

# Healthy Home

## March Oil Of The Month Club

### PROTECTOR

Environmental blend\*  
Antiseptic & disinfectant\*  
Non-toxic\*

### TANGERINE

Eases tension & anxiety\*  
Relieves insomnia\*  
Excellent food flavoring\*

### CLEAR

Supports Emotional System\*  
Assists with stress\*  
Balances after bodywork\*

### PINK GRAPEFRUIT

Assists with depression\*  
Reduces appetite\*  
Dissolves fat\*

### TEA TREE

Immuno-stimulant\*  
Powerful antifungal\*  
Antibacterial, antiviral\*

### LEMONGRASS

Immuno-stimulant\*  
Reduces fluid retention\*  
Beneficial for stress\*

### TRI REMEDY

Antibacterial, antiviral\*  
Immune strengthener\*  
Natural antibiotic\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**GoDesana**  
feel the pure plant difference

### INTRO CLUB \$27 (27BV)

- Protector {10ml}

### BASIC CLUB \$67 (67BV)

- Protector {10ml}
- Pink Grapefruit {10ml}
- Lemongrass {10ml}
- Tangerine {10ml}

### FAVORITES CLUB \$127 (127BV)

- Protector {10ml}
- Pink Grapefruit {10ml}
- Lemongrass {10ml}
- Tangerine {10ml}
- Balsam Fir {10ml}
- Sweet Orange {10ml}
- Clear {AromaStix} - "Try Me"

### TRY ME PRODUCT

**Free with all orders of 100 BV or more**

- Clear {AromaStix}

## MARCH Oil Of The Month Club

### SIGNATURE CLUB \$197 (80BV SAT PACK)

- Protector {10ml}
- Pink Grapefruit {10ml}
- Lemongrass {10ml}
- Tangerine {10ml}
- Balsam Fir {10ml}
- Sweet Orange {10ml}
- Tea Tree {10ml}
- Deep Green {10ml}
- Tri Remedy {10ml}
- Clear {AromaStix} - "Try Me"



# H

Create a healthy home by cleaning, deodorizing, and sanitizing your home and laundry with pure goDésana Essential Oils featured in the March & September Oil Of The Month Club.

HEALTHY CHOICES

HEALTHY HOME

## Common Toxic Chemicals in Your Home

### Diethanolamine (DEA):

Suspected carcinogen found in shampoos, conditioners, bubble baths, lotions, cosmetics, soaps, laundry & dish detergents, and more.

### Propylene Glycol:

Associated with contact dermatitis, kidney damage, and liver abnormalities. Found in shampoos, deodorants, cosmetics, lotions, toothpastes, processed foods, baby wipes, etc.

### Sodium Lauryl Sulfate (SLS):

Uses include concrete floor cleaners, engine degreasers, and car wash detergents. Found in shampoos, liquid soaps, conditioners, cleansers, toothpastes, and children's personal care products.

**Talc:** Chemically similar to asbestos. Has been linked to ovarian cancer. Found in many baby powders and cosmetics.

**Alcohol:** Mouthwashes with higher than 25% alcohol content have been linked to cancers of the mouth, tongue, and throat.



## What's Under Your Sink?

A surprising number of the most harmful toxins ever created are found right in your own backyard — indeed, right under your kitchen sink.

A study by the Toronto Indoor Air Commission concluded that, due to increased exposure to household carcinogens, women who work at home have a 55% greater chance of developing cancer than women who spend the majority of their time outside the home.

No law requires manufacturers of cleaning products to list ingredients on their labels or to test their products for safety. It's up to you to make sure your home is not only clean, but also non-toxic.

Essential Oils are one of the best naturally antimicrobial and antibacterial options for homemade cleaning recipes, and they smell great!

Essential Oils have been used for thousands of years in various cultures for a wide variety of purposes from aromatherapy to household cleaning, to natural medical treatments.

You can add Essential Oils to your laundry routine, sanitize the kitchen, and kill mold in the bathroom; all while disinfecting and making your home smell clean and fresh... without toxic chemicals and toxic fumes!

**Glass Cleaner:** Combine 1½ cups vinegar, ½ cup water, and 8 drops of your favorite citrus Essential Oil in a spray bottle and shake well before each use. Spray and wipe with a dry cloth or towel.

Making your own cleaners and air fresheners using pure Essential Oils is a safe, cost-effective way to reduce your family's exposure to the toxic chemicals found in so many cleaning and personal care products.

Many Essential Oil cleaning recipes can be made with simple ingredients you probably already have in your kitchen cupboard.

**Sink & Bathtub Cleaner:** Combine 1 cup Baking Soda and 20-30 drops of Tri Remedy in a mixing bowl. Store in airtight container with a lid. Sprinkle onto sinks or tubs, scrub, and rinse.

Today, there is an ever-increasing need for us to look to natural methods for supporting and protecting our bodies and cleaning our homes.

**Sanitizing Floor Cleaner:** Combine 6-10 drops of Protector, Tri Remedy, Lemongrass, or Tea Tree Essential Oil with 1 tablespoon of Castile soap. Add ¼ cup white vinegar and mix into a bucket of warm water. Use to mop hard floor surfaces.

We invite you to save money and feel better when you switch from toxic store-bought cleaners to your own safer, homemade Stillroom versions using pure goDésana Essential Oils.



## TEA TREE

*melaleuca alternafolia*

Pure Essential Oils can be used with minimal to no side effects when used as directed. Unlike drugs, Essential Oils do not build up resistance in the body, but retain their effectiveness even with repeated applications.

Essential Oils are naturally anti-viral, antibacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, anti-venom, sedative, nervine, digestive, diuretic, aphrodisiac, and much, much more.

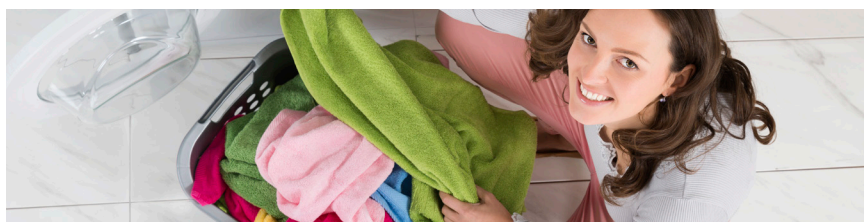
**Healthy Home offers recipes that will allow you to make choices resulting in a healthier home for you, your children, grandchildren, and pets, paving the way for a healthier planet for generations to come.**

Tea Tree is an incredibly versatile, very powerful antibacterial, antiviral, and antifungal Essential Oil distilled from the leaves of the Australian paperbark tree.

Unlike antibiotics, Tea Tree does not kill indiscriminately, but can identify and kill destructive bacteria while leaving the friendly bacteria we need to stay healthy.

Tea Tree Essential Oil also works especially well to get rid of mildew and mold around the house.

Multiple clinical studies have found Tea Tree Essential Oil to be antimicrobial, antiviral and anti-inflammatory. Its medicinal and household uses don't stop there though... from clearing up a respiratory infection to cleaning floors, this Essential Oil packs a powerful punch.



## Safely Clean & Disinfect Your Home Without Risking Your Life

Protector Essential Oil blend was formulated as a powerful antiseptic and disinfectant; a must-have Essential Oil for daily use.

### PROTECTOR RECIPES

#### Protector Clean & Disinfectant Spray

Add 20 drops of Protector and 1 teaspoon of goDésana Home & Laundry Concentrate to 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Use to kill odors, bacteria, viruses, and germs on counters, keyboards, telephones, sinks, door handles, and toilets.

#### Protector Disinfectant Hand Moisturizer

Add 15 drops of Protector to 1 ounce of goDésana Hydrating Hand & Body Lotion. Mix, carry with you, and use to disinfect and moisturize hands.

#### Protector Disinfectant Hand Soap

Mix 15 drops of Protector, 4 ounces of distilled water, and 1 teaspoon of goDésana Home & Laundry Concentrate.

#### Protector Environment

To clear mold and bacteria from an area, diffuse 10 drops of Protector twice daily.

#### Protector Floor Cleaner

Mix 20 drops of Protector, 2½ cups water, and 1 teaspoon of goDésana Home & Laundry Concentrate.

#### Protector Personal Disinfectant Mister

Add 30 drops of Protector to 2 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle.

#### Additional Uses

Mist diaper pail and surrounding areas, shopping cart handles, reusable shopping bags, telephones, desks, bed linens, couches, chairs, and pillows.

Use when flying to disinfect tray tables, arm rests, seat belts, chairs, and bathroom surfaces. When staying in a hotel, spray air vents, bedspreads, bathrooms, desks, counter tops, remote controls, and doorknobs.

## ANTIBACTERIAL SOAPS CONCERN EXPERTS

By Melissa Schorr

Can getting too zestfully clean be dangerous to your health? Yes, say infectious disease specialists, who worry that overuse of antibacterial soaps might actually help create drug-resistant mutant germs. Indeed, recent research suggests these products may encourage the growth of "super bugs" resistant to antimicrobial agents, a problem when these bacteria run rampant, turning into a dangerous infection that cannot be treated with available medication. Similar growth of drug-resistant strains has already occurred with antibiotics.

The overuse and misuse of antibiotics has led to several drug-resistant microbes, such as streptococcus pneumonia and strains of E. coli. Dr. Stuart Levy, president of the Alliance for the Prudent Use of Antibiotics and a professor of molecular biology at Tufts University School of Medicine in Boston, believes antibacterial soaps are dangerous. "Triclosan creates an environment where the resistant, mutated bacteria are more likely to survive," says Levy, who published a study on the germicide two years ago in the journal *Nature*.



1

## Floor Disinfectant

Add a 6-10 drops of Tea Tree to a bucket of soapy water before you mop your floor to disperse its fresh and distinctive scent throughout your home.

2

## Soft Scrub

Add 2 teaspoons of goDésana Clay Vitality Detox Powder, 10 drops of Tea Tree Essential Oil, 3 drops of citrus oil of choice, 10 drops Protector blend, and 1 teaspoon goDésana Home & Laundry Concentrate to 4 ounces of distilled water.

3

## Dishwasher

Add 4 drops of Eucalyptus Globulus, Scotch Pine, Tea Tree, Lemongrass, Pink Grapefruit, or Lemon to your dishwasher or dish detergent to disinfect and purify.

