

APRIL OILS OF THE MONTH Aromatic Child

\$27 (20BV)

Free Worldwide Shipping

- Ravintsara Essential Oil {10ml}

\$67 (50BV)

\$3 Savings + Free Worldwide Shipping

- Ravintsara Essential Oil {10ml}
- Lavender Ice For Kids & Elderly Essential Oil Blend {AromaStix}
- Ginger Root Essential Oil {10ml}

\$127 (80BV)

\$20 Savings + Free Worldwide Shipping

- Ravintsara Essential Oil {10ml}
- Lavender Ice For Kids & Elderly Essential Oil Blend {AromaStix}
- Ginger Root Essential Oil {10ml}
- Red Mandarin Essential Oil {10ml}
- Dill Weed Essential Oil {10ml}
- Focus For Kids Essential Oil Blend {5ml}

\$197 (80BV) S.A.T. PACK

\$98 Savings + Free Worldwide Shipping + Try Me Product

- Ravintsara Essential Oil {10ml}
- Lavender Ice For Kids & Elderly Essential Oil Blend {AromaStix}
- Ginger Root Essential Oil {10ml}
- Red Mandarin Essential Oil {10ml}
- Dill Weed Essential Oil {10ml}
- Focus For Kids Essential Oil Blend {5ml}
- Badger Essential Oil Blend {5ml}
- Blue Jay Essential Oil Blend {5ml}
- Cougar Essential Oil Blend {5ml}
- Deer Essential Oil Blend {5ml}
- Eagle Essential Oil Blend {5ml}
- Tri Remedy For Kids Essential Oil Blend {10ml} - "Try Me"



TRY ME PRODUCT

**Free with all orders of 100BV or more and
all Pre-Selected & Build Your Own SAT Orders**

- Tri Remedy For Kids Essential Oil Blend {10ml}

goDésana
feel the difference

For More Information:

Name _____

Phone _____

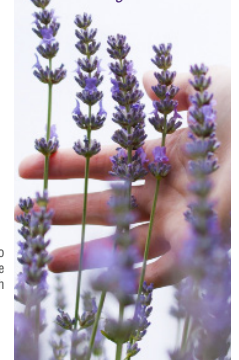
Consultant ID # _____

Web Address _____

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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RECIPES FROM THE STILLROOM

The Stillroom is a reference to days of old when one of a family's most valued treasures was the natural, chemical-free ingredients found in their Stillroom.

The Stillroom was perhaps the most important room in a home; especially in the more wealthy homes.

Valued above all else were the healing Essential Oils that were used in timeless recipes to assist with ailments of all kinds.

Today, with the increasing interest in Essential Oils and other natural forms of health and home care, the arts of the Stillroom are again gaining recognition.

Join the many who have gone before you, feeling the connection with those who have preserved the traditions, celebrations, and warm family memories of the Stillroom.

NEWBORN COLDS, FLU & PNEUMONIA

- 1 drop Ravintsara

Apply to the sole of each foot over the lung reflex points, pad of foot, and beneath toes. Apply 1 to 3 times, daily, for up to 4 days.



May also diffuse Ravintsara for 15 minutes to kill germs brought into the home by visitors.



The Aromatic Child



The central premise of all alternative therapies, including Aromatherapy, is the belief that to heal and maintain health, we must treat the whole – mind, emotion, body, and spirit. In Aromatherapy, we use the natural chemical compounds found in Essential Oils to activate the body's own healing mechanism. Unlike drugs, Essential Oils are complete, complex biological entities recognized by the body. This is the reason they have holistic healing benefits.

PURE

Some companies reprocess Essential Oils in order to make them meet a specific aroma 'profile'. To achieve this, synthetic chemicals are added to the Essential Oil, and often certain desirable constituents are removed, affecting the complex relationship of the individual compounds, and thus affecting the therapeutic properties.

All ingredients 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.

THERAPEUTIC

The chemistry of an Essential Oil is extremely complex. A typical Essential Oil will have 100 or more different constituents containing an elaborate mixture of chemical compounds such as alcohols, aldehydes, esters, ketones, lactones, phenols, terpenes, and sesquiterpenes.

It is this unique and complex combination of chemical compounds that determines if an oil is therapeutic or not.

The power of living plants (Herbs and Essential Oils) lies in the combination of their compounds, and the trace constituents are as important as the main compounds. In fact, it seems to be that the minor constituents have a synergistic (controlling and strengthening) effect on the main compounds.

Many of these trace elements enable the herbs or oils to assist the body more efficiently and without the nasty side effects experienced when using the synthetic reconstructions (drugs or oils) that do not contain the trace elements.

Alexandria Brighton, exclusive purveyor and formulator for goDésana Organics, is a French Medical Aromatherapist with a deep understanding of the therapeutic quality and complex relationship of the main and trace chemical compounds found in each Essential Oil.

Alexandria Brighton is not only the master blender of goDésana Organics blends, she is also the proprietress and gatekeeper for the quality and efficacy of each oil and blend. Her decades of training, experience, understanding, and learning have uniquely qualified her in this field where precious few are able to understand the intricate combination of compounds needed for truly therapeutic end-results.

GODÉSANA ORGANICS CORPORATE OFFICE

461 E Pike Street • Morrow, OH 45152
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Too Young & Too Many Pills

- More than 20% of kids in U.S. households take prescriptions on a regular basis.
- Nearly 7% are on 2 or more drugs.



Data: 2009 Medco Health Solutions, Inc.

SAFE

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease. The information and recipes found in this document are designed to be non-toxic and well tolerated by children, the elderly, those with debilitating disease, and women who are pregnant or nursing.

Alexandria Brighton Collection
ESSENTIAL OILS

Using Essential Oils With Children

“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.”

~Alexandria Brighton



Did you know...?

Even newborns can enjoy the benefits of Lavender, fine; Lavender, vera; Niaouli, Ravintsara, and Rose Essential Oils when applied neat to the soles of the feet.



KIDS' HEALTH & WELLNESS BLENDS

- After-Bite
- Bug ProTech
- Burn Care
- Dygest Relief
- Ear Relief
- Eczema Relief For Kids
- Focus For Kids
- Lavender Ice For Kids & Elderly
- Respi Relief For Kids
- Tooth Relief For Kids
- Toxbgone For Kids
- Trauma Relief
- Tri Remedy For Kids
- Vitality For Kids
- Wellness For Kids & Elderly



STOMACH ACHE, NAUSEA & COLIC BLEND

- 2 drops Lavender, fine
- 1 drop Ginger Root
- 1 drop Mandarin, red
- 1 drop Dill Weed
- ½ ounce Grape Seed Oil (1 ounce under 1 year old)

Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Massage the abdomen in a clockwise circular motion. Can also be applied to the stomach and intestinal reflex points on the foot, using 2 to 4 drops for each foot.

