

# 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 rosinny 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 Hinoké 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

All goDésana Organics 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 Organics.

### DISCLAIMER

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.

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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