

A-Stimulate detoxification blend

Ingredients: Basil, sweet; Dill Weed, Lovage Root, Peppermint, Fractionated Coconut

In today's fast-paced, fight-or-flight world, adrenal fatigue has become quite common. Many of us are always on the go, never taking the time to truly relax. So whether we're stressed about being late for work or literally running for our lives, our adrenals don't know the difference.*

In a crisis situation, we get a boost of adrenaline and cortisol to deal with the immediate challenge, then once safe, the adrenals re-regulate and our bodies return to normal functioning. But sometimes when there is chronic stress and worry, the flight or fight mechanism never gets switched off and we have a constant flow of stress chemicals taxing the body.*

Sustained, high levels of cortisol can compromise healthy organs and normal, functioning hormone levels can become destabilized. At this point, we can experience adrenal exhaustion/fatigue and the many symptoms associated with it like weight gain, insomnia, tiredness, depression, food cravings, mood swings, and lack of focus.*

A-Stimulate is a proprietary blend formulated for the express purpose of stimulating, supporting, and strengthening the adrenal system.*

suggested usage

- Apply topically over the liver or kidney area twice per day. A-Stimulate can be used following antibiotics, other drugs, drug and alcohol poisoning, during times of extreme stress, or for daily adrenal care. Use for 10 days, then wait 10 days before using again.
- Kidneys hold emotional fear, and when afraid the adrenals become hyperactive causing both nervous energy and exhaustion. Dispel Fear and Restore Courage can be used as well whenever feeling fearful or anxious during the 10-day A-Stimulate detox. They are essential as the fear must also be detoxed to prevent the adrenal hyper-vigilance. See the individual datasheets for Dispel Fear and Restore Courage for further information.

responsible cautions

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

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

Safety Group #3

Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

availability

5ml Bottle



STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

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

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Deep Green

connect to nature for health and happiness

Something In The Air

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

~ John Muir

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

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

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

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

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

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

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

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

ingredients

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

reasonable cautions

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

availability

10ml Bottle



QUALITY ASSURANCE

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

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Deep Green

ingredient highlights

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

general uses

BATH

- Bathing in Deep Green will help us to reconnect with nature, helping us to stay balanced and healthy. Add 10 to 15 drops of Deep Green to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soaking in a Deep Green bath warms and energizes the Heart Chakra, creating a feeling of being loved and cared for. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot soak, add 8 to 12 drops of Deep Green to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

INHALATION

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

MASSAGE/TOPICAL

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

MISTING

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

pregnancy & children

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

dilution guidelines

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

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

THYME CT. THYMOL

Thymus vulgaris ct. thymol



Essential Singles

ANTI-MICROBIAL,
ANTIBACTERIAL,
DISINFECTANT

Thyme ct. Thymol is the most common chemotype of Thyme oil. There are at least six different chemotypes. Thyme ct. Thymol has a high phenol content, which makes it irritating to the skin unless diluted. We recommend that it be diluted to at least a 10% solution (1 part essential oil to 9 parts carrier oil) before being used topically. Thyme ct. Thymol is a very powerful oil and should be used responsibly. When used appropriately, it can add tremendous anti-microbial power to support your body.

It is also antibacterial, an effective disinfectant, and has powerful antiviral properties. It is a wide spectrum anti-infectious agent, supporting the formation of white blood cells. Useful with all sorts of respiratory needs; asthma, bronchitis, coughs, laryngitis, sore throats, and tonsillitis to name a few.

It is also powerful when used internally, because of its additional beneficial effect on the digestive system, which makes it useful with diarrhea, dyspepsia, and flatulence. Particularly useful with chronic, deep-seated infections, arthritis, cellulitis, muscular aches and pains, obesity, poor circulation, rheumatism, and sports injuries of all kinds.

Though possessing the microbe-fighting power of antibiotics, Thyme ct. Thymol is not limited to bacterial infections. It is also antiviral and can be of great support in fighting virus-based illnesses.