AFTER SUN BLEND

- 10 drops Lavender, fine
- 5 drops Geranium, rose
- 1 ounce Grape Seed carrier oil



Mix oils together in cobalt blue glass or PET bottle. Label. Shake well before using. Use as a lotion for after sun exposure.

Safety Group #1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

Chamomile, roman (*Anthemis nobilis*), Dill Weed (*Anethum graveolens*), Lavender, fine (*Lavandula angustifolia*), Lavender, vera (*Lavandula angustifolia*), Mandarin, red (*Citrus reticulata var deliciosa*), Mandarin, green (*Citrus reticulata var deliciosa*), Niaouli (*Melaleuca quinquenervia*), Neroli (*Citrus aurantium var, amara*), Petitgrain (*Citrus aurantium*), Ravintsara (*Cinnamomum Camphora* ct. 1,8 cineole), Rose (*Rosa damascena*), Spearmint (*Mentha spicata*), Tangerine (*Citrus reticulata*), Tea Tree (*Melaleuca alternifolia*), and Ylang Ylang Complete (*Cananga odorata*)

Topical

Infant to 3 months - 1 drop in 10 ml carrier oil
 3 months to 3 years - 2 drops in 10 ml carrier oil
 3 to 6 years - 3 drops in 10 ml carrier oil
 6 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 - 1 drop in 1 tablespoon of Baby Bliss Shampoo
 3 to 6 years - 3 drops in ¼ cup Pink Himalayan Salt
 6 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
 Pregnancy - safe when used as directed

Safety Group #2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

Basil, sweet (*Ocimum basilicum*), Black Pepper (*Piper nigrum*), Carrot Seed (*Daucus carota*), Clary Sage (*Salvia sclarea*), Clove Bud (*Eugenia caryophyllata*), Cypress (*Cupressus sempervirens*), Eucalyptus Radiata (*Eucalyptus radiata*), Fennel, sweet (*Foeniculum vulgare*), Frankincense (*Boswellia carteri*), Geranium, rose (*Pelargonium graveolens*), Ginger Root (*Zingiber officinale*), Grapefruit, pink (*Citrus paradisi*), Jasmine (*Jasminum grandiflorum*), Juniper Berry (*Juniperus communis*), Lavender, spike (*Lavandula latifolia*), Lemon (*Citrus limonum*), Lemongrass (*Cymbopogon citratus*), Lime (*Citrus aurantifolia*), Marjoram, sweet (*Origanum marjorana*), Myrtle, green (*Myrtus communis*), Orange, sweet (*Citrus sinensis*), Palmarosa (*Cymbopogon martinii*), Patchouli (*Pogostemon cablin*), Peppermint (*Mentha piperita*), Rosemary ct. 1,8 cineole (*Rosemarinus officinalis* ct. cineole), Rosemary ct. verbenone (*Rosemarinus officinalis* ct. verbenone), Sandalwood (*Santalum album*), and Thyme ct. linalool (*Thymus vulgaris* ct. linalool)

Topical

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

Bath

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

Safety Group #3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed.

Bay Laurel (*Laurus nobilis*), Bergamot (*Citrus bergamia*), Cardamom (*Elettaria cardamomum*), Cedarwood, atlas (*Cedrus atlantica*), Chamomile, german (*Matricaria chamomilla*), Cistus (*Cistus ladaniferus*), Coriander Seed (*Coriandrum sativum*), Elemi (*Canarium luzonicum*), Eucalyptus Citriodora (*Eucalyptus citriodora*), Fir, balsam (*Abies balsamea*), Galbanum (*Ferula galbaniflua*), Helichrysum (*Helichrysum italicum*), Melissa (*Melissa officinalis*), Myrrh (*Commiphora myrrha*), Pine, scotch (*Pinus sylvestris*), Rosewood (*Aniba rosaeodora*), Spikenard (*Nardostachys jatamansi*), Spruce, black (*Picea mariana*), and Vetiver (*Vetiveria zizanioides*)

Topical

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

Bath

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

Safety Group #4

Never recommended for children or while pregnant or nursing.

Angelica Root (*Angelica archangelica*), Basil, holy (*Ocimum sanctum*), Birch (*Betula lenta*), Cassia (*Cinnamomum cassia*), Celery Seed (*Apium graveolens*), Cilantro (*Coriandrum sativum*), Cinnamon Bark (*Cinnamomum zeylanicum*), Eucalyptus Globulus (*Eucalyptus globulus*), Fir, white (*Abies alba*), Nutmeg (*Myristica fragrans*), Oregano (*Origanum vulgare*), Sage (*Salvia officinalis*), Tarragon (*Artemisia dracunculus*), Thyme thymol (*Thymus vulgaris* ct. thymol), Wintergreen (*Gaetheria fragrantissima*)

Bath

In the wonderful book *The World of Aromatherapy* by Jeanne Rose and Susan Earle, there is a chapter titled 'Bathing in The Souls of Flowers' by Barbara Bobo. What a wonderful way to experience Aromatherapy and the use of Essential Oils!

Fill the bath tub and add Essential Oil into a bath salt or shower gel adhering to the safety guidelines on the left. Not only is this a very relaxing experience, but it can relieve aches and pains and is good for the skin.

Note: Do not add Essential Oils to a bath without a dispersing agent such as a bath salt.

Compress

You can use a hot compress in cases of muscle aches and pains or bruises. You could also use it for eczema or psoriasis along with Dead Sea Salt, which is also very good for skin disorders.

Fill a large jar with water as hot as you or your child can tolerate, using the topical application amounts suggested in the Safety Groups, add selected Essential Oil and a tablespoon of bath salt or Clay Vitality, put the lid on jar, and shake well to disperse the oil. Pour the hot water into a large bowl and soak a cotton cloth or cloth diaper in the water, wring it out, and lay it over the area to be treated. Wrap with plastic wrap and a warm towel. This will help to keep your compress warm. When cool, redo the compress following same procedure.

For swelling and inflammation, insect bites, or sprains with swelling, you can make a cold compress using the directions above, only using cold water with ice added. Once it is wrapped in plastic wrap, add an ice pack.

Example: If your child is 6 years old, you would select one of the oils from Safety Group #1, #2, or #3 and add 6 drops to a tablespoon of bath salt or Clay Vitality as detailed above.

Inhalation Through Diffusion

Inhalation through diffusion is one of the fastest and most effective ways of receiving benefits from Essential Oils.

Essential Oils have been tested and found effective for their airborne antiseptic activity, especially those that contain Monoterpenes. They would be our first choice to disinfect and purify the air in the event of a bacterial contamination. Facilities such as daycares, schools, hospitals, and nursing homes, as well as our personal homes, would benefit greatly from equipping themselves with diffusers and high quality Essential Oils during the annual cold and flu season.

Diffuse in a cool mist Essential Oil diffuser for 15 minutes per hour adhering to the topical Safety Group recommendations on the left for age and selected oil.

Example: If your child is 2 years old, you would select one of the oils from Safety Group #1 and diffuse 2 drops for 15 minutes per hour.

Misting Spray

You can make up a mister bottle of Essential Oils to spray into the home or office environment or around the head and shoulders to refresh yourself.

Fill a 2 ounce blue cobalt glass or PET spray bottle half full of distilled water, using the topical application amounts suggested in the Safety Groups add selected Essential Oil, put the lid on and shake well. Finish filling the bottle with distilled water, recap, and shake again. May be sprayed into a room as an environmental fragrance, or sprayed around your head (**Caution:** keep eyes closed to avoid getting Essential Oil into the eyes) as a refreshing pick-me-up. Shake well before each use.

Example: If your child is 1 year old, you would select one of the oils from Safety Group #1 and add 2 drops per 2 ounces of distilled water.

Topical

The most popular way of benefiting from Essential Oils by way of the skin is massage. This is a most pleasant way to receive the effects of Aromatherapy, and one children find most enjoyable.

Neat Application

Very seldom will you use Essential Oils undiluted or neat.

Most often, you will receive good beneficial results by properly diluting your Essential Oils.



When using massage with young children, first always make sure the Essential Oil you are using is safe for children and then always dilute the Essential Oils into a carrier oil, adhering to the safety guidelines on the left.

A foot or back massage is a good way to help a child or an adult unwind after an active day and prepare them for sleep. It is also a good home remedy for aching muscles when you have been overactive or to aid your child while participating in school sports programs.

CALMING BATH BLEND



- 2 drops Lavender, fine
- 2 drops Mandarin, red
- 1 drop Geranium, rose
- 1 teaspoon Baby Bliss Shampoo

Mix Essential Oils and Shampoo & Body Wash together and then swirl the mixture into the water. Be careful not to get water in eyes.

Blending Tip



This recipe contains Rose Geranium, which is an oil listed under Safety Group #2. This blend can only be used for ages 3 & up.

EXAM STRESS BLEND

- 1 drop Thyme ct. linalool
- 1 drop Ravintsara
- 2 drops Lavender, fine
- 10 ml Grape Seed Oil



Mix well and store in a cobalt glass bottle with orifice reducing lid. Massage into neck, back, and shoulders to reduce stress and help focus.

CUTS & SCRAPES CLEANSING BLEND

- 10 drops Lavender, fine
- 10 drops Niaouli
- 5 drops Ravintsara
- 5 drops Thyme ct. linalool
- 5 drops Eucalyptus radiata
- 4 ounces Distilled Water

Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Spray onto wound or cut, allow to air dry, use a bandage when appropriate. Store in a dark, cool place.

SLEEP DIFFICULTY BLEND

- 20 drops Lavender, fine
- 10 drops Mandarin, red

Mix in cobalt blue glass bottle with orifice reducer; label.

DIAPER RASH BLEND

- 6 drops Lavender, fine
- 4 drops Niaouli
- 2 drops Ravintsara
- 1 ounce Grape Seed Oil



Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Apply with cotton ball to the affected area. Repeat with diaper change as needed. Can also be used for Balanitis.

Safety Guidelines

If you or a member of your family becomes ill, do not diagnose or treat yourself; get proper medical treatment from a qualified health care provider. Then you may proceed with complimentary aromatherapy to help you or your family member.

Essential Oils are very powerful, highly concentrated, and should only be used in very small amounts. The suggestions in this information are for general use; if you are undecided as to which Essential Oil to use, consult a qualified aromatherapist.

Before using an Essential Oil, become familiar with its properties, methods of application, toxicity, precautions, and contraindications; these will be found on the datasheet for each single oil or blend. Remember, Aromatherapy is not to be used to replace proper medical care.

General Cautions

- For best results and optimal safety, always refer to General and Reasonable Cautions before using suggested Essential Oils, especially when using with children, the elderly, those with debilitating disease, and women who are pregnant or nursing.
- Keep Essential Oils out of reach of children and pets.
- Use Essential Oils as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store Essential Oils away from sunlight, at room temperature, with lid securely tightened.
- Should Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.
- Use only high quality Essential Oils identified by the botanical name and chemical variety (ct chemo-type) of the oil where appropriate.

Example: *Thymus vulgaris* is the botanical name for Thyme. There are two different chemo-types of Thyme commonly sold. Thyme ct. thymol contains phenols, is an irritant to the skin, and large amounts are liver toxic, which makes it inappropriate for children, the elderly, or those who have liver diseases. The other is Thyme ct. linalool, which is non-toxic, non-irritating, and is very useful for children.

Dermal Irritation

- If a person is subject to allergies, patch testing is advisable. Should an irritation occur, apply carrier oil to the area to dilute the Essential Oil and stop the irritation. Do not wash the area as water will enhance the irritation.
- Follow Safety Group recommendations regarding application and dilution for topical use in children.

Internal Use

- Never take Essential Oils by mouth unless under the guidance of a suitably qualified practitioner, working in cooperation with your doctor.

Nasal Application

- The mucus membranes of the nasal passages are known to readily absorb whatever is placed inside, such as the nasal sprays used to administer certain prescription medications. Care must be taken when using this method of application with Essential Oils.
- Serious though non-fatal toxicity in children has been reported when applying or injecting Peppermint or Eucalyptus Globulus inside the nose.
- Reputable aromatherapists recommend against instilling Essential Oils into the noses of children under age of six.

Poisoning

- Even a 5 ml bottle can contain enough Essential Oil for a lethal dose of poison if a child were to accidentally drink the entire bottle. Remember, when plants are distilled the resulting oil is 100 times more concentrated than the plant material.

Birch & Wintergreen Cautions

Both Birch and Wintergreen Essential Oils contain methyl salicylate, the main ingredient in aspirin. Birch and Wintergreen are among the only plants in the world that naturally contain methyl salicylate. Thirty milliliters (about 1 fluid ounce) of Wintergreen Essential Oil is equivalent to about 171 adult aspirin tablets. Extreme caution should be utilized when using Birch or Wintergreen Essential Oils to avoid potential methyl salicylate toxicity.

- Topically applied Birch oil and Wintergreen Oil, which are both high in methyl salicylate, can potentiate the anticoagulant effect of anticoagulant drugs.
- Contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.
- Not recommended during pregnancy, while breastfeeding, for young children, or for those with methyl salicylate (aspirin) sensitivity.

Oregano & Thyme ct. thymol Cautions

- Oregano and Thyme ct. thymol are both high in phenols (Carvacrol and Thymol); large doses or prolonged use are toxic to the liver.
- Not recommended for use with children under 12 years of age, the very elderly, or those who have had hepatitis or other liver damaging diseases.
- Phenols are skin and mucus membrane irritants. Dilute to 1% and patch test before use on skin to avoid possible irritation.
- Do not take internally unless under the care of a professionally trained aromatherapist.
- Oregano Oil inhibits platelet aggregation and may potentiate anticoagulant medications.
- Oregano was also found to potentiate diabetic medication.
- Contraindicated during pregnancy, while breastfeeding, and for small children.

Peppermint Cautions

- Do not use Peppermint Essential Oil on children under 30 months of age. The menthol can, in rare cases, cause a breathing spasm and cut off the air supply. Also not recommended for those who are suffering from atrial fibrillation for the same reason.
- If you are taking homeopathic remedies, all Essential Oil treatments must be given at least one hour apart to prevent interference. When using Peppermint, homeopathic and Essential Oil treatments should be spaced at least two to three hours apart.

Caution: Peppermint stays on your fingers long after you have washed your hands and you could rub it into your eyes. Always apply Essential Oil with the little finger as it is least likely to get into your eye.

FOR MORE INFORMATION



Name

Phone

Consultant ID #

Web Address

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, particularly if pregnant or nursing.

QUALITY ASSURANCE

All ingredients 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.



Ravintsara

Cinnamomum Camphora ct. 1,8 cineole

Therapeutic Properties: *antibiotic, antiseptic, antiviral, antibacterial, decongestant, expectorant, febrifuge, prophylactic, stimulant, vermifuge, vulnerary*

Ravintsara is distilled from the leaves of *Cinnamomum camphora* grown in Madagascar. This is a very different species from the camphor trees grown in Madagascar and parts of Asia that are now being called Ravensara.

There is a lot of confusion and misinformation in the marketplace about Ravintsara and Ravensara Essential Oils. We advise that before using either you should find out the chemical constituents and secure a sample so that you can smell it. Regardless of the name, for the safe and therapeutic Ravintsara/Ravensara, you are looking for an oil that has the correct balance of 1,8 cineole, Sabinen, Eugenol and Alpha Pinene. You want to make sure it does not contain Methyl Chavicol. You are looking for an oil that smells like a beautiful, green Eucalyptus. If you smell Basil, you are using a camphor oil that contains Methyl Chavicol.

The aroma of Ravintsara is very characteristic, and combines the freshness of the 1,8 cineole with the gentle warmth of the alcohols and the dynamism of the Eugenol. Ravintsara is a basic essence with remarkable properties and it has the advantage of being devoid of toxicity.

Ravintsara, like true Lavender and Rosemary verbenone, can be used, and even proves effective, for ailments which do not, on the face of it, fall within the province of its specific virtues. Ravintsara is an Essential Oil we would recommend as the most indispensable – for it is, without a doubt, the most versatile – if one were to have only one (even if we say the same thing about Lavender, vera).

Whether used internally or externally, for serious complaints or benign problems, it acts rapidly and effectively. Ravintsara is an excellent antiviral agent, particularly for flu. Ravintsara is very effective in cases of shingles and herpes. It is a nerve tonic and mental and physical stimulant; it revitalizes people suffering from physical and nervous fatigue. Ravintsara, particularly active even in low doses, acts to its full extent as a “terrain” treatment. An exceptional Essential Oil, it is non-toxic, and therefore suitable for everyone. It has a great potential for action at the psychological level.

aromatherapy & home uses

Immune System: colds, flu, pneumonia, infectious diseases

Nervous System: nervous exhaustion, shingles

Respiratory System: specific for pneumonia, bronchitis, colds, coughs

Skin Care: acne, inflammation, rashes

suggested usage (10 years & up)

BATH:

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. For children under the age of 10 and pregnant women, adhere to the chart at the right.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

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. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).

TOPICAL

- To support the immune system, mix 20 drops Ravintsara with 1 tablespoon of carrier oil.
- For Shingles, mix 10 drops Ravintsara, 10 drops Lemon, and 10 drops Roman Chamomile in 1 tablespoon carrier oil and apply to affected area 1-3 times daily. **Adults:** Apply 3-6 drops to each foot, reapply each hour until symptoms dissipate, then 4 times daily until symptoms have been gone for 2 days.
- Even newborns can enjoy Ravintsara's benefits when applied neat to the soles of the feet beginning at 1 month.

responsible cautions

- Generally non-toxic and non-irritant.
- Avoid in allergic skin conditions.
- 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.

attributes

Wildcrafted

Producing Organ: *Young leafy twigs*

Extraction: *Steam Distillation*

Country of Origin: *Madagascar*

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 carrier 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 2 years - 1 drop 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 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

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.

DISCLAIMER

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Ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, fine; Peppermint, and Fractionated Coconut

QUALITY ASSURANCE

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Lavender Ice For Kids & Elderly

Headaches are a painful, recurring experience for many people. They may be caused by stress, eye strain, allergies, sinus congestion, hormone imbalances, and many other causes.

Nonsteroidal anti-inflammatory drugs (usually abbreviated to NSAIDs) are a class of drugs that provide analgesic (pain-killing) and antipyretic (fever-reducing) effects, and, in higher doses, anti-inflammatory effects.

At least one recent study has begun to examine a potential link between the usage of non-steroidal anti-inflammatory drugs (NSAIDs) and autism in children (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673819/>). Additionally, some physicians have concerns that ibuprofen and other NSAIDs can cause kidney damage.

Reye's syndrome, a rare but potentially life-threatening condition, has been linked to aspirin usage in children and teenagers. Though approved for use in children over the age of 2, aspirin should not be given to adolescents recovering from chickenpox or flu-like symptoms.

Most headaches aren't serious, but you should seek prompt medical care if your child's headaches wake your child from sleep, worsen or become more frequent, change your child's personality, follow an injury such as a blow to the head, feature persistent vomiting or visual changes, or are accompanied by fever and neck pain or stiffness.

Lavender Ice For Kids & Elderly is a proprietary blend of Essential Oils that have been shown to assist and help support the body with headaches in children over 3 years of age and the elderly.

INGREDIENT HIGHLIGHTS

- Lavender, fine contains high amounts of linalyl acetate, offering anti-inflammatory and sedative properties that make it ideal for alleviating headaches.
- Peppermint contains high amounts of menthol, which helps to relieve and ease tension headaches as well as relieving aches and pains.

SUGGESTED USAGE

- For headache, apply Lavender Ice For Kids & Elderly neat to the temples, forehead, and over the ear, following the hairline and across the back of the neck. Be careful not to get it too close to the eyes. This can be repeated as needed.
- Apply Lavender Ice For Kids & Elderly neat to areas of the body experiencing pain due to tight muscles, strains or sprains, or from blunt trauma such as slamming a finger in a door or stubbing a toe. Gently massage in; repeating as necessary.