**SOME ESSENTIAL OILS HAVE BEEN TESTED AND FOUND TO BE EFFECTIVE FOR THEIR AIRBORNE ANTISEPTICS. THEY WOULD BE OUR FIRST CHOICE TO DISINFECT AND PURIFY THE AIR IN THE EVENT OF A BACTERIAL CONTAMINATION.**

### Lemongrass *Cymbopogon citratus*

Producing organ: grass; Extraction by steam distillation; Country of origin: India.

Diffused or used in a spray bottle to disinfect indoor air, as well as for washing appliances and furnishings. A couple of drops of this oil in wash water will make a room fragrant and hygienic.

### Grapefruit, pink *Citrus paradisi*

Producing organ: Rind; Extraction by cold expression; Country of origin: USA

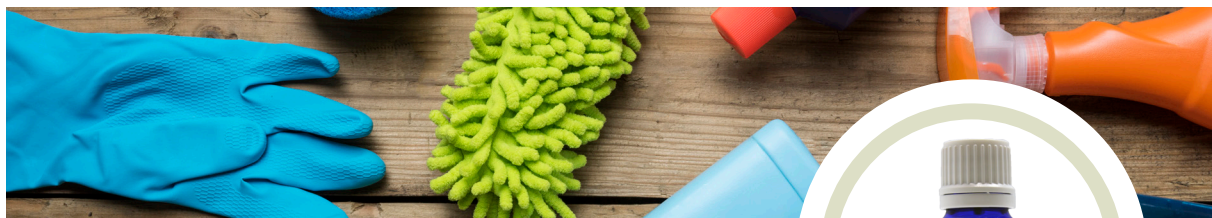
It is uplifting as a diffuser oil, and blends well with other citrus oils or florals, and especially with Sandalwood, which helps its fragrance last longer.

### Orange, sweet *Citrus sinensis*

Producing organ: Peel; Extraction by cold expression; Country of origin: USA

Sweet Orange is a warm and sensuous oil often combined with cinnamon and clove essential oils, particularly in misters, or potpourris for the holidays.

*According to Jean Valnet, MD, the oils used in Alexandria Brighton's exclusive Protector blend, when diffused in the air, can kill 70% of airborne staph bacteria.*



## Healthy How To Recipes

### Diffusing

For a clean, uplifting feeling, diffuse 8 drops of Balsam Fir, Lemongrass, Pink Grapefruit, Scotch Pine, Sweet Orange, or Protector.

### Germ Killer Spray

Mix 10 drops Lemon, 20 drops Tea Tree, and 20 drops Protector with 8 ounces distilled water in a cobalt blue glass or PET plastic spray bottle. Spray on affected area, do not rinse.

### Mold & Fungus Killer Spray

Add 20 drops Tea Tree and 20 drops Protector to 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Spray on wet surfaces to prevent mold and fungus.

### Mold & Fungus Large Area

In large area where mold or fungus is present, diffuse Protector in addition to using the Mold & Fungus Killer Spray recipe.

### Room Freshener

As an alternative to toxic room fresheners, mix 16 drops of Balsam Fir, Lemongrass, Pink Grapefruit, Scotch Pine, Sweet Orange, or Protector in 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake gently before each use, and spray as desired.

### Surface Cleaning

Add 5 drops Tea Tree to the Protector Clean & Disinfectant Spray recipe. Use to clean counters, tubs, tile, etc. Can also be used to clean children's toys.



## FEATURED RECIPES

### Dust Mite & Bug Spray

- 6 drops Eucalyptus Globulus
- 6 drops Scotch Pine
- 6 drops Balsam Fir
- 4 ounces of Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix and use to spray mattresses, pillows, curtains, upholstered furniture, etc. Shake before use.

### Forest Breeze Wood Polish

- 1 ounce goDésana Signature Oil
- 3 drops Balsam Fir
- 3 drops Scotch Pine

Mix in 1 ounce spray bottle. Spray oil lightly onto soft cloth and use to polish wood surfaces.

### Bliss Room Freshener

- 10 drops Lavender, vera
- 4 drops Scotch Pine
- 4 drops Balsam Fir
- 4 ounces Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix well and use to freshen the air as desired. Shake gently before each use.

### In The Dryer

- 5-10 drops Protector, Tea Tree, Tangerine, Tri Remedy, Pink Grapefruit, Lemongrass, or Balsam Fir

Apply Essential Oil to a dampened washcloth and put in the dryer with clean laundry. Dry as usual to impart fresh, clean fragrance. This will not reduce static cling.

### Carpet Refresh

- 1 cup Baking Soda
- 16 drops Protector
- 4 drops Tea Tree

Combine ingredients, sprinkle on carpets as desired, and vacuum. Store in airtight container.

### Citrus Degreaser

- ½ cup Lemon Juice
- ¼ cup goDésana Clay Vitality
- 10 drops Sweet Orange

Combine to make a paste, apply as desired, use a damp cloth to wipe.

### Citrus Floor Cleaner

- 1 Gallon hot water
- 2 tablespoons goDésana Home & Laundry Concentrate
- 15 drops Sweet Orange, Pink Grapefruit, or Lemon

Blend all ingredients in bucket. Mop floor as usual.

### Insect & Mice Repellent

- 20 drops Peppermint
- 4 drops Lemongrass
- 4 ounces Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix and spray where signs of insects or rodents are present. Shake gently before each use.

### Oven Cleaner

- 1 small box Baking Soda
- 1 cup goDésana Home & Laundry Concentrate
- 15 drops Sweet Orange

Combine ingredients and mix until smooth. Apply with a cloth and wipe clean.

### Toilet Bowl Scrub

- 1 cup Borax
- 15 drops Tea Tree, Lemon, Scotch Pine, Sweet Orange, Pink Grapefruit, or Protector
- 1 cup Distilled White Vinegar

Combine Borax and Essential Oils. Sprinkle into the toilet; don't just dump in, distribute it well over the entire bowl. Add the vinegar and scrub or let sit. Use this just before going to bed so that it can "work" all night long if desired.

### Laundry Stain Removal

- 1-2 drops Lemon
- goDésana Home & Laundry Concentrate
- 1 cup Distilled White Vinegar

Use 1 to 2 drops of Lemon Essential Oil directly on stains. Let stand for a few minutes and then launder as usual with goDésana Home & Laundry Concentrate. Add 1 cup distilled white vinegar to rinse cycle. Do not allow the Lemon Essential Oil to remain on a stain full strength for more than a few minutes before laundering.

## For More Information

Name

Phone

Consultant ID #

Web Address

## 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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v.02282017



## Anti-Fungal Disinfectant Antiseptic

## PROTECTOR

### Essential Oil Blend

Protector was formulated as a powerful antiseptic and disinfectant; a must have Essential Oil Blend for daily use. It can be used in a multitude of ways to guard against the spread of disease, both at home and away.

Protector is an excellent weapon against environmental mold and fungus, and can stop them in their tracks. It can be especially helpful following water damage to home, office, or other environments.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Sage, Ocean Pine, Eucalyptus globulus, Lemongrass, Juniper Berry, Spruce, black; Eucalyptus citriodora, Tea Tree, Cypress, Frankincense, Thyme ct. linalool, and Jojoba

A superb energetic cleanser, Protector is great to use in a mister or diffuser to clear and cleanse stagnant or negative energy. The beautiful thing about Protector is that it performs all of the powerful disinfecting functions while at the same time being non-toxic, gently mood elevating, and adding a fresh and clean aroma to the environment.



availability  
10ml Bottle

## suggested usage

### DIFFUSION

- According to Jean Valnet, M.D., the Essential Oils used in Protector, when diffused into the air, can kill 70% of airborne staph bacteria. To clear mold and bacteria from area, diffuse 15 drops in 15 minute intervals throughout the day.

### HOUSEHOLD

- Add 30 drops to washing machine or dishwasher to prevent the spread of germs.
- Add 5 drops to soap dispensers to prevent the spread of germs.
- Add 5 drops to water when hand-washing dishes.
- Add 60 drops to goDésana Spray & Wipe Cleaner (16oz) to increase germ fighting properties.
- Keep a misting bottle in every room of your home for a quick clean and disinfectant wipe.

### MISTING

- Mix 15-20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist into the environment to cleanse your surrounding air.

### MOLD & BACTERIA

- Use misting spray on surfaces where mold or bacteria are growing.
- Diffuse Protector in rooms where mold and bacteria are known to be present.

## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not for internal use.

## pregnancy & children

- Safe when used as directed.



### QUALITY ASSURANCE

All oils from goDésana 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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Alexandria Brighton Collection  
ESSENTIAL OILS



# Grapefruit, pink

## *Citrus paradisi*

**Therapeutic Properties:** *Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic.*

Pink Grapefruit Essential Oil has anti-depressive properties and an incredible fragrance that makes it a good choice to add to a perfume blend. It is uplifting as a diffuser oil and blends well with citrus, floral, and especially with Sandalwood Essential Oils.

Pink Grapefruit is a very refreshing oil helpful in combatting depression and fatigue. It is cooling, cleansing, decongesting, and can be beneficial for the liver and a sluggish lymph system. Further, the pleasing aroma has laboratory-confirmed appetite reducing effects. Adding a drop of Pink Grapefruit to drinking water gives a refreshing zing that also has wonderful cleansing properties.

Like many of the citrus oils, Pink Grapefruit, has a unique "fat dissolving" characteristic. Pink Grapefruit is famous for reducing cellulite and is found in goDésana Organics' Cell-U-Lite Blend, or it can be used individually with a favorite carrier oil.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Cellulitis, exercise preparation, muscle fatigue, obesity, stiffness, water retention.

**Immune System:** Chills, colds, flu.

**Nervous System:** Depression, headaches, nervous exhaustion, performance stress.

**Skin Care:** Acne, congested and oily skin, promotes hair growth, tones the skin and tissues.

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body in easing cellulite and water retention. Also helpful to lift the spirit and revive the body.

### COMPRESS

- Mix 2-4 drops of Pink Grapefruit Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to assist with mood elevation, lethargy, and appetite reduction.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### INTERNAL

- Pink Grapefruit is a mild diuretic and is helpful in cases of congestion to eliminate excess fluids and it helps to break down fat, particularly cellulite. You can add 1 drop to your water bottle and drink for its decongesting properties; helpful to the liver and lymphatic system. Using 2 drops in bottled water may also support a weight loss program for cellulite, weight gain, or obesity.

