citriodora**, also known as Lemon Eucalyptus, has been used in traditional Aboriginal bush medicine for thousands of years. It is a powerful fungicidal and bactericidal, and is especially effective for use in treating asthma, laryngitis, sore throat, colds, and other respiratory illness.
- **Lavender, vera**, is an increasingly rare and valuable Essential Oil. Grown and wild harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as Lavender Fine, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender. Lavender Vera High Altitude has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.
- **Ravensara ct. 1,8 cineole** is the Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile. It is potent, yet safe and gentle. Like True Lavender, Ravensara can be used for ailments which do not normally fall within its recommended usage, yet achieve great results.

general uses

FOOT BATH

- Add 4-6 drops to ¼ cup Himalayan Pink Salt, Dead Sea Salt, or Clay Vitality and add to a warm tub of water. Soak feet 10-20 minutes for best results.

INHALATION

- Apply 2-3 drops to a tissue or palms of hands and inhale deeply to relieve coughing fits or to open respiratory airways.
- Diffuse 10-15 drops 15 minutes per hour as needed to minimize coughing. May be especially helpful at night to ease breathing and make sleep possible.

MASSAGE/TOPICAL

- Mix 5-6 drops with 1 tablespoon of carrier oil and massage over the lung area on chest and back.
- Apply to the sinus reflex points on the hands and/or feet.

pregnancy & children

- Children - safe when used as directed on children over 3 years of age
- Pregnancy - safe when diluted with carrier oil and used as directed

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Eucalyptus citriodora, Lavender, vera; Ravensara ct. 1,8 cineole, and Fractionated Coconut

reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

10ml Bottle & 10ml AromaStix



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Respi Relief

A Terrain Respiratory blend to assist with allergic reactions. The Essential Oils in Respi Relief have been shown to be effective for relieving hay fever and other allergic symptoms that result in sneezing, runny nose, watery eyes, and so on.

ingredient highlights

- Helichrysum is a good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; it reduces both congestion and inflammation.

The therapeutic properties of Helichrysum Essential Oil are anti-allergenic, anti-inflammatory, antispasmodic, astringent, diuretic, analgesic, expectorant, cytophylactic, cholagogue, and nervine.

- Niaouli Essential Oil is a gentle yet potent respiratory oil with strong decongestant ability; useful with colds, flu, allergies, asthma, bronchitis, sinusitis, sore throat, and whooping cough.

The therapeutic properties of Niaouli Essential Oil are analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, and vulnerary

- Ravensara ct. 1,8 cineole is a great anti-allergenic. It is non-sensitizing and non-irritating, and effectively prevents and reduces allergens. It helps to gradually build resistance to certain allergenic substances.

The therapeutic properties of Ravensara ct. 1,8 cineole are analgesic, anti-allergenic, anti-asthmatic, anti-bacterial, anti-infectious, anti-inflammatory, anti-microbial, anti-oxidant, anti-septic, anti-spasmodic, anti-viral, diuretic, expectorant, immuno-stimulant, mucolytic, stimulant.

respi relief inhaler

- Aromatherapy inhalers are a great way to transport Essential Oils for quick, convenient inhalation. To use, simply unscrew the top and raise the tip of the inhaler to your nose or mouth and inhale deeply.
- Inhalers can be refilled by removing the bottom cap and re-moistening the absorbent, inner core with your favorite Essential Oil or Essential Oil Blend.

pregnancy & children

TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (Grape Seed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - 6 to 8 drops Essential Oil in 10 ml carrier oil

BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in ¼ cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy - 6 to 10 drops Essential Oil in ½ cup of Dead Sea Salt or Clay Vitality



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Niaouli, and Ravensara ct. 1,8 cineole

suggested usage

- Diffuse 6 to 8 drops for 15 minutes every 2 to 3 hours as needed.
- Apply over the lung area as well as on the soles of feet.
- Can also be rolled on wrists and inhaled as needed when you feel an allergic reaction beginning.

reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

10ml Bottle, 10ml AromaStix, & 1ml Inhaler



QUALITY ASSURANCE

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Respi Relief For Kids

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Dill; Rosemary ct. 1,8 cineole, Lemon, and Thyme ct. linalool

Congestion in children can be caused by colds, flu, and allergies. Congestion isn't the same as an infection, but it does create a breeding ground for bacteria. Chest congestion can interfere with breathing, sleeping, and eating.

Respi Relief For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with ENT and lung issues in children ages 3 years and over.

ingredient highlights

- Rosemary ct. 1,8 cineole is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis. Its stimulating and uplifting properties are of added benefit when dealing with asthma or other respiratory issues involving a nervous or emotional component.

Rosemary ct. 1,8 cineole is high in oxides. It's noted to be mucolytic, expectorant, antispasmodic, fungicidal, antibacterial, and antiviral. It is traditionally used for lung congestion, to increase cerebral blood flow, and to decrease chronic inflammation.

- Thyme ct. linalool is one of the preferred oils for use with children and the elderly when a powerful infection fighter is needed; particularly with colds, coughs, flu, and respiratory infections.

Because of its antispasmodic properties, it is ideal for helping to control coughing fits. Like Tea Tree, Thyme ct. linalool is an Essential Oil that is recommended for inclusion in first-aid kits. It is strongly antiseptic and antimicrobial, yet is gentle enough to use on children and the elderly.

- Lemon can be beneficial to the circulatory system and blood flow, reducing blood pressure and helping with nosebleeds. It may bring down fever, help relieve throat infections, bronchitis, asthma, and flu.
- Dill Weed Essential Oil, although it is not widely known, is an effective immune stimulant.

suggested usage

- Diffuse 6 to 8 drops for 15 minutes.
- May be applied onto the ears, sinus, and throat reflex points on the feet, as well as the lung reflex points.
- Can be applied over the glandular areas of the throat under the ears and on the lung areas of chest and back.
- May be inhaled by applying onto a tissue and inhaling.

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

5ml Bottle



goDésana organics
feel the difference

QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

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goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

