

APRIL OILS OF THE MONTH

\$27 (20BV)

Free US & International Shipping

- Red Mandarin {10ml}

\$127 (80BV)

\$64.00 Savings + Free US & International Shipping + Try Me Product

- Red Mandarin {10ml}
- Ravensara {10ml}
- Dill Weed {10ml}
- Tea Tree {10ml}
- Rosemary ct. verbenone {10ml}
- Lavender Chamomile {10ml}
- Grief Relief Hydrating Mineral Mister {2oz} - *Try Me*
- Transform Hydrating Mineral Mister {2oz} - *Try Me*
- Elevate Hydrating Mineral Mister {2oz} - *Try Me*

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

\$129.00 Savings + Free US & International Shipping + Try Me Product

- Red Mandarin {10ml}
- Ravensara {10ml}
- Dill Weed {10ml}
- Tea Tree {10ml}
- Rosemary ct. verbenone {10ml}
- Lavender Chamomile {10ml}
- Badger {5ml}
- Blue Jay {5ml}
- Cougar {5ml}
- Deer {5ml}
- Eagle {5ml}
- Grief Relief Hydrating Mineral Mister {2oz} - *Try Me*
- Transform Hydrating Mineral Mister {2oz} - *Try Me*
- Elevate Hydrating Mineral Mister {2oz} - *Try Me*



kids' first-aid

TRY ME PRODUCT

Free with all orders of 100BV or more and all S.A.T. Packs

- Grief Relief Hydrating Mineral Mister {2oz} - *Try Me*
- Transform Hydrating Mineral Mister {2oz} - *Try Me*
- Elevate Hydrating Mineral Mister {2oz} - *Try Me*

goDésana
feel the difference

For More Information:

Name _____

Phone _____

Consultant ID # _____

Web Address _____

These products are not intended to diagnose, treat, cure or prevent any disease. Information in this brochure is provided for informational purposes only. It is not meant to substitute for any medical advice provided by your physician or other medical professional. You should not use the information contained herein for diagnosis or treating a health problem or disease, or prescribing any medication. You should read carefully all product packaging and labels. If you have or suspect a medical problem, promptly contact your physician or health care provider.

5991 Chandler Court
Westerville, OH 43082
614.948.4409
www.godesana.com



Recipes From The Stillroom

The stillroom was perhaps the most important room in a home. The stillroom recipe book was passed down from mother to daughter and training in the stillroom arts had direct relation to the value a young girl could bring to a marriage. Everything that sustained and added quality of life to the family might be found in the stillroom recipe book.

Today, with the increasing interest in aromatherapy, essential oils and other natural forms of health care, the arts of the stillroom are again gaining recognition and are truly the birthright of every woman.

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease. The recipes found below are designed to be non-toxic and well tolerated by children.

After Sun Blend

- 10 drops Lavender Chamomile Blend
- 5 drops Geranium, rose
- 1 ounce Grape Seed Oil

Mix in PET bottle, label, and shake well before using. Use as a lotion after sun exposure.

Anti-Infectious Room Spray (*great for sickrooms*)

- 25 drops Dispel Sickness *or* 25 drops Protector
- 4 ounces Distilled Water

Mix in PET bottle, label, and shake well before using. Spray into room, or omit the water and put the oils in a diffuser.

Athlete's Foot

- 4 drops Lavender Chamomile Blend
- 10 drops Tea Tree
- 6 drops Thyme ct. linalool

Mix in a PET bottle and label. Apply neat to the infected area of the foot. You may also use 6 to 10 drops in a pan of warm water for a foot soak; soaking feet for 10 minutes.

Basic Immune Support

- 1 drop Lavender Chamomile Blend
- 1 drop Wellness For Kids & Elderly Blend

Combine and apply daily, neat (directly from the bottle), to the sole of the foot.

Basic Immune Support Massage Oil

- 6 drops Lavender Chamomile Blend
- 6 drops Wellness For Kids & Elderly Blend
- 1 ounce Grape Seed carrier oil

Mix in PET bottle, label, and shake well before using. As part of a preventive health maintenance program, use twice weekly as a body massage oil.

Bath Blend

- 2 drops (baby) or 5 drops (toddler) Lavender Chamomile Blend
- 1 teaspoon goDésana Baby Bliss Shampoo & Body Wash
- Under 2 months use ½ teaspoon of goDésana Baby Bliss Shampoo & Body Wash with no added Essential Oils

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

Bee Stings

- 1 drop Chamomile, german *or*
- 1 drop Helichrysum *or*
- 1 drop Lavender, fine *or*
- 1 drop Tea Tree

Any of the above Essential Oils can be applied neat, directly on location, to the sting. Do not combine or use more than one of the recommended Essential Oils.