### TOPICAL

- Add 5 drops of Pink Grapefruit and 5 drops of Lemon to 2 ounces of Grape Seed Oil. Apply as a cleanser for oily and acne prone skin.

**Caution:** Lemon in particular, and Pink Grapefruit to a lesser extent, are phototoxic; do not apply before exposing your skin to the sun as it may cause burning. Keep the area covered.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Exposure to strong sunlight or UV light within 24 hours of topical application may result in skin irritation or pigmentation.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

Alexandria Brighton Collection  
ESSENTIAL OILS

## attributes

**Certified Organic**

**GRAS Certified**

**Producing Organ:** *Rind*

**Extraction:** *Cold Expression*

**Country of Origin:** *USA*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

10ml Bottle



### QUALITY ASSURANCE

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# Lemongrass

## *Cymbopogon citratus*

**Therapeutic Properties:** Analgesic, antidepressant, antimicrobial, antioxidant, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, febrifuge, fungicidal, insecticidal, nervine, sedative (nerve) tonic.

Believed to be a sedative to the central nervous system, Lemongrass is extremely beneficial for stress related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration.

Lemongrass may assist with headaches and is an excellent support for aching tendons, cartilage, and connective tissue.

Lemongrass is great for wrinkles and aging skin when diluted with a carrier oil. It also reduces excessive perspiration and acts as a deodorant and a purifier for oily skin.

Its tonifying astringent properties make it excellent for cleansing oily skin and blackheads, and for tightening pores. It is very effective in shampoo formulations for oily hair and scalp, or for oily scalp with dry hair.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Muscular pain, poor circulation, muscle tone, slack tissue.

**Digestive System:** Colitis, indigestion, gastro-enteritis.

**Immune System:** Fevers, infectious disease.

**Nervous System:** Headaches, nervous exhaustion, and stress-related conditions.

**Skin Care:** Acne, athlete's foot, excessive perspiration, insect repellent, open pores, pediculosis, scabies, tissue toner.

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body in easing muscular aches.

### COMPRESS:

- Mix 2-4 drops of Lemongrass Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser. Lemongrass may be particularly effective for lack of concentration. Since it stimulates the left brain and aids our logical thinking processes, it is suitable for diffusers at home or in the office, especially in conference rooms or wherever clear, fresh thinking and good concentration are required.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply.
- Diffuse or use in a spray bottle to disinfect indoor air, as well as for washing appliances and furnishings. A couple of drops of this oil in wash water will make a room fragrant and hygienic.

### MISTING

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

### TOPICAL

- Lemongrass is beneficial for sports injuries, bruises, and pulled ligaments. Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to proper dilution guidelines.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Should not be used orally during pregnancy or while nursing.
- Tisserant & Blaacs (1995) advise caution when using the oil for those with glaucoma.
- They also advise caution in women with endometriosis as endometriosis could be exacerbated by estrogenic Essential Oils, especially if taken orally.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Certified Organic**

**GRAS Certified**

**Producing Organ:** Grass

**Extraction:** Steam Distillation

**Country of Origin:** India

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



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# Tangerine

## *Citrus reticulata*

**Therapeutic Properties:** *Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic (reduces fevers), carminative (flatulence expelling), choleric (increases production of bile), digestive, fungicide, hypotensive, sedative (for nervous conditions), stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying*

Tangerine is much imitated, and the true Essential Oil helps to cheer, inspire, and strengthen. Children and pregnant women usually love this fragrance, but the young at heart also find it enjoyable. The fragrance is sweet, sparkling, fresh, young, and lively. Tangerine helps ease tension, fear, sadness, irritability, and insomnia. In the kitchen, Tangerine Oil is ideal for flavoring puddings, cakes, lemonade, drinks, ice cream, and liqueurs.

## aromatherapy & home uses

**Circulation, Muscles, & Joints:** Obesity, palpitations, water retention.

**Digestive System:** Constipation, dyspepsia, spasms.

**Immune System:** Colds, flu.

**Nervous System:** Nervous tension and stress-related conditions.

**Respiratory System:** Bronchitis, chills.

**Skin Care:** Dull and oily complexions, mouth ulcers.

## suggested usage

### BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body in easing tension, fear, sadness, irritability, and insomnia. Tangerine Essential Oil mixes well with Sandalwood, Bergamot, and Coriander Seed.

### COMPRESS

- Mix 2-4 drops of Tangerine Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to support lungs.

### MISTING

- Mix 5 drops per 1 ounce of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into environment as desired.

### TOPICAL

- Historically, Tangerine Essential Oil has been known to be a good remedy for premenstrual syndrome, and may be beneficial in treating stomach, liver, and gallbladder problems. Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- For those with particularly sensitive skin, you should be cautious as the limonene content could cause mild dermatitis.
- May be slightly photo-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Wildcrafted**

**GRAS Certified**

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** Germany

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - 1 drop in 10 ml Grape Seed Oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 2 drops in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

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### DISCLAIMER

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# Fir, balsam

## *Abies balsamea*

**Therapeutic Properties:** antiseptic (genitor-urinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary

Canadian Balsam Fir has the Latin name *Abies balsamea*; the meaning of the genus name "Abies" is "living for a long time" or "great longevity". *Abies balsamea* is only found in North America; there are fir species in Europe, but not the *Abies balsamea*. It is unique because of the oleoresin called balsam that oozes from the bark. Balsam resin has two primary uses. First it is a wound healing substance, used first by the Native Americans. Second, it is used in the optical industry because its refraction index is very near that of glass, minimizing image distortion.

Balsam Fir has a powerful psychological influence; it helps release many of the emotional issues behind illness. It helps to open and free the mind and heart. Believed by Dr. Pénœl to protect the health care worker from picking up negative energy released by their clients and patients. Balsam Fir gives exceptional mental clarity, assisting us to let go of old mental patterns that are detrimental.

## aromatherapy & home uses

**Genitourinary System:** cystitis, genitourinary infections

**Respiratory System:** asthma, bronchitis, catarrh, chronic coughs, sore throat

**Nervous System:** depression, nervous tension, stress-related conditions – described as 'appeasing, sedative, elevating, grounding, opening', 'In large doses it is purgative and may cause nausea'

**Skin Care:** burns, cuts, hemorrhoids, wounds

## suggested usage

### BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- Can be mixed with Eucalyptus Radiata, Tea Tree, or Lavender for added benefits.

### 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.

### TOPICAL

- Apply 1 drop on the 3<sup>rd</sup> Eye, Crown, and Heart Chakras.
- To assist the body with sinus infections, apply diluted Balsam Fir on each forefinger and, beginning at the outside end of the eyebrow, massaging very gently just under the eyebrow towards the top of the nose. You must be extremely careful not to get any into the eyes. Another point for sinus application is the 64<sup>th</sup> point of the bladder meridian. The point is about ½ inch in from the base of the little toe, at the joint of the connecting metatarsal bone. Apply a half drop (just touching edge of orifice reducer) on each foot at these points. Chinese medicine specifies several indications connected to this point, including one called "chronic nasal catarrh". Catarrh is an inflammation of mucous membranes. The connection to sinusitis is not coincidental.
- Because of its gentleness it can be applied neat over small areas like joints.
- For massage, add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.

## responsible cautions

- Generally non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## attributes

### Organic

**Producing Organ:** Needles, young twigs, and cones

**Extraction:** Steam Distillation

**Country of Origin:** Canada

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - *not recommended*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy - *not recommended*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

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# Orange, sweet

## *Citrus sinensis*

**Therapeutic Properties:** *Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic (reduces fevers), carminative (flatulence expelling), choleric (increases production of bile), digestive, fungicide, hypotensive, sedative (for nervous conditions), stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying.*

Sweet Orange is one of the most valuable essences to use for digestive complaints including nausea and vomiting, especially of biliary-type; constipation, diarrhea, loss of appetite, and possibly weight loss through its effect on fats. Sweet Orange also has an affinity for the lymphatic system, bringing it into balance, which explains its success as a natural diuretic.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Obesity, palpitations, water retention.

**Digestive System:** Constipation, dyspepsia, spasm.

**Immune System:** Colds, flu.

**Nervous System:** Nervous tension and stress-related conditions.

**Respiratory System:** Bronchitis, chills.

**Skin Care:** Dull and oily complexions, mouth ulcers.

## suggested usage

### BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. While the Sweet Orange fragrance is de-stressing you, the Dead Sea salt soak will be relieving the tension and pain from your muscles.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### INTERNAL

- Two drops of Sweet Orange Essential Oil in a teaspoon of honey stirred into a cup of tea taken before breakfast is a good way to start the day and may be especially helpful for those who are concerned with obesity and water retention.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired. Sweet Orange is a warm and sensuous oil often combined with Cinnamon and Clove Essential Oils, particularly in misters or potpourris for the holidays.

### TOPICAL

- Sweet Orange Essential Oil is solvent and will often be included in blends to assist with cellulite. It can be used with a clay body mask for this purpose very effectively. Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.
- The analgesic effects of the monoterpenes in Sweet Orange indicate it may be helpful in labor. It is thought to reduce edema, so it could be good to use in late pregnancy and early postnatally for swollen ankles and feet (it is safer than some oils recommended to reduce edema).

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Though most citrus oils have some degree of phototoxicity, Sweet Orange is relatively safe in that respect. It is still a good idea to limit the exposure of skin to the sun when applying this oil.
- Those allergic to citrus should avoid.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Certified Organic**

**GRAS Certified**

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** USA

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester at a 3% dilution (15 drops per 1 ounce)*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to age 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

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# Tea Tree

## *Melaleuca alternifolia*

**Therapeutic Properties:** *Anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, balsamic, cicatrizant, diaphoretic, fungicidal, immuno-stimulant, parasiticide, vulnerary*

An incredibly useful Essential Oil, Tea Tree, along with Lavender, is one of the Essential Oils mild enough to be used in small quantities directly on the skin. It is an excellent antifungal oil, useful for cuts, pimples, and wounds, and as an inhalation for colds. It can also be used to deal with thrush during pregnancy.

It is a very powerful immuno-stimulant, so when the body is threatened by any of these organisms Tea Tree increases its ability to respond. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 169.]. Tea Tree, unlike antibiotics, does not kill indiscriminately, but can identify and kill destructive bacteria while leaving the friendly bacteria we need to stay healthy. Tea Tree also stimulates the immune system to help you stay healthy.

Unlike antibiotics, if the infection is caused by a virus, Tea Tree has been found to be antibacterial, antiviral, and antifungal. Oils like Oregano, Thyme ct. thymol, and Lemongrass have the potential to literally burn the skin, if not used properly. Tea Tree, on the other hand, is a powerful antibacterial, antiviral, and antifungal oil which is perfectly safe. With repeated applications, it can be as effective as the stronger Essential Oils.

## aromatherapy & home uses

**Genitourinary System:** Thrush, vaginitis, cystitis, pruritus.

**Immune System:** Colds, fever, flu, infectious illnesses such as chicken pox.

**Respiratory System:** Asthma, bronchitis, catarrh, coughs, sinusitis, tuberculosis, whooping cough.

**Skin Care:** Abscess, acne, athlete's foot, blisters, burns, cold sores, dandruff, herpes, insect bites, oily skin, rashes (diaper rash) spots, verrucae, warts, wounds (infected).

## suggested usage

### BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### COMPRESS

- Mix 2-4 drops Tea Tree Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### INTERNAL

- Tea Tree Lick: Apply 1 drop to the back of the hand and then lick off. With the Tea Tree lick, you are also disinfecting the digestive system. Use with all chronic conditions whether respiratory, urinary, digestive, hormonal, skin, joints, or even psychological problems.
- For a sore throat, mouth ulcers, and bad breath mix 10 drops of Tea Tree in 6 ounces of water and gargle.

### 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.

### TOPICAL

- Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Possible dermal irritation and/or sensitization in some individuals.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Certified Organic**

**Producing Organ:** *Leaves*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Australia*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - 1 drop in 10 ml Grape Seed Oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

### Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 2 drops in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

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# Deep Green

connect to nature for health and happiness

## Something In The Air

*The fragrance with which one is feasted in the woods is, like the music, derived from a thousand untraceable sources . . . the whole air vibrates with myriad voices blended that we cannot analyze. So also we breathe the fragrant violets, the rosiny pine and spicy fir, the rich, invigorating aroma of plushy bogs in which a thousand herbs are soaked...*

~ John Muir

Natural environments provide untold amounts of olfactory-provoking aromatic compounds that appear to act synergistically, balancing mental outlook and facilitating effortless connection to the environment in which one is immersed.

In a natural environment such as a forest, you can usually smell flowering plants, leaf mold, and evergreen needles which create that 'great outdoors' smell, but even a single tree of a single species can release dozens of aromatic compounds, although your sense of smell commonly fails to detect them all.

Just because they escape conscious olfactory detection does not mean they have no effect on your health and wellbeing. Collectively, these individual aromatic compounds are called phytocides.

Experimental studies have shown that aromatic compounds (Essential Oils) produced from trees can lower the production of stress hormones, reduce anxiety, and increase your pain threshold; when inhaled, aromatic plant Essential Oils increase the antioxidant defense system in the human body.

Studies have also shown an association between higher amounts of volatile aromatic compounds in the air and improved immune function. Specifically, higher levels of volatile aromatic compounds cause increased production of anti-cancer proteins in the blood as well as higher levels of the frontline immune defenders called natural killer cells (NK). Adults who have higher NK activity tend to have a lower frequency of colds and flu.

A research study by Qing Li, a physician at Nippon Medical School in Tokyo, has provided verification of the benefits of natural volatile aromatic compounds in relation to health and well-being. His research showed that on days when aromatic phytocides (derived from Japanese Hinoki cypress trees) were diffused into hotel rooms, study participants had lower levels of stress hormones and increased NK activity versus control days with no diffusion.

Furthermore, Li's team has shown that a weekend shinrin-yoku trip (walking one and a half miles twice per day in natural greenspace) improves NK activity and it remained higher for an additional month. Even a day trip for forest bathing (in a suburban forest north of Tokyo) resulted in improved NK activity, with significant differences over baseline lasting for a week.

Aromatic trees and plants release volatile aromatic compounds that impact our mood, physical state, and even our immunity in ways we are only just beginning to understand.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Mandarin, green; Spruce, black; Tanacetum Annuum, and Jojoba

## reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not recommended for use during the first trimester of pregnancy.
- Patch-test prior to topical application, and discontinue use if redness or irritation develops.

## availability

10ml Bottle



### QUALITY ASSURANCE

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# Deep Green

## ingredient highlights

- **Green Mandarin:** This gentle, uplifting, cheering, and soothing oil is particularly suited to people with a sensitive disposition such as children or the elderly.
- **Black Spruce:** In *Aromatherapy Scent and Psyche*, Peter Damian notes “Antiseptic, expectorant, and antitussive, black spruce oil is an ideal remedy for all lung ailments (e.g. asthma and bronchitis) whether utilized as an inhalant or a cough remedy. Indeed, the vital etheric energy (prana) condensed and transmitted in and by black spruce effectively vibrates throughout the respiratory, nervous and glandular systems.”
- **Tanacetum Annuum:** May assist with reducing over-sensitivity or emotional frustration, curbing impulsive behavior, soothing anxiety, and reducing nervous tension. It can help one be more flexible when dealing with chaos or rapidly changing situations.

## general uses

### BATH

- Bathing in Deep Green will help us to reconnect with nature, helping us to stay balanced and healthy. Add 10 to 15 drops of Deep Green to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soaking in a Deep Green bath warms and energizes the Heart Chakra, creating a feeling of being loved and cared for. Soak 10 to 20 minutes for best results. 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 soak, add 8 to 12 drops of Deep Green to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

### INHALATION

- Put 2 to 3 drops in the palms of your hands, rub together, cup hands over nose and mouth, and inhale deeply.

### MASSAGE/TOPICAL

- Dilute 6 to 10 drops in an ounce of carrier oil and massage as desired.
- Apply 1 to 3 drops to the pulse points on the wrists. This is a powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops to the Heart Chakra area between the breasts in the center of the chest, and on the spine at the upper back directly across from the heart application point in front.
- Apply 2-4 drops to the sole of each foot.
- Add 10-15 drops per ounce of goDésana Organics Hydrating Hand & Body Lotion.
- Apply as a perfume. Can be used alone or as a base to layer additional Essential Oils.

### MISTING

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of Distilled Water. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you.
- You may also make up 2 ounce sample misters to share with friends, family, and prospective members or product consultants.

## pregnancy & children

- Safe when used as directed after the first trimester of pregnancy.
- Safe when used as directed in children over the age of six years.

## dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce



# Tri Remedy

The recipe for Tri Remedy is based on an ancient formula used by old world spice traders, which strengthened their immunity and prevented them from contracting the deadly diseases during the Black Plague which ravaged Europe in the mid-1300's.

Blended with Essential Spice Oils known to have the most potent antibacterial and antiviral properties, Tri Remedy is a natural antibiotic. In some studies, the Essential Oils in this blend have been shown to be as effective as penicillin and ampicillin, without negative side effects, and without creating resistant strains of bacteria and viruses.

Tri Remedy is the “heavy artillery” in the goDésana lineup. It is the blend of choice when an infection shows up and threatens to become serious, needing rapid and effective intervention.

## ingredient highlights

- Cinnamon Bark has powerful antimicrobial and antiseptic abilities. An excellent aid for bacterial and fungal infections, it has shown ability to rapidly destroy many types of bacteria.
- Clove Bud is a powerful antioxidant with the highest ORAC rating - over 10 million - of any known Essential Oil. It is a potent antiseptic, antiviral, antibiotic, and antimicrobial oil.
- Thyme ct. thymol is a wide spectrum anti-infectious agent, supporting the formation of white blood cells. It is especially useful with all sorts of respiratory needs.

## suggested usage

- Tri Remedy is recommended for use neat (undiluted) on the soles of feet.
- Due to its high phenol content, we strongly recommend that it be diluted to at least 20% carrier oil before topical application to anywhere other than the soles of the feet.
- For adults, when symptoms first appear we recommend using the French Intensive Method to boost immunity. Apply 3-4 drops Tri Remedy (can also be enhanced by applying 3-4 drops of Ravensara) to the soles of feet in the following intervals:
  - » First hour - every 15 minutes
  - » Second hour - every half hour
  - » Remainder of waking hours - apply same application every hour
- For serious infections or those not responding quickly enough, internal use of Tri Remedy may be necessary. Take internally in veggie capsules; fill capsule half full with carrier oil, and then add 6 drops of Tri Remedy.

## pregnancy & children

### TOPICAL

- Children - not recommended under age 10 years
- Pregnancy - not recommended



## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Cinnamon Bark, Clove Bud, and Thyme ct. thymol*

**Note:** 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Due to the powerful action of the oils in Tri Remedy, it is not recommended for use with children under 10, the elderly, the infirm, or those with liver-compromised conditions.

## availability

10ml bottle & AromaStix



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# WholeBODY

*Alexandria Brighton Collection*  
ESSENTIAL OILS

## CLEAR | 7<sup>th</sup> TOUCH

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, Elemi will revitalize and refresh you and Spruce, Black will anchor and strengthen you." - Alexandria Brighton

Used as the 'Seventh Touch' to communicate with the emotional system of the body.

Formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences.

While Align Blend is a preparatory blend to support bodywork of all kinds, Clear Blend is the final touch. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.

Clear is very supportive in easing the anxiety, stress and any other strong emotions that may be present from past injuries or trauma.

## wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet.

## suggested usage

### BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm 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 you can do a foot soak.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

### COMPRESSION

- Gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.

### INHALATION

- Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

### TOPICAL

- Add 8 to 10 drops to 1 tablespoon of carrier oil to create a soothing blend to assist the body with aches, pains and sore muscles.
- Apply 3-5 drops to the soles of each foot to assist the body with restless leg syndrome.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### 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.

### DISCLAIMER

goDesana 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.

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## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Fir, balsam; Spruce, black; Clary Sage, Elemi, Geranium, rose; Inula, Rockrose, Patchouli, Lavender, fine; Ylang Ylang Complete, Marjoram, sweet; Grapefruit, pink; Sage, and Spikenard

## topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester at a 3% dilution (15 drops per 1 ounce)

### Bath

- Infant to 3 months - not recommended
- 3 months to age 3 years - not recommended
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2<sup>nd</sup> trimester

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer

## availability

5ml Bottle  
10ml Bottle  
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil

