



RE-STORE

verb
to put or bring (something) back into existence or use

SICKNESS. BALANCE.

Sickness contains Essential Oils that are known to be antibacterial and antiviral when diffused into the air. It can cleanse the air and help prevent cross infection as well as removing the energy of hypochondria. This blend works best in a diffuser, but can also be used as a misting spray.

Ingredients: Palmarosa, Ocean Pine, Eucalyptus Globulus, Tea Tree, Lemon, Jojoba

All of us are familiar with the change in our bodies after a severe flu, broken limb, or difficult surgery. No matter what the issue, the antidote to sickness is wellness, both physically and emotionally. Regardless of what the day brings you... rushing around your home, at the office, through the supermarket, or in and out of appointments and vehicles... you can restore Balance after an illness, or best of all, before an illness occurs. Balance is the perfect Essential Oil to introduce into your daily routine.

Ingredients: Ravintsara, Eucalyptus Radiata, Palmarosa, Niaouli, Fractionated Coconut

SUPERIORITY. HUMILITY.

Individuals with a sense of superiority typically maintain a feeling that they are better or more important than others and have a general disregard for the thoughts and feelings of others. Those with a sense of superiority often lack empathy and frequently have a difficult time maintaining close relationships. Superiority helps those individuals balance a healthy feeling of self-worth with empathy and compassion for others.

Ingredients: Patchouli, Marjoram, sweet; Grapefruit, pink; Ylang Ylang Complete, Clary Sage, Sandalwood, Lavender, fine; Peppermint, Tanacetum Annuum, Frankincense, Elemi, Bergamot, Cypress, Cedarwood, atlas; Juniper Berry, Benzoin Absolute, Jojoba, Fractionated Coconut

Leadership requires us to be a servant to others with strength and sincerity. Humility shows us how to express strength without ego. Humble leaders know the balance between being gentle and remaining strong. Use before meeting with others to develop your humble servant leadership within. Humility helps us to understand that our purpose is bigger, and will last longer, than us.

Ingredients: Rosemary ct. 1,8 cineole, Cypress, Carrot Seed, Tanacetum Annuum, Sandalwood, Patchouli, Fractionated Coconut

VICTIMIZATION. INDEPENDENT SELF.

Victim mentality is a learned personality trait in which one tends to regard him or herself as a victim of circumstances or the negative actions of others, and then thinks, acts, and speaks as if that really were the case. Victimization can help those who see themselves as victims to release that pattern of thought and behavior. Release feelings of victimization and replace them with the positive energy of the companion blend, Independent Self.

Ingredients: Melissa, Rose, Bergamot, Chamomile, roman; Ylang Ylang Complete, Geranium, rose; Jojoba, Sandalwood, Bay Laurel, Juniper Berry, Lemongrass, Grapefruit, pink; Fractionated Coconut

Independent people take responsibility for every action and circumstance in their lives. They know they cannot control circumstances, but they can control their response to those circumstances. Independent people don't rely on external validation to feel good about themselves. They build an inner stability and fuel their lives with positive emotions no matter what other people say or do. Independent people who feel capable and strong are never victims. Find that power for yourself with Independent Self.

Ingredients: Vetiver, Cypress, Bergamot, Cinnamon Bark, Cedarwood, atlas; Juniper Berry, Fractionated Coconut

Release & Restore System Blends are not recommended for use by those who are pregnant, nursing, or under the age of 10 years unless under the direct supervision of a qualified aromatherapist or healthcare professional.

POVERTY. PROSPERITY.

Poverty mentality is a way of thinking said to perpetuate poverty because the focus is on what one doesn't have rather than what one does have. Thoughts and comments such as "I can't afford this..." and "I'll never have enough money for that..." can turn out to be a self-fulfilling prophecy. Poverty can help those who think negatively about money to release that pattern of thought and behavior.

Note: Not recommended for bath or massage.

Ingredients: Juniper Berry, Patchouli, Orange, sweet; Pine, scotch; Cinnamon Bark, Cedarwood, atlas; Ginger Root, Spikenard, Spruce, black; Nutmeg, Fractionated Coconut

This blend represents prosperity in all its forms; increased opportunity, financial gain, abundant friends, increased health, and wellbeing. It contains spices that in ancient times were considered more valuable than gold. Formulated to capture the power of the Law of Attraction in your world on a daily basis.

Note: Not recommended for bath or massage.

Ingredients: Patchouli, Orange, sweet; Cinnamon Bark, Ginger Root, Spruce, black; Nutmeg, Fractionated Coconut

SELF-SABOTAGE. REALITY CHECK.

Whether we call it low self-esteem, being ashamed, or our "inner critic", the reality is that many people secretly feel unworthy. Self-Sabotage can help us learn to get out of our own way; to stop sabotaging the good in our lives by feeling as though we don't deserve it. Release feelings of unworthiness and replace them with the positive energy of the companion blend, Reality Check.

Ingredients: Rose, Vetiver, Neroli, Rosemary 1,8 cineole; Cypress, Tanacetum Annuum, Geranium, rose; Patchouli, Sandalwood, Fractionated Coconut

Reality Check helps us stay grounded in the now; to be present in actual reality rather than unrealistic ideas of how things should be. In many ways being grounded in the now allows our mind to rest and not run amok on us. Understanding our reality and being very truthful with ourselves about where we stand today is foundational to achieving any solid plan for the future. Without an honest reality check, future plans for growth will prove to be fantasies.

Ingredients: Rose, Neroli, Elemi, Rockrose, Tangerine, Geranium, rose; Balsam, fir; Patchouli, Tanacetum Annuum, Fractionated Coconut

For More Information:

Name

Phone

Consultant ID #

Web Address

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RELEASE & RESTORE

HEALTHY MIND, HEALTHY BODY

Healthy mind, healthy body may be a time-honored aphorism, but it's only recently that the truth behind it, the connection between the mind and body, has become the focus of exploration by Western medicine. A series of experiments performed in the 1970's isolated minute chemicals called neurotransmitters, which are used by the nervous system to transmit information, including thought processes, throughout the body.

Scientists were excited to find that these neurotransmitters existed well beyond the physical boundaries of the brain. Similar studies revealed that neurotransmitters associated with stress could be found not only in the adrenal glands of anxiety sufferers, but in their blood as well.

EMOTIONS & YOUR HEALTH

SPACE CLEANSING WITH INTENTION

Use the Release & Restore System blends in your home, office, and personal physical space to assure there are no residual energy patterns to cause discord in your life.

You need to be in a calm, focused mood. If you are anxious, upset, or otherwise feeling out of sorts, you need to regain your calm before you start. Begin by closing your eyes and taking three deep breaths, in through the nose and slowly out through the mouth, visualizing your body relaxing with each exhale. Once you are in a calm, focused mood close your eyes and with the releasing blend mister, mist around yourself starting at the top of your head, down the front and then down the back, holding the mister 1 to 2 feet from the body.

Remember, this is not a perfume you're applying; you are applying it to your bioelectrical field, so you do not need to spray it directly on the body. Proceed to mist the different areas of your home following the path you used for the Aromatic Space Cleansing (see instructions at goDesana.com).

When you have finished with the releasing blend mister, repeat with the complementary restoring blend mister.

OF OUR SEVEN SENSES, SMELL IS THE ONLY ONE WIRED DIRECTLY TO THE LIMBIC AREA OF THE BRAIN, WHICH IS CONSIDERED THE EMOTIONAL CONTROL CENTER. THIS MEANS THAT WHEN ESSENTIAL OILS ARE INHALED, THEIR MOLECULES GO DIRECTLY TO THE BRAIN.

RELEASE & RESTORE SYSTEM

Essential Oils can shift unconscious beliefs, emotions, and patterning - instantaneously in most cases, or soon after with repeated daily use - because the chemical constituents of pure Essential Oils, primarily Sesquiterpenes, can not only release emotions and patterning on a cellular level stored anywhere in the body but can also help to re-anchor new healthy patterning on a DNA level. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects.

We all have conscious and unconscious beliefs about ourselves that either drive us forward or act like an unseen weight tied to our body. These beliefs either unleash our spirit or hold us back from our potential to be and to live the best life possible, which is what we all deserve.

The Release and Restore System is the first of its kind on the market today. Each blend positively influences energy and creates change while calming the nervous system and allowing the body to completely relax, rebalance, and restore. Each blend is named, and has their intention set, after familiar emotional issues with which we all deal. As you work with each blend, be sure to set your intention. We invite you to improve your health in just minutes a day with the Release & Restore System.

For best results, before you begin, do an Aromatic Space Cleansing (instructions at goDesana.com). Once you have completed the Aromatic Space Cleansing, proceed through your home as you did with the Space Cleansing, using the releasing blend first and following with its complementary restoring blend.

You can use the Release & Restore Blends in your home or office once or twice a week as needed, until the next month when you should space cleanse again. Monthly Aromatic Space Cleansing will keep the energy of your home clean and uplift the chi. You can also use misting sprays to release & restore negative energy patterns from your personal energy field so that you are not reintroducing the energy back into your environment.

OUR IMMUNE SYSTEM DOES NOT EXIST IN ISOLATION FROM OUR EMOTIONS

Scientific research shows that aromas bypass our thinking mind and create changes in our emotions. Furthermore, research has proven that the interactions between Essential Oils and brain receptors promote healing, relaxation, and immunological reactions. When a smell enters the nasal cavity, it meets up with over 50,000,000 receptor neurons which are located in the upper part of the nose and nasal septum.

These receptors then convert the presence of a smell into a message which is sent to the olfactory bulb (which is seen as part of the forebrain and its main sensory input) where the processing of the smell is started and is then passed onto other areas of the brain which control emotions and behavior as well as basic thought processes. In studies performed at Vienna and Berlin Universities, researchers discovered that sesquiterpenes, a natural compound found in Essential Oils of Vetiver, Patchouli, Cedarwood, Sandalwood, and Frankincense, can increase levels of oxygen in the brain by up to 28% (Nasel, 1992).

Such an increase in brain oxygen may lead to a heightened level of activity in the hypothalamus and limbic systems of the brain, which can have dramatic effects on not only emotions but on learning, attitude, and many physical processes of the body such as immune function, hormone balance, and energy levels.

WHenever needed, mist the releasing blend of choice around yourself, with intention, making sure not to spray the oils into your eyes. Follow with the companion restoring blend.



WHAT YOU NEED TO GET STARTED

FILL EACH BOTTLE ½ FULL OF DISTILLED WATER, ADD THE DROPS OF ESSENTIAL OIL, AND THEN FINISH FILLING WITH DISTILLED WATER. SHAKE WELL BEFORE EACH USE.

2 Cobalt Blue Spray Bottles {4oz} (1 for releasing blend, 1 for restoring blend)
1 Gallon Distilled Water
10-12 Drops releasing blend of choice
10-12 Drops restoring blend of choice

ADDITIONAL SUGGESTED USAGE

BATH

- Add 5 to 10 drops of selected Essential Oil to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. 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 4 to 8 drops of selected Essential Oil to ½ cup of Pink Himalayan or Dead Sea bath salts and soak feet 10 to 20 minutes for best results.
- Soaking can help cleanse negative beliefs held in your personal energy field.

INHALATION

- Diffuse 10 minutes per hour as needed throughout the day.
- Rub 2-3 drops on the palms of the hands, cup over nose and mouth, and inhale.

TOPICAL

- Add 8-10 drops per 1 tablespoon of massage or carrier oil for foot rubs or localized massage; or in larger quantities for full body massage.

RELEASE

verb

to free from confinement, bondage, obligation, pain, etc.; let go

ANGER. EMPATHY.

Anger is a natural and healthy emotion when appropriately expressed. Anger prepares the angry person for the use of Empathy Essential Oil Blend.

Ingredients: Patchouli, Orange, sweet; Bergamot, Grapefruit, pink; Helichrysum, Rose, Spikenard, Jojoba, Fractionated Coconut

Empathy can help us share or recognize emotions experienced by those whose opinions, practices, race, religion, nationality, etc. differ from our own.

Ingredients: Sandalwood, Chamomile, roman; Myrrh, Lavender, fine; Spikenard, Angelica Root, Rose, Fractionated Coconut

BAD RELATIONSHIPS. UNCONDITIONAL LOVE.

Holding on to the wounds of past relationships is a great way to spoil the chances of finding new ones. Bad Relationships prepares our energy field for the companion blend, Unconditional Love.

Ingredients: Jasmine, Ylang Ylang Complete, Ginger Root, Juniper Berry, Fennel, sweet; Geranium, rose; Sandalwood, Rose, Jojoba, Fractionated Coconut

Unconditional Love is a choice; a decision made to love with no regard to circumstances or disappointments. Unconditional Love was created to support the Heart (4th) Chakra, our energy center of benevolence and compassion. It supports us in being open and emotionally available to others.

Ingredients: Ylang Ylang Complete, Palmarosa, Jasmine, Mandarin, red; Myrrh, Geranium, rose; Rose, Lavender, vera; Fractionated Coconut

ENTITLEMENT. RIGHT USE OF POWER.

Those with a sense of entitlement may prioritize trivial pleasures for themselves over basic needs like paying rent or putting food on the table. Entitlement can help those who think the world owes them something to release that destructive pattern of thought and behavior.

Ingredients: Rose, Clary Sage, Peppermint, Grapefruit, pink; Tanacetum Annum, Ylang Ylang Complete, Frankincense, Geranium rose; Sandalwood, Fractionated Coconut

Power comes from embracing spiritual values rather than just earthly values; from making kindness, love, and compassion for ourselves and those around us more important than controlling others' actions and thoughts. Right Use Of Power helps us to not infringe on the free will or rights of others.

Ingredients: Clary Sage, Peppermint, Tanacetum Annum, Frankincense, Elemi, Sandalwood, Fractionated Coconut

FEAR. COURAGE.

If we accept fear, we give fear a basis for existence; we make fear real, and we give fear life. The soothing aroma of Fear quickly calms and balances the emotions while allowing the mind to release our fears. Fear can help to soothe, balance, ground, and stabilize the body emotionally.

Ingredients: Vetiver, Geranium, rose; Rose, Palmarosa, Neroli, Fractionated Coconut

Courage is the ability to act in spite of our fear. Fear is not the enemy, but rather our intuition guiding us in the direction we are intended to follow, much like a compass. The powerful aroma of Courage grounds and balances the emotions while empowering the mind.

Ingredients: Rosewood, Tanacetum Annum, Spruce, black; Sage, Bay Laurel, Fractionated Coconut

JUDGMENT. TOLERANCE.

Judging others is divisive; it separates us and closes our hearts. Judgment can help those who judge people or situations to release that pattern of thought and behavior. Release feelings of judgment and replace them with the positive energy of the companion blend, Tolerance.

Ingredients: Patchouli, Spikenard, Marjoram, sweet; Grapefruit, pink; Melissa, Ylang Ylang Complete, Clary Sage, Angelica Root, Sandalwood, Lavender, fine; Fractionated Coconut

Tolerance works as a barrier to prejudice and brings people together. Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.

Ingredients: Rose, Melissa, Myrrh, Jasmine, Mandarin, green; Palmarosa, Angelica Root, Ylang Ylang Complete, Geranium, rose; Lavender, vera; Fractionated Coconut