Available in: 10ml Bottle

daily uses

BATH

- To relieve post viral fatigue, mix well - 3 drops Thyme ct. Thyme, 5 drops Mandarin, and 3 drops Ravensara with 1/2 cup Pink Himalayan or Dead Sea salt and stir into a warm bath.

INTERNAL

- For upset stomach or flatulence, make a tea of 1 drop each Peppermint, Lemon, and Thyme ct. Thymol.
- To destroy intestinal worms, dilute 2 drops with Grapeseed carrier oil in a veggie capsule and take with almond or rice milk morning, noon, and night for 5 days.
- It is suggested that this oil be used sparingly - 2 drops diluted in a veggie capsule, 3 capsules per day.

MASSAGE

- Before participating in athletic events or sports events, mix 5 drops with 1 teaspoon carrier oil and massage in to warm up muscles.

TOPICAL

- To relieve congestion create a chest rub by mixing 2 drops Eucalyptus Radiata, 2 drops Thyme ct. Thymol, 2 drops Peppermint, and 1 teaspoon carrier oil.
- To get rid of head lice, add 5 drops to a shot of your shampoo.
- For colds and flu, mix 5 drops Thyme ct. Thymol, 7 drops Lemon, and 3 drops Clove Bud in a teaspoon of carrier oil and massage on chest and neck morning and night.

RESPONSIBLE CAUTIONS

Avoid in cases of hypertension. Not recommended for diffusion or inhalation. As it is a "hot oil", it can irritate mucous membranes and the skin. Not to be taken internally for more than 10 days at a time. Not for use with children, who are best served with Thyme ct. linalool. In case of undiluted contact with skin, dilute with carrier oil or olive oil. Never attempt to wash off with water. Will drive the oil further into skin. These cautions may seem daunting but don't let it discourage you from using this powerful and very effective essential oil.

attributes

PRODUCING ORGAN

Leaves and flowering tops

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Spain

PROPERTIES

Antihelminthic, antimicrobial, antioxidant, antitumor, antispasmodic, antiseptic (intestinal, pulmonary, genitourinary), antiviral, astringent, bactericidal, cardiac, carminative, cicatrizing, diuretic, emmenagogue, expectorant, hypertensive, immunostimulant, insecticide, parasiticide, tonic, vermifuge.



QUALITY ASSURANCE

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Lavender Apothecary

Many cultivated Lavender plants are cloned (i.e. grown from cuttings taken from the hardiest, healthiest, most colorful and biggest plants with the high yield of good quality oil), the name of probably the most popular clone being *L. angustifolia* 'Maillette'. Clones contain only the constituents found in the source plant.*

Lavendula angustifolia contains mainly alcohols and esters. It is a calming oil recommended to induce sleep. However, an overdose has the opposite effect and can act as a stimulant – another indication as to the importance of safe use and dosing of these potent Essential Oils. It has been recommended by Dr. Jean Valnet for respiratory ailments, asthma, spasmodic cough (whooping cough), influenza, bronchitis, tuberculosis, and pneumonia due to its anti-inflammatory properties.*

Our Lavender comes from some of the finest French Lavender, known around the world for its quality and fineness of fragrance. Compare this true Lavender to what is commonly available and your nose will discern the difference this soft, sweet aroma has over the harsh, cheaper varieties.*



Most of the oil sold as Lavender without specifying that it is *Lavendula angustifolia* is most likely not true Lavender, but a hybrid called Lavandin. True Lavender is often diluted with Lavandin to increase profit. If not organic, Lavender contain herbicides, pesticides, and other potentially hazardous chemicals. Always look for the E.O.B.B.D. certification as your assurance of quality.*

According to Dr. Daniel Penoel, the message in true Lavender Essential Oil is primarily an emotional, not a physical, one. You cannot obtain the same emotional benefit from Lavandin as you do from true Lavender. Because of its unique chemistry, Lavender has a wonderful ability to help create balance between the analytical and the intuitive or emotional sides of our personalities.*