Calming Bath Blend (*3 years and up*)

- 1 (under 3 years of age) or 2 drops Lavender Chamomile Blend
- 1 (under 3 years of age) or 2 drops Mandarin, red
- 1 drop Geranium, rose
- 1 teaspoon of goDésana Baby Bliss Shampoo & Body Wash

Mix Essential Oils and Shampoo & Body Wash together. Swish the mixture into bath water, being careful not to get water in eyes.

Calming Bath recipe is not appropriate for use with children under a year old.

Cradle Cap

- 5 drops Lavender Chamomile Blend
- 1 ounce goDésana Baby Bliss Massage Oil

Gently massage a small amount of this blend into scalp, carefully loosening the cradle cap. Wash gently with goDésana Baby Bliss Shampoo & Body Wash.

Colds, Influenza, and Pneumonia

- 2 drops (1 drop for newborn) Ravensara

Apply to the sole of each foot over the lung reflex points, pad of foot, and beneath toes. Apply 3 to 6 times daily (1 to 3 times daily for newborn), for up to 4 days.

- 1 drop Eucalyptus radiata on each foot for small children, and 2 drops for older children

During a cold or flu, you can also use Eucalyptus radiata, neat, on the tips of the toes (sinus reflex points) and on the pad of the foot (lung reflex points).

Cuts & Scrapes Cleansing Blend

- 10 drops Lavender Chamomile Blend
- 10 drops Tea Tree
- 5 drops Ravensara
- 5 drops Thyme ct. linalool
- 5 drops Eucalyptus radiata
- 4 ounces of distilled water

Mix in PET bottle, label, and shake well before using. Spray onto wound or cut, allow to air dry, and use a bandage when appropriate. Store in a dark, cool place. Appropriate for use with children over the age of 1 and the elderly.

Diaper Rash Blend

- 6 drops Lavender Chamomile Blend
- 4 drops Tea Tree
- 2 drops Ravensara
- 1 ounce of Grape Seed carrier oil

Mix in PET bottle, label, and shake well before using. Apply with cotton ball to the affected area. Repeat with diaper change as needed. Can also be used for Balanitis, an inflammation of the penis head.

Exam Stress Blend

- 1 drop Thyme ct. linalool
- 1 drop Ravensara
- 2 drops Lavender Chamomile Blend
- 10 ml Grape Seed carrier oil

Mix well and store in a glass cobalt bottle with orifice reducer lid. Massage into neck, back, and shoulders to reduce stress and help focus. You can mix 10-15 drops with 4 ounces of Distilled Water to create a spray mister.

Fever

- 6 drops Eucalyptus radiata
- 1 pint of lukewarm water

Mix well and pour into glass bowl. Give child a sponge bath with the Eucalyptus water.

Growing or Muscle Pains (10 years and up)

- 5 drops Rosemary ct. verbenone
- 7 drops Lavender, fine
- 6 drops Eucalyptus radiata
- 5 drops Thyme ct. linalool
- 4 ounces Sesame carrier oil

Mix in PET bottle, label, and shake well before using. Massage 2 drops on achy joints, using very light pressure in an upward stroking movement and no pressure on the downward strokes.

Head Lice Blend (do not use under age two)

- 4 drops Lavender Chamomile Blend
- 4 drops Eucalyptus radiata
- 4 drops Thyme ct. linalool
- 2 tablespoons goDésana Baby Bliss Shampoo & Body Wash

Mix together and apply to hair, being careful not to get any into the eyes; leave on 10 minutes and then wash out. Comb hair with a fine-toothed comb. Repeat as needed.

Insect Bites

- Apply After-Bite, neat (direct from the bottle) onto the bite. Repeat as needed.

Laundry

- Add 6 to 8 drops of Lavender Chamomile, Protector, or Lemon to the rinse cycle or place on a washcloth and insert into dryer.

Measles & Chickenpox Blend

- 2 drops Lavender Chamomile Blend
- 1 drop Geranium, rose
- 1 drop Lemon
- 1 teaspoon Grape Seed carrier oil
- ¼ cup of Clay Vitality Detox Powder

Mix oils and clay together, and then add to warm bath while water is running. Let child soak for 10 to 15 minutes, keeping water warm.

Monster Spray Blend

- 10 drops Lavender Chamomile Blend **or** 10 drops Calm Blend **or** 10 drops Happy Blend
- 4 ounces of distilled water

Mix in PET spray bottle. Label and shake well before using. Spritz wherever your child thinks monsters could be hiding.

goDesana's Exclusive Alexandria Brighton Collection Pediatric Safe Blends

- | | |
|--------------------------|-------------------------|
| • After-Bite | • Respi Relief For Kids |
| • Bug ProTech | • Tooth Relief For Kids |
| • Burn Care | • Toxbgone For Kids |
| • Calm | • Tri Remedy For Kids |
| • Ear Relief | • Vitality For Kids |
| • Eczema Relief For Kids | • Wellness |
| • Happy | • For Kids & Elderly |
| • Lavender Chamomile | • Wellspring Of Life |
| • Lavender Frankincense | • For Kids |
| • Lavender Ice | |
| • For Kids & Elderly | |

Use as directed, and adhere to Responsible Cautions found at www.godesana.com/cautions.asp.

Room Freshener

- Diffuse 6 to 10 drops of Lavender Chamomile into room; limit diffuser to 15 minutes.

Sleep Difficulty Blend

- 20 drops Lavender Chamomile Blend
- 10 drops Mandarin, red

Mix in cobalt blue glass bottle with orifice reducer. Mix 10 drops with 4 ounces of Distilled Water to create a mister. For topical use, add 6 drops to 1 ounce Grape Seed carrier oil and massage onto child's back before bedtime. May also be diffused, or 1-2 drops can be put on a tissue and placed inside the pillow case.

Stomach Ache, Nausea, and Colic Blend

- 2 drops Lavender Chamomile Blend
- 1 drop Ginger Root
- 1 drop Mandarin, red
- 1 drop Marjoram, sweet
- ½ ounce Grape Seed carrier oil (1 ounce for children under 1 year)

Mix in PET bottle, label, and shake well before using. Massage onto the abdomen in a clockwise motion. Can also be applied to the stomach and intestinal reflex points on the foot, using 2 to 4 drops for each foot.

Stuffy Cold Diffuser Blend

- 3 drops Lavender Chamomile Blend
- 5 drops Eucalyptus radiata
- 3 drops Lemon

Diffuse into room while sleeping.

Temper Tantrum Blend

- 4 drops Lavender Chamomile Blend
- 4 drops Mandarin, red
- 2 drops Ylang Ylang Complete

May be diffused, or 3-6 drops can be mixed with goDésana Baby Bliss Shampoo & Body Wash. Swish into bath water; do not to get water in eyes. You may also mix with 4 ounces of Distilled Water to create a mister.

Umbilical Cord Blend

- 1 drop Tea Tree **or** 1 drop Myrrh
- 1 ounce Grape Seed carrier oil

Mix, label, and store in a cobalt blue glass bottle with orifice reducer. Use a cotton swab to apply a few drops daily in and around the newborn's belly button. Repeat 2-3 times per day at diaper change. Start using this blend the first day of birth.

Vomiting & Nausea

- 4 drops Ginger Root
- ½ ounce Grape Seed carrier oil

Rub over stomach in a gentle, clockwise direction. One drop of Ginger Root can also be inhaled from a tissue.



For More Information:

Name _____

Phone _____

Consultant ID # _____

Web Address _____

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Information in this brochure is provided for informational purposes only. It is not meant to substitute for any medical advice provided by your physician or other medical professional. You should not use the information contained herein for diagnosis or treating a health problem or disease, or prescribing any medication. You should read carefully all product packaging and labels. If you have or suspect a medical problem, promptly contact your physician or health care provider. ©Alexandria Brighton; reprinted with permission.



Red Mandarin

Citrus reticulata

Used in a bath or by diffusing into a room, this essential oil is a child's best friend. It invites us to play and nourish the child within. It is safe to diffuse during pregnancy where its cheerfulness can help an anxious new mother to be.

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 [Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element books, 1995), 121.]

Skin Care: *acne, scars, stretch marks, toner.* **Circulation, Muscles, and Joints:** *fluid retention, obesity.* **Digestive System:** *digestive problems, dyspepsia, hiccoughs, intestinal problems.* **Nervous System:** *insomnia, nervous tension, restlessness.* *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.]

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.

INHALATION

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

MESSAGE/TOPICAL

- Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed.
- Put 1 drop Lavender and 1 drop Red Mandarin on your pillow 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. Can be used whenever you are feeling anxious, overwhelmed, or stressed and need strength to go on.

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 & children

TOPICAL

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

BATH

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

attributes

Wildcrafted

Producing Organ: *Peel*

Extraction: *Cold Expression*

Country of Origin: *Italy*

Therapeutic Properties: *Analgesic, Anti-anxiety, Anti-bacterial, Anti-depressant, Anti-inflammatory, Anti-oxidant, Anti-septic, Anti-spasmodic, Anti-viral, Carminative, CNS tonic, Digestive tonic, Expectorant, Immuno-stimulant, Sedative, Stomachic.*

DILUTION GUIDELINES

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

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

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.
- Non-toxic and non-irritating. 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 as pigmentation of the skin may result.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com

Ravensara

Cinnamomum camphora 1,8 cineole

Ravensara is distilled from the leaves of *Cinnamomum camphora* grown in Madagascar. This is a very different species than the camphor trees grown in Asia. Rather than being high in camphor, it is high in 1,8-cineole.

Ravensara is one of the most versatile and indispensable Essential Oils. Potent, yet safe and gentle. The Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile.

Like True Lavender, Ravensara can be used for ailments which do not normally fall within its recommended usage, yet achieve great results.

Due to the misinformation created in the marketplace about Ravensara and Ravintsara we have included the complete list of Chemical Constituents from the gas chromatograph supplied by our independent third party certifier.

- Alpha Pinene 4.522
- Sabinene 15.419
- Beta Pinene 3.280
- 1,8 Cineole 57.484
- Alpha Terpineol 7.752

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 for a stimulating and cooling bath.

INHALATION

- Put 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed.
- Diffuse 20 drops per hour throughout the day to assist with throat and lung congestion.

MASSAGE/TOPICAL

- To support the immune system, mix 20 drops Ravensara with 1 tbsp Carrier Oil.
- For shingles, mix 10 drops Ravensara, 10 drops Lemon and 10 drops Roman Chamomile in 1 tbsp Carrier Oil and apply to affected area 1-3 times daily.
- ADULTS: Apply 3 - 6 drops to each foot, reapplied each hour until symptoms dissipate, then 4x daily till symptoms have been gone for 2 days.

MISTING

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

pregnancy & children

TOPICAL

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

BATH

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

attributes

Wildcrafted

Producing Organ: *Young leafy twigs*

Extraction: *Steam Distillation*

Country of Origin: *Madagascar*

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

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

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com

Dill Weed

Anethum graveolens

Among the earliest and most widely recognized medicinal herbs, Dill is known for its benefits to the digestive, respiratory, and endocrine systems. A wonderful stimulant and digestive aid for children. Aids parasite elimination, and possesses decongesting and diuretic abilities as well as antispasmodic action. Dill Weed may benefit juvenile acne resulting from hormonal changes and improper diet.

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.]

Digestive System: *colic, dyspepsia, flatulence, indigestion.* **Genito-urinary and Endocrine Systems:** *lack of periods; promotes milk flow in nursing mothers.* [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 83.]

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 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.

INHALATION

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

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.

MASSAGE/TOPICAL

- Dilute 5-10 drops with 1 tbsp of a carrier oil and gently massage clockwise around abdominal area to relieve hiccups, cramping, flatulence and upset stomach.
- For diabetics, to assist with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with a carrier oil. Rub on the feet morning and 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.

pregnancy & children

TOPICAL

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

BATH

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

attributes

Wildcrafted

GRAS

Producing Organ: *Whole Plant*

Extraction: *Steam Distillation*

Country of Origin: *USA*

Therapeutic Properties: *Antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, stomachic.*

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

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com

Tea Tree

melaleuca alternifolia

Australian researchers have performed many studies proving the efficacy of Tea Tree's ability in fighting bacterial infections. Tea Tree, unlike antibiotics, does not kill indiscriminately, but can identify and kill the destructive bacteria while leaving the friendly bacteria we need to stay healthy. Tea Tree also stimulates the immune system to help you stay healthy. Use Dr. Penoel's Tea Tree Lick for sore throat and upper respiratory problems.

Unlike antibiotics, if the infection is caused by a virus, Tea Tree has been found to be antibacterial, antiviral and antifungal. Most chronic illnesses stem from a weakened immune system and congestive toxemia. These relate to problems with the digestive system. 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. When taking antibiotics, the addition of an aromatic blend of Tea Tree will greatly limit the risk of fungal infections. The aromatic formula can greatly reduce side effects and increase healing making the time you will need to take them shorter. Dr. Penoel had a woman heal in six months instead of two years from a knee infection.

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.

INHALATION

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

INTERNAL

- Tea Tree Lick: Apply 1 drop to back of hand and then lick off.
- For sore throat, mouth ulcers, and bad breathe, mix 10 drops of Tea Tree in 6oz of water and gargle.

MESSAGE/TOPICAL

- Non-irritating to the skin, Tea Tree is a good disinfectant for insect or animal bites, cuts or scrapes. Apply to the area of the bite or cut. May help to stop itching from mosquito bites.
- Fungal outbreaks such as athlete's foot, and nail infections (paronychia), vaginal thrush, and cradle cap can be treated with frequent direct application of a 2.5% dilution of Tea Tree Oil.
- This is a powerful Essential Oil, and neat application onto the skin must always be done with care.

MISTING

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

pregnancy & children

TOPICAL

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

BATH

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



attributes

Wildcrafted

Producing Organ: *Leaves and twigs*

Extraction: *Steam Distillation*

Country of Origin: *Australia*

Therapeutic Properties: *Antimicrobial, antiseptic, antiviral, balsamic, bactericide, cicatrissant, expectorant, fungicide, insecticide, stimulant, and sudorific.*

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 medicine which is perfectly safe. With repeated applications, it can be as effective as the stronger Essential Oils.

This oil is unusual in that it is active against all three varieties of infectious organisms; bacteria, fungi, and viruses. 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.]

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

10ml Bottle

QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com

Rosemary ct. verbenone

Rosmarinus officinalis

This milder chemotype of Rosemary ct. verbenone is better suited for use with sensitive skin, children, and the elderly. It is known for its exceptional skin regenerating and wound healing abilities.

Rosemary ct. verbenone is accepted as the chemotype to assist with liver and skin concerns. It is believed to be a valuable aid for chronic skin conditions including eczema, psoriasis, and dermatitis. It is supportive as well in cases of scalp conditions and dandruff.

Respiratory infections will benefit from Rosemary ct. verbenone, as it possesses the same antibacterial and antiviral actions as its counterpart, Rosemary ct. 1,8 cineole, and is excellent in its ability to clear mucus and congestion. It is, however, gentler in nature and less mentally stimulating, making it an excellent choice for diffusion or application in the evening.

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 for a stimulating, cooling bath.

INHALATION

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

MASSAGE/TOPICAL

- Add 4-5 drops to your shampoo, shower gel, or conditioner to promote hair growth and tonify the skin, clean up dandruff, and kill head lice.
- To relieve nervous exhaustion or headache, apply 1-2 drops to the temples and forehead.

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.

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 & children

TOPICAL

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

BATH

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



attributes

Certified Organic
GRAS

Producing Organ: Flowering top

Extraction: Steam Distillation

Country of Origin: France

Therapeutic Properties: Analgesic, anti-inflammatory, antirheumatic, antiseptic, astringent, decongestant, emmenagogue, expectorant.

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.
- Contra-indicated in cases of high blood pressure and epilepsy.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com

Lavender Chamomile

Lavender Chamomile is a sweet, nurturing, calming blend for children and adults alike. Using only the highest quality Lavender, fine and Roman Chamomile this blend is relaxing, calming, and soothing. It can be used for calming stress, tension, anxiety, and insomnia.

Lavender and Chamomile have been used for thousands of years by a host of civilizations. Both are excellent oils for skin and hair care, encouraging regeneration of healthy skin tissue, which makes this blend outstanding to use with burns, wounds, ulcers, dry skin, dermatitis, hair care, for easing inflammation of any kind, and promoting healing.

Use on the babysitter, caretaker, or blankets of infants when mother is not present - babies will likely be calmed and soothed by the scent. The sense of smell is the first sense we develop in utero and the last sense we have before passing. Sense of smell is very important in helping us process our life experiences.

This blend is outstanding for use with infants if diluted as per Alexandria Brighton's recommendations: For infants, dilute by mixing with organic lotion or carrier oil to 5%. Example: 15 drops Lavender Chamomile per 1 ounce of carrier oil. Use as an overall body rub or foot rub for baby.

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.

INHALATION

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

MASSAGE/TOPICAL

- Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed.
- A back rub before bed is sure to relax and prepare you or your child for sleep.

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.

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 & children

TOPICAL

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

BATH

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



Ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, fine; and Chamomile, roman

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.
- Use caution in individuals with ragweed allergies.
- May cause skin reaction in those with sensitivity, so dilution is advised.

availability

10ml Bottle, AromaStix



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
© 2013 goDésana • www.godesana.com