PREGNANCY & CHILDREN

Topical

Infant to 3 months - *not recommended*

3 months to 3 years - *not recommended*

3 to 6 years - *3 drops in 10 ml carrier oil*

6 to 10 years - *6 drops in 10 ml carrier oil*

Pregnancy - *safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)*

Bath

not recommended

RESPONSIBLE CAUTIONS

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- 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.
- Use caution in cases of high blood pressure.

availability

10ml AromaStix



GODÉSANA ORGANICS CORPORATE OFFICE

461 E Pike Street • Morrow, OH 45152

614.948.4409

www.goDesanaOrganics.com

Alexandria Brighton Collection
ESSENTIAL OILS



Ginger Root

Zingiber officinale

Therapeutic Properties: analgesic, anti-oxidant, antiseptic, antispasmodic, antitussive, aperitive, aphrodisiac, bactericidal, carminative, cephalic, diaphoretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic

Ginger Root has been used for centuries in India, China, and Japan for its medicinal properties and is featured prominently in those traditional cuisines. The ancient Egyptians grew Ginger Root and used it both medicinally and in cooking as well.

Dioscorides recommended it as a stomachic, to help a sluggish system, and as a stimulant of the digestion, giving it similar virtues to those of pepper. The Romans, interestingly, used Ginger in ophthalmics; for advanced cataracts, a ginger preparation was made up and applied on the eyes several times a day. Saint Hildegarde, a twelfth century healer, recommended it as a stimulant and tonic and reiterated its effectiveness for eye diseases. She also said it had aphrodisiac properties, especially for stimulating the vigor of older men married to young women! Ginger was used in the Middle Ages to counter the Black Death; it provoked sweating (much as the spice does when used in a good curry). Researchers have discovered that all 42 components in the Ginger Root Essential Oil used in East Africa to kill parasites will, in isolation, kill roundworms in the intestines. Some of these compounds actually worked better in studies than the commonly prescribed piperazine citrate preparation.

Ginger Root is one of the best remedies for nausea – especially motion and morning sickness. The British medical journal Lancet reported ginger more effective than the popular antihistamine drug Dramamine for preventing motion sickness, and unlike the drug, Ginger doesn't leave you feeling sluggish. It can be used in a 2% massage blend, although Ginger teas are both effective and tasty.

Ginger Root acts as a general tonic for fatigue and as a sexual tonic for impotence. It is also helpful in cases of diarrhea. Ginger Root is a digestive stimulant effective for constipation, loss of appetite, sluggish digestion, and nausea.

aromatherapy & home uses

Circulation, Muscles and Joints: arthritis, fatigue, muscular aches and pains, poor circulation, rheumatism, sprains, strains, etc.

Digestive System: diarrhea, colic, cramps, flatulence, indigestion, loss of appetite, nausea, travel sickness, parasites

Nervous System: debility, nervous exhaustion

Respiratory System: asthma, bronchitis, catarrh, coughs, sinusitis, sore throat

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. May support and assist the body with arthritis, lethargy, nausea, colds, and flu.

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

- 2 drops Ginger Root, 1 drop Peppermint, and 5 drops carrier oil in a veggie capsule taken 3 times daily can bring relief from nausea, morning sickness, stomach cramps, etc.
- Add 1 drop to a teaspoon of honey and stir into warm water for a tasty, effective, and soothing tea.

TOPICAL

- May apply to the colon reflex points on the feet. Add 10-20 drops to cream or lotion to aid with arthritis, muscle aches, poor circulation, and dispersing bruises.
- Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.

responsible cautions

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- May be slightly photo-sensitizing.
- Avoid in allergic skin conditions.
- 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.

attributes

Certified Organic

Producing Organ: Root

Extraction: Steam Distillation

Country of Origin: China

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 1/4 cup 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 2 years - *not recommended*
- 3 to 5 years - 3 drops in 1/4 cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in 1/4 cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - *safe when used as directed*

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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Dill Weed

Anethum graveolens

Therapeutic Properties: antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, stomachic

Dill Weed p.o. whole plant is one of the most gentle of Essential Oils being devoid of toxicity, and it can be used from early childhood for all problems to do with the digestive, respiratory, and renal systems. Care must be taken not to use Dill oil produced from the seeds as this oil is too strong for children.

Dill Weed offers relief from flatulence and helps treat parasites. This oil is beneficial for nervous vomiting and hiccups. It has also proven effective in promoting milk flow in nursing mothers. Dill Weed may benefit juvenile acne resulting from hormonal changes and improper diet.

Since Dill Weed calms the autonomic nervous system, it may help fidgety children; use it in an Essential Oil diffuser with Roman Chamomile.

Dill Weed possesses decongesting and diuretic abilities as well as antispasmodic action. It is an excellent stimulant and digestive antispasmodic for children who tend to experience vomiting, colic, and nausea with stomach cramps. Dilute with carrier oil and gently massage clockwise around abdominal area.

In the West and East it is used as a soothing digestive aid for indigestion, wind, colic, etc., especially in children, for which it is still current in the British Herbal Pharmacopoeia. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 83.]

aromatherapy & home uses

Digestive System: colic, dyspepsia, flatulence, indigestion

Genito-Urinary and Endocrine Systems: lack of periods; promotes milk flow in nursing mothers

suggested usage (10 years & up)

BATH:

- Add 10 drops Dill Weed with 10 drops Roman Chamomile to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to calm and relax. For children under the age of 10 and pregnant women, adhere to the chart at the right.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

INTERNAL

- Add 1 drop to a teaspoon of honey and stir into warm water to assist with digestive concerns.
- For diabetics, to assist with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel in capsule, filled with olive oil. Take at night.

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. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).

TOPICAL

Add 10-20 drops to 1 tablespoon of carrier oil and gentle massage clockwise around abdominal area to relieve hiccups, cramping, flatulence, and upset stomach. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil.

responsible cautions

- Generally non-toxic, non-irritant.
- Avoid in allergic skin conditions.
- 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.

attributes

Wildcrafted

Producing Organ: Whole Plant

Extraction: Steam Distillation

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 - 1 drop in 10 ml carrier 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 2 years - 1 drop 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 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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Ingredients

100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cedarwood, atlas; Elemi, Frankincense, and Lavender, fine

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Focus For Kids

Many kids commonly have difficulty concentrating on tasks, particularly school work.

Multi-tasking and distractions like surfing the web or instant messaging compete for their attention. With so many potential interruptions, it can be difficult for children to stop and focus on the task at hand.

Focus For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with left brain, logical thought processes, attention, and concentration.

It helps to keep one present during mental work and may be helpful for attention deficit disorders.

INGREDIENT HIGHLIGHTS

- Vetiver, a very grounding and balancing oil emotionally, mentally, and spiritually, is said to affect the nervous system, endocrine (hormone) system, skin, and emotions.
- Cedarwood, atlas is a grounding, calming Essential Oil that is said to combat negativity. Unlike other conifers, Cedarwood, atlas brings instantly uplifting, yet calming effects.
- Elemi Essential Oil stimulates circulation, the secretion of hormones and enzymes from the endocrinal glands, and the discharge of bile and other gastric juices into the stomach. Additionally, it stimulates nervous responses, including those affecting neurons in the brain, the heartbeat, and respiration.
- Frankincense is known for its comforting properties. It is useful for visualizing, improving one's spiritual connection, and helping to overcome stress and despair. Frankincense can promote feelings of mental peace, relaxation, and satisfaction while helping to relieve anxiety, anger, and stress.
- Lavender, fine, with its well-known calming scent, is an excellent tonic for the nerves and anxiety issues. It can be helpful in treating migraines, headaches, depression, nervous tension, and emotional stress. The balancing properties of Lavender, fine can also boost energy and stamina.

SUGGESTED USAGE

- Inhale, then apply neat under the big toe, then drop or apply neat to the back of neck near hairline. This can be repeated as needed.
- Can also be used topically and in bath with proper dilution.

PREGNANCY & CHILDREN

Topical

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

Bath

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

RESPONSIBLE CAUTIONS

- Generally non-toxic, non-irritant.
- 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 CORPORATE OFFICE

461 E Pike Street • Morrow, OH 45152
614.948.4409
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Alexandria Brighton Collection
ESSENTIAL OILS



Red Mandarin

Citrus reticulata var deliciosa

Therapeutic Properties: antiseptic, anti-spasmodic, carminative (flatulence expelling), digestive, bland diuretic, bland laxative, sedative, stimulates the digestive and lymphatic systems, tonifier

In France it is regarded as a safe children's remedy for indigestion, hiccoughs, etc., and for the elderly since it helps strengthen the digestive function and liver. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Often used for children and pregnant women and is recommended in synergistic combinations with other citrus oils. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Children particularly appreciate the fragrance which is somewhat like candy. It invites us to play and nourish the child within and to not become overwhelmed by our problems; to live a calm and simple life, and to look at everything through the innocent eyes of a child. It is safe to diffuse during pregnancy where its cheerfulness can help an anxious new mother to be.

aromatherapy & home uses

Circulation, Muscles and Joints: fluid retention, obesity

Digestive System: digestive problems, dyspepsia, hiccups, intestinal problems

Nervous System: insomnia nervous tension, restlessness

Skin Care: acne, congested and oily skin, scars, spots, stretch marks, toner

Suggested usage

BATH:

- 10 drops Red Mandarin and 10 drops Grapefruit in ½ cup of Dead Sea salt in a hot bath will benefit those suffering from poor circulation, water retention, obesity, and cellulite.

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.
- 10-20 drops of Red Mandarin diffused into the air is an effective remedy for insomnia, nervous tension, and a state of agitation. It is particularly useful for children and pregnant women at bedtime.

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.
- Use whenever you are feeling anxious, overwhelmed, or stressed and need strength to keep going.

TOPICAL

- Add 10-20 drops to cream or lotion to aid poor circulation, water retention, obesity, and cellulite.
- Red Mandarin has very similar properties to Tangerine Essential Oil – calming, gentle and cheery – but it has a slightly fresher smell. In leg and ankle massages, Red Mandarin can ease fluid retention.
- Use 1 drop neat as a good remedy for acne and skin blemishes.

responsible cautions

- Generally non-toxic, non-irritant,
- Although the least photo-toxic of all the citrus fruits, it could still cause some burning in those with very pale or sensitive skin if exposed to sunlight after application.
- Avoid in allergic skin conditions.
- 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.

attributes

Wildcrafted

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

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 carrier 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 2 years - 1 drop 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 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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Aromatic Medicine

In Aromatic Medicine, we recognize that there are many bio-systems in the body, and that each one represents an opportunity to use Essential Oils to correct, regulate, or bring balance to the affected bio-system. We know that Essential Oils are adaptogens and they have the ability to resonate and communicate information to the body.

The body has the ability to exchange information with the Essential Oil molecules which allow them to go to the area of the body where they are needed and to exert their influence there. This includes the limbic system of our brain, where our memories are stored. The limbic system is referred to as the “emotional brain”. It’s responsible for the perception of odor, sensations of pleasure and pain, and emotions like rage, fear, sadness, and sexual feelings.

The limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. (Higley & Higley, 1998)

Scientists now understand that memories are also retained at the cellular level and Essential Oils have a unique ability to penetrate and oxygenate cells. Essential Oils can clear the “fight or flight” sympathetic nervous system response of traumatic memories while encouraging a calm, relaxed parasympathetic response.

One drop of a pure Essential Oil contains approximately 40 million-trillion molecules. Considering that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function, you can see why even a small amount of oil can have profound effects on the body, brain, and emotions. This relationship helps explain why smells often trigger emotions. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects. Of our seven senses, smell is the only one wired directly to the brain!

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. Furthermore, Essential Oils are the only natural substance that can cross the blood-brain barrier and enter the limbic system or the emotional brain.

your body & applied kinesiology

Applied Kinesiology is the medical science of energy balancing, grounded in the study of anatomy and physiology. Applied Kinesiology recognises there are flows of energy within the body that relate not only to the muscles, but to every part of the bio-systems which make the body a living, feeling being.

Our body has the ability for innate healing, and is at all times doing its best to care for itself; always knowing what it needs both physically and emotionally. Applied Kinesiology uses muscle testing to help identify imbalances in the body’s structural, chemical, emotional, or other energy in order to establish the body’s healing needs. Using Applied Kinesiology allows our body to choose which Essential Oils it needs at that time.

kindred essences & the circle of vitality

The Circle is an ancient symbol that can be found throughout the world’s indigenous cultures. It expresses the cycles of nature and man and the rhythm and seasons of the Earth. Sometimes represented as a ‘medicine wheel’, ‘circle of life’, or ‘web of life’. Each culture views their circle from a slightly different perspective, but each has a common understanding that the circle is a map of the balance, harmony, and cycles of nature. For thousands of years the indigenous peoples understood another way of looking at the world, a view that sees all living things as connected, each an integral part of a larger whole, each a part of the mystery we call life.

The Circle of Vitality is a model and guide of what human beings could become if they were to develop their individual potential at each direction of the circle and become whole. The object of the truth teaching that the Circle of Vitality represents is to be able to travel the entire Circle, learning the positive expressions of the of the gifts and lessons each Kindred Essence animal has to offer.

sesquiterpenes

Sesquiterpenes are compounds of three isoprene units, which is fifteen carbons and twenty-four hydrogens per molecule - molecular weight 204 amu.

There are more than 10,000 kinds of sesquiterpenes. Sesquiterpenes are the principal constituents of Cedarwood, Vetiver, Spikenard, Sandalwood, Black Pepper, Patchouli, Myrrh, and Ginger. They are also found in Galbanum and Frankincense.

Sesquiterpene molecules deliver oxygen molecules to cells, like hemoglobin does in the blood. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA.

The American Medical Association (AMA) has said that if they could find an agent that would pass the blood-brain barrier, they would be able to find cures for many ailments. Such agents already exist and have been available since Biblical times. The agents, of course, are Essential Oils; particularly those containing the brain oxygenating molecules of Sesquiterpenes.

kindred animal essences

Animals are born with a deep connection to the Earth and the rhythms of life. They have no hidden agendas, no greed and they don't lie. They do, however, have characteristics, qualities, skills, and talents that can serve, teach, and tutor humanity. As such, they are perfect guides for our own journey, reminding us of the ancient wisdom we have lost.

Our Kindred Animal Essences demonstrate potential characteristics, qualities, talents, abilities, or strengths that constitute an expression of our own personality. The animal world shows us the potentials that lie within us. Some animals are excellent parents and nurturers, teaching us patience, respect, love, and loyalty. Others are great protectors and show us how to have courage and overcome fear. While some are teachers of fun and play, reminding us of the needs of the child within.

Each animal is a teacher with a lesson to share, sitting at its most energetically compatible position on the Circle of Vitality and waiting . . . hoping to lead the way to a reconnection with the Earth. Bonded in friendship our "Kindred Essence" animal friends can rescue us, teach us, and can be a vehicle for wisdom that will serve us. Although there are many tribes and versions of the Circle, there are universal truths represented by all. Many different cultures means we may have many different ways of looking at the Circle of Vitality. The Circle we are using follows closely with the seasons and cycles of nature and man.

east - the season of spring

Starting in the three directions representing spring; East, Northeast, and Southeast, we have the return of the sun as it rises in the East.

The color of the East is yellow, representing mental energies and left-brained, rational thought. Here we have outward flowing energy giving us illumination and freedom from limitation.

In the Spring we experience the energy of discovery, birth of new projects, and the planting of seeds, taking root, and flowering. This is the period of the natural cycle of the Earth when the energy to initiate and start-up, or start over is naturally supporting you.

All who find themselves in this life situation need to visit the East and align with, and be supported by, this energy.

kindred essences of the east

- **Northeast: Badger**
100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cinnamon Bark, Cedarwood Atlas, and Cinnamon Leaf
- **East: Cougar**
100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. thymol, Tea Tree, Juniper Berry, Chamomile, roman; Bay Laurel, and Lemongrass
- **East: Eagle**
100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Myrrh, Lemongrass, Lemon, and Spearmint
- **East: Blue Jay**
100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Tanacetum Annuum, Clary Sage, Elemi, Frankincense, and Sandalwood
- **Southeast: Deer**
100% Pure, Certified Organic and Wildcrafted oils of Rose, Lavender vera, Myrrh, Mandarin, Palmarosa, Ylang Ylang Complete, Geranium, rose; and Jasmine

emotional release with the circle of vitality

Choose a Circle Of Vitality blend and then muscle test **or** draw from a bag that contains the Kindred Essences. Drawing from a closed bag is a quick and easy Kinesiology protocol. After choosing a blend, read that animal's datasheet, making note of the lessons of that animal and the recommended Chakra application. While thinking about the chosen animal's lessons:

- Apply 3 drops daily, along the spinal reflex of each foot.
- Apply daily, to the recommended Chakra(s).
- Use daily according to the specific animals' data sheet.

Draw another Circle of Vitality Blend, and use in the same way, whenever you intuitively feel your body is telling you to do so. All five blends for each season can be used at one time. Each season you will want to change the Circle of Vitality blends being used.



Badger Essence

North East | Waxing Spring

The Badger is bold and ferocious; it never surrenders. With Badger Essence you can become assertive enough to take action towards change. Badger Essence gives us the gifts of boldness, positive aggression, and a willingness to fight for what we desire.

The Badger is a powerful digger and is believed to have knowledge of minerals, roots and herbs, making him a dynamic healer. He is believed to be able to see beneath the surface of situations. With Badger Essence we become self-reliant and comfortable with ourselves.

Badger Essence is a powerful force when properly used for self-improvement. It can help you be aggressive enough to make it to the top of your chosen field because you do not give up.

Badger Lessons: Assertiveness; the ability to take right action; defense of the self; strong and independent; overcoming fear; be persistent and never give up.

Too much Badger energy and a person becomes overly aggressive and a bully; uses physical force to overpower others. When Badger is out of balance, we can be vicious gossips, exhibit a “chip on the shoulder” attitude, act physically aggressive toward others, and become a bully.

Balance with the complementary opposite on the Circle of Vitality, Elk Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- Not appropriate for diffusion.

MASSAGE/TOPICAL

- Apply 2-3 drops to the to the soles of the feet to access the Root Chakra and give the ability to move forward in a positive direction. **Note:** *This blend should not be applied topically without dilution.*

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. Close your eyes and mist around yourself when you feel unsure of yourself.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- 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. Close your eyes and mist around yourself when you feel unsure of yourself.



Assertive; Dynamic Healer; Never Surrender

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cinnamon Bark, Cedarwood Atlas, and Cinnamon Leaf

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 |

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.

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

availability

5ml Bottle



QUALITY ASSURANCE

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Cougar Essence

East | Supporting Full Spring

The Cougar, as the largest cat in North America, is one of the most powerful and fastest cats, able to leap over 40 feet. With Cougar Essence, it is a time of coming into our own power, a time of trusting our intuition and instincts. Cougar can help us to develop self-motivation; to bring success and leadership into our lives. In order to own our own power, we need to know what that power is.

Young Cougars learn through trial and error how to manage their power. We must do the same; try out our skills and talents, and develop and use them to our advantage. We must stretch ourselves, leap to the next level, act aggressively, and jump on opportunities when they present themselves.

Cougar Lessons: Embodied personal power, good instincts, self-motivation, able to become a leader, develop and hone our unique abilities and gifts through trial and error, to push ourselves to the next level, ability to be quick and strong.

Too much Cougar and we would become overbearing and may exert our strength to have power over others. We may act too quickly and impulsively, without discernment, when opportunities present themselves.

Balance with the complementary opposite on the Circle of Vitality, Jaguar Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to increase your sense of personal power.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us to act from the heart when expressing our personal power and to not be a bully.
- Apply 2-3 drops to the Solar Plexus for strength of will and for right action of our personal power.
- Apply 2-3 drops to the soles of the feet for courage to move forward.

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. Close your eyes and mist around yourself when you need to express your personal power.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- 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. Close your eyes and mist around yourself when you need to express your personal power.



**Personal Power; Leadership;
Self-motivation**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. thymol, Tea Tree, Juniper Berry, Chamomile, roman; Bay Laurel, and Lemongrass

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 |

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.

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



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Eagle Essence

East | Full Spring

Eagle represents the sun, masculine energy and left-brain thinking. With Eagle's great vision, he can help us sharpen our vision; focus our awareness and ability for mental perception.

Eagle Essence is full of solar energy. Eagle reminds us to be open to our freedom of spirit and to go beyond our perceived limitations and fears to develop our full potential. A great oil to use when setting goals for yourself and putting plans into action. With Eagle Essence you can set new goals, reach new heights, and follow your heart's desire

Eagle Lessons: Logical left-brained thinking; seeker of knowledge; set goals and go beyond limitations; develop leadership skills; understanding masculine energy; expresses personal freedom.

Too much Eagle energy and a person becomes freedom loving to the point of irresponsibility; ungrounded, not in touch with their feelings.

Balance with the complementary opposite on the Circle of Vitality, Bear Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply when you need to increase your left-brain mental abilities.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Solar Plexus, our center of will, to overcome fear, find the freedom of thought to dream big, and use our increased analytical thinking to form a solid plan to turn our dreams into reality.

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. Close your eyes and mist around yourself to provide strength of will and overcome fear.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- 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. Close your eyes and mist around yourself to provide strength of will and overcome fear.



**Personal Freedom; Heroic Nobility;
Increased Awareness; Connection to
Divine**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Myrrh, Lemongass, Lemon, and Spearmint

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 |

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.

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



QUALITY ASSURANCE

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Blue Jay Essence

East | Supporting Full Spring

The Blue Jay is a member of the Crow family, and is fearless and resourceful. Blue Jay carries the promise of new opportunities to develop our innate potentials and to open new depths in our abilities and power. As a result, Blue Jay teaches us we will have to learn how to make proper choices as to how we handle the responsibilities associated with our power.

Blue Jay gives the opportunity to develop our innate talents and use them to the highest good of all, or for our own benefit alone; the choice is ours.

Blue Jay Lessons: To be fearless and resourceful; opportunity to develop our innate potentials; to learn how to make proper choices and exert our power correctly; to tap our deepest levels and open us to higher knowledge; the ability to develop our great talents.

Too much Blue Jay energy and a person could use their talents and power solely for their own gain, to the detriment of others.

Balance with the complementary opposite on the Circle of Vitality, Raven Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be renewed with courage, honor and a sense of integrity.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire clear thought.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us the effect our actions have on others.
- Apply 2-3 drops to the Solar Plexus, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- Apply 2-3 drops to the Third Eye Chakra to increase awareness of reality and receive intuitive guidance.
- Apply 2-3 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when they're received rather than dismissing them as coincidence.

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. Close your eyes and mist around yourself to ground your energy and inspire clarity and courage to be a force for positive change. Mist around yourself before you make important choices to calm the emotions and give clarity to the mind.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Avoid during first trimester of pregnancy.

goDésana
feel the difference

**Right use of power; Fearless;
Resourceful; Responsible**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Tanacetum Annuum, Clary Sage, Elemi, Frankincense, and Sandalwood

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 |

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.

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



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Deer Essence

South East | Waning Spring

With Deer Essence we heal ourselves and others through gentle love and acceptance rather than pushing or forcing change in our already stress-filled world. It is easy to become uncaring and hard on ourselves and others, overly critical and judgmental, allowing our hearts to feel no true compassion for anyone. We must follow the Deer back into the woods and reconnect with our source and the innocence we knew as children.

Deer Essence is about learning to love yourself with the same care and gentleness you show to others. If we do not learn to love and value ourselves and care for our body, then we can never truly learn to unconditionally love and care for others.

Deer Lessons: Ego-less self-love; taking care of self physically, emotionally and spiritually; giving and receiving unconditional love; example of compassionate living.

Too much Deer energy and a person becomes self-centered, narcissistic, selfish; conditional love; gives and expects something in return.

Balance with the complementary opposite on the Circle of Vitality, Wolf Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be surrounded by unconditional love and acceptance from the gentle Deer.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm the heart and balance the emotions.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us to love unconditionally.
- Apply 2-3 drops to the Third Eye Chakra to increase creativity and receive intuitive guidance.
- Apply 2-3 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when we receive them and not dismiss them as coincidence; connection to the Divine.

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. Close your eyes and mist around yourself to provide a high frequency energy that inspires unconditional love and gentleness.
- Mist around yourself before you meet with negative or combative people to calm the emotions and create an environment of peace and cooperation.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- 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. Close your eyes and mist around yourself to provide a high frequency energy that inspires unconditional love and gentleness.



**Unconditional Love; Compassion,
Gentleness**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Lavender, vera; Myrrh, Mandarin, red; Palmarosa, Ylang Ylang Complete, Geranium, rose; and Jasmine

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 |

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.

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



QUALITY ASSURANCE

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Ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Ravintsara ct. 1,8 cineole, Rosemary ct. 1,8 cineole, Euclyptus Radiata, and Grape Seed

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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Tri Remedy For Kids

The common cold and influenza have similar symptoms, and both are contagious respiratory infections. Although there is no cure for either a cold or the flu, easing some of the associated discomfort can help everyone during a child's illness.

Tri Remedy For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with colds, flu, and other viruses.

INGREDIENT HIGHLIGHTS

- Lavender, spike, sometimes referred to as Spanish Lavender, is native to Spain, France, Italy, the Mediterranean region, and Northern Africa. It contains a greater percentage of camphor than regular Lavender, giving it stronger analgesic and expectorant properties. It is an excellent choice for easing headaches, muscle aches, pains, and the discomfort associated with arthritis.
- Ravintsara ct. 1,8 cineole is one of the most versatile and indispensable Essential Oils. It is known to be potent, yet safe and gentle. Ravintsara ct. 1,8 cineole has been used for centuries in fighting infections.
- 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.
- Eucalyptus Radiata is primarily an Essential Oil for the respiratory system. It is a powerful expectorant and mucolytic with good ability for fluidification. It is gentle yet effective for respiratory problems and is easily tolerated by children.

SUGGESTED USAGE

- Apply neat to the soles of feet starting at 18 months of age, at the first sign of symptoms.
- Can also be used topically and in bath with proper dilution.

PREGNANCY & CHILDREN

Topical

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

Bath

Infant to 3 months - *not recommended*
3 months to 3 years - *not recommended*
3 to 6 years - 3 drops in ¼ cup Pink Himalayan Salt
6 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
Pregnancy - safe when used as directed

RESPONSIBLE CAUTIONS

- Generally non-toxic, non-irritant.
- 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 &
AromaStix



GODÉSANA ORGANICS CORPORATE OFFICE

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Alexandria Brighton Collection
ESSENTIAL OILS