In high quality, true Lavender Essential Oil, the amount of Linalyl Acetate exceeds the amount of Linalool. The balance of the two components has a major influence on the effect of the Essential Oil. We find that true Lavender grown at high altitudes has a higher Linalyl Acetate content than Lavender grown at lower altitudes. Each makes an important contribution: the higher the Linalool content, the greater the calming action of the Essential Oil; the higher the Linalyl Acetate content, the greater stimulating, balancing, and harmonizing effect on the higher centers in the brain and mind.*

The role of esters is to unblock, unlock, and open. This opening effect on the mind helps in letting go of old stresses, problems, and irritations, while becoming more receptive to or more conscious of new and different realities. As in breathing, we exhale the used air and inhale the new, fresh air. In this case it is happening in the brain.*

By gently massaging the area of the back of the neck with Lavender oil diluted in good quality carrier oil, you can unblock and release significant amounts of tension. This is particularly true when using true Lavender Essential Oil. In fact, Linalool and Linalyl Acetate have a documented sedative effect that can be helpful at bedtime in cases of insomnia. Additional massage on the shoulders and on the feet will expand the calming effect and add to the overall relaxation.*

The Importance of Lavender

Lavender, known in France as the “Divine Mother”, is often overlooked as an important medicinal Essential Oil. Yet it is one of the most frequently used Essential Oils along with Tea Tree. Lavender Essential Oil is unmatched in its nurturing and balancing abilities within all the systems of the body.*

As a known antimicrobial, it can kill airborne pathogens in the sinuses and the respiratory airways. It is analgesic and disinfecting when applied to insect bites or stings, soothes muscle aches, relieves headaches, and stimulates the immune system. Lavender is a nerve tonic and antidepressant, and can help alleviate stress.*

During the plague or “Black Death”, the residents and field workers in the town of Bucklebury, England, were historically reported to have remained disease-free, even while others in nearby villages became ill. Bucklebury was, at that time, the center of Lavender growing and distillation production. Lavender, known since antiquity to be antimicrobial, has long history of supporting health and wellbeing.*

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.



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According to Dr. Jean Valnet, due to the anti-infectious properties in Essential Oils, the 19th century perfumery workers displayed a complete immunity to cholera outbreaks. French researcher Dr. P. Belaiche found Lavender effective against a type of pathogenic streptococcus often present in coughs and colds. Research studies performed at Cornell University have shown Lavender effective against certain antibiotic-resistant bacteria. Drug-resistant *Streptococcus Aureus* is destroyed by Lavender according to researchers.*

Bronchial conditions can also be viral and studies have shown that Lavender can effectively kill certain viruses, including the flu virus. Lavender has also proven itself as an effective fungicide, helpful in cases of thrush and *Candida albicans*. According to botanist James Duke, Ph.D., medicinal plants offer the best hope for confronting drug-resistant bacteria.*

Although Lavender may not be the strongest of the antibacterial Essential Oils, it is the safest to use with children, the elderly, and the infirm. Unadulterated, it rarely causes irritation or allergic reaction and is one of the few Essential Oils that can be applied neat (undiluted) to the skin. Lavender is a gentle, non-toxic Essential Oil and has a very low oral toxicity.*

Many children and their families are stuck in the cycle of chronic ear, nose, throat, and respiratory infections followed by an ongoing series of antibiotic drug treatments. These individuals, despite the recurring antibiotic use, never seem to get well. Physicians are still indiscriminately over-prescribing antibiotics to our children, who then suffer recurring lapses of these same illnesses. The antibiotics suppress the immune system, preventing it from learning how to manufacture the antibodies for these conditions.*

Make a dramatic change in your health and that of your children, make Lavender Essential Oil your first choice for your home medicine cabinet.*

Therapeutic Properties When Diffused In The Air Or Bath

Twenty to 25 drops of Lavender Essential Oil either in a hot bath or diffused in a room is an excellent remedy for bronchitis, asthma, laryngitis, catarrh, whooping cough, and influenza. Twenty to 30 drops in a bath or diffused during the day, or especially at night, will help relax anyone suffering from depression, headaches, hypertension, migraine, insomnia, nervous tension, premenstrual tension, abdominal cramps, and any stress-related problems. It is a good sleep aid. Fifteen to 25 drops in a warm bath can help those with rheumatic and muscular pains or a twisted ankle, etc. Diffused in a room it disinfects the air, repels insects, and helps balance the psyche by soothing any irritability and at the same time stimulation is activity. One to 2 drops on a tissue in a child's pillowcase will help ensure a good night's sleep by encouraging sweet dreams and deep relaxation.*

Therapeutic Properties When Taken By Mouth Or As A Steam Inhalation

Ten to 15 drops of Lavender Essential Oil taken by aerosol or 1 to 2 drops in a glass of water is an effective remedy for anyone with problems in the airways such as asthma, bronchitis, throat infections, laryngitis, bad breath, and whooping cough. One to 2 drops taken 4 to 5 times a day helps treat cystitis or any problems associated with the menstrual cycle, especially in the case of heavy or painful periods. Two to 3 drops taken before meals are useful to anyone feeling nauseous or suffering from flatulence, colic, abdominal cramps, or poor appetite. The same amount, but used as a steam inhalation in the evening, can help resolve any conditions associated with nervousness, premenstrual tension or stress, migraines, headaches, depression, hypertension, insomnia, or vertigo.*

Therapeutic Properties When Used For Massage And Applied Externally

Lavender Essential Oil mixed with a small amount of Borage Oil is well known for its capacity to speed up the formation of scar tissue and heal scalds, but mixed with Aloe Vera Oil, it is even better. Used neat, or mixed with Jojoba Oil, it is excellent for treating acne, boils, psoriasis, eczema, dermatitis, sores, inflammation, insect bites, and scalds. Diluted in Coconut Oil and rubbed into the scalp, it treats dandruff and gets rid of lice. An after-shower massage with Lavender Essential Oil that has been mixed with Borage Oil will help anyone suffering from rheumatic or muscular pains, lumbago, sprains, etc. The same blend gently rubbed onto the abdomen helps cramps and colic. Two to 3 drops rubbed slowly on the temples helps ease headaches and migraines. Applied neat to our animal friends, Lavender Essential Oil will protect them from insects and parasites. A few drops on a handkerchief or rubbed on the wrists provides a way to restore the psyche to its proper balance.*

Note: *Lavender should not be used in conjunction with any medicines that contain iodine and/or iron.*

Standards of Quality

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Lavender Bergamot

Ingredients: *Lavender, vera; Bergamot*

Lavender, with its own proven mood-lifting properties, blends particularly well with Bergamot. Known in aromatherapy as “Nature’s Prozac”, Bergamot is one of the best Essential Oils for depression. Blend equal portions of Lavender and Bergamot, or adjust to suit yourself or your client. Effective in a bath or used in a massage. Diffuse into the air or use in a spray mister to create an uplifting environment. You can carry a personal diffuser or apply 1 to 2 drops to a cotton ball and place in a sandwich bag to inhale whenever needed.*

Lavender Chamomile

Ingredients: *Lavender, vera; Chamomile, roman*

Lavender and Roman Chamomile is a prime blend for children. Both Lavender and Roman Chamomile have high esters and are very relaxing. This blend is safe for small children, and a back rub before bed is sure to relax and prepare your child for sleep. This oil blend is also very calming for stressed-out new mothers. We use this oil blend as a starting point for many of our children’s blends.*

Lavender Frankincense

Ingredients: *Lavender, vera; Frankincense*

Lavender and Frankincense is a blend particularly effective for the skin. We have had very good response on scarring, even when the scars are several years old. A good anti-inflammatory, Frankincense is well known as the face oil for aging and wrinkles. Combine with the cell-regenerative properties of Lavender, and you have a winning combination. Also effective as an after-sun lotion mixed in Jojoba Oil. Add to your favorite face cream or moisturizer, or dilute in Jojoba Oil and apply to the face.*

Lavender Ice

Ingredients: *Lavender, vera; Peppermint*

Lavender has been a successful headache remedy used alone as a single oil, as has Peppermint Essential Oil. When combined, you have a very dynamic blend that can take on headaches and/or migraines. One to 2 drops applied directly from the bottle to the temples, across the forehead, and along the base of the skull, is a headache treatment known as the “halo technique”. Care must be taken when applying this Essential Oil blend to not get the oil too close to the eyes. Peppermint is very persistent oil on the skin, so you will need to wash your hands thoroughly when finished.*

Lavender Jasmine

Ingredients: *Lavender, vera; Jasmine*

Lavender and Jasmine make a truly feminine blend, being both restorative and regenerative to the feminine psyche. This blend has the capacity to stimulate emotions. There is a little-known secret that lies behind the reason Lavender is dried, placed in bags, and used to keep linen drawer smelling sweet. It behaves like a girl’s best friend, helping her overcome tension and insecurity that are common during her first sexual experiences. The real objective of the Lavender Jasmine blend is to open up the heart, stabilize emotions, and strengthen the ego while retaining a woman’s basic sweet nature. Lavender nurtures a woman while the Jasmine can help heal any sexual abuse preventing her from giving and receiving love. During childbirth, this blend can be applied to the lower back and will help with the pain and stress of labor while allowing the mother to remain calm and centered. It can be used for massage, applied to the reflex points on the feet, added to a bath, or worn as perfume.*

Lavender Lemon

Ingredients: *Lavender, vera; Lemon*

Lavender and Lemon create a very pleasing and refreshing fragrance, and can be used in a diffuser or spray mister to purify the air. Lemon was tested and proven by Dr. Jean Valnet to be the number one choice as an antimicrobial for airborne pathogens. Lavender also has air purifying properties, and together they support the anti-infectious properties of each other creating what we call in Aromatherapy a synergy. Diffuse this blend when someone has come down with a cold or flu to keep the air purified and to help prevent the spread of germs. This blend would also be effective in cleaning products as a disinfectant.*

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.



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Lavender Oregano

Ingredients: *Lavender, vera; Oregano*

This unique blend has the powerful antiseptic properties of Oregano, with a carvacrol (phenol) content at 78 to 80%, and our gentle French Lavender. These two together create a phenomenon known in the natural world as “quenching”. This means that the severe skin irritation produced by Oregano is alleviated by the anti-burn properties found in the Lavender. This blend has been used in medical clinics very successfully in treating antibiotic-resistant fungus. This is a powerful nail antifungal. It can be applied directly to the site of a fungal infection, taking care never to get any on mucus membranes or near the eyes. Once you have made significant progress with the Lavender Oregano blend (usually about one bottle), you can switch to a more gentle Essential Oil like Tea tree to finish the process.*

Lavender Palmarosa

Ingredients: *Lavender, vera; Palmarosa*

Lavender and Palmarosa is a prime blend for children along with the Lavender Chamomile blend. Lavender, already an accepted children's oil, can seriously be used from the cradle to the grave as it has unequalled healing and gentleness for people of any age. Palmarosa is an exceptional Essential Oil for adolescence, helping children to adjust to their changing bodies and emotions as they approach adulthood. Together, they are unparalleled as a children's helper. Together in nature as they both grow at high altitude giving them exceptional emotional energies, they empower each other as a blend, amplifying their power to heal and nurture while maintaining their gentle, calm, and supportive ways. Sooner or later every adolescent will find themselves in a situation where this beautiful blend can give them the support and security they need to get through the trying times of the “between age”, the time between being a small child and being an adult. It is a nerve tonic and intellectual and mental stimulant which acts in cases of nervous depression, metal fatigue, and mental deficiency. This blend is very helpful for children suffering psychic problems due to parental lack of understanding or conflict. It can be used as an inhalant, both directly from a tissue or personal diffuser, or indirectly when diffused into the air. Lavender Palmarosa is very effective in a bath or as a compress for the head, as either a full-body or back & shoulder massage, or applied to the feet.*

Lavender Tea Tree

Ingredients: *Lavender, vera; Tea Tree*

One of the most commonly blended Essential Oils with Lavender for therapeutic application is Tea Tree. There is a powerful resonance between these two Essential Oils, and each helps the other act faster and stronger. It is interesting how this blending affects their aroma and taste. Tea Tree's aroma is normally not very pleasant, but when blended with Lavender it is modulated to a greater, more pleasant sweetness. Similarly, the taste of true Lavender Essential Oil is normally bitter, but when blended with Tea Tree Essential Oil, the taste is modulated to one that is milder and more pleasant. The Tea Tree Essential Oil dramatically increases the antiseptic and antifungal properties of true Lavender Essential Oil when blended.*

This blend is very powerful internally. In fact, if you plan to work on internal purification for more than a one-week period, use this blend instead of straight true Lavender Essential Oil. It is an excellent way to begin a purification and restoration program. Remember, however, that any attempt to do internal purification must be accompanied by a program of quality nutrition.*

This Lavender Tea Tree blend is also very helpful to those who are prone to candida. For this treatment, in addition to a quality nutrition program, you can take one drop of the Lavender Tea Tree blend each day in some juice, with a teaspoon of honey as tea, or a drop under the tongue. This should be continued without interruption for three weeks. If you use honey herbal tea, use only natural honey and do not use hot water. Use only lukewarm water.*

Remember, in any program using Essential Oils that your mental state is as important as the product you are using. Essential Oils cannot be used like allopathic medicines (i.e. unconsciously popping pills). Use thoughts of gratitude as you visualize the actions of aromatic molecules bring purity, balance, and joy to your body.*

Lavender Ylang Ylang

Ingredients: *Lavender, vera; Ylang Ylang Complete*

Lavender has been researched and proven effective in helping to control blood pressure and Ylang Ylang has also been used for cardiac care particularly in helping to control heart palpitations. On the emotional level, Ylang Ylang is known to help alleviate anger and irritation which is often accompanied by high blood pressure. A beautiful combination, this blend can be used in a bath or worn as a perfume applied over the heart or on the wrists. Diffused into the environment or used as a spray mister, the Lavender Ylang Ylang blend is calming, sensual, and relaxing.*

Standards of Quality

All ingredients in goDésana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible. Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological ‘soundness’ (all are organic or wildcrafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

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Research

Saeki and Shiohara (2001) investigated the physiological response to inhaled Lavender on nine healthy women age 21 to 23 who were recruited from Nagano College of Nursing in Japan. The study measured the responses to R-wave intervals on an electrocardiogram, blood flow in the fingertips, galvanic skin conduction (GSC), and blood pressure. Tests were performed in an air-conditioned room at 22 to 25 degrees centigrade. The study began by measuring baselines. Then 6 drops of Lavender was heated in 10ml of hot water in an aroma pot. The subject entered the room and inhaled the Essential Oil for 10 minutes. The results showed Lavender decreased systolic blood pressure within 10 minutes, decreased GSC within 2 minutes, and increased blood flow within 6 minutes. The R-R interval did not change. (Saeki Y, Shiohara M, 2001. Physiological effects of inhaling fragrances. *International Journal of Aromatherapy*. 11(13) 118-125. Quoted by Jane Buckle, Clinical Aromatherapy.)

Lavender is a classic Essential Oil for skin problems. It was used for the wound cleaning in World War I and was approved by the French Academy of Medicine. Lavender has proven antibacterial action against many pathogenic organisms including Methicillin-resistant *Staphylococcus aureus*. (Nelson R. 1997. In vitro activities of five plant Essential Oils against MRSA and VREF. *Journal of Antimicrobial Chemotherapeutics*. 40, 305-306.)

Lavender has local anesthetic effects. (Ghelardini C, Galeotti N, Salvatore G. et. Al. 1999. Local anesthetic activity of Essential Oils of *Lavandula angustifolia*. *Plant Medica* 65 (8) 700-703.)

Lavender is a skin regenerative. (Valnet J. 1990. *The Practice of Aromatherapy*. Saffron Walden, UK: C.W. Daniels.)

Lavender inhibits histamine release in immediate-type allergic reactions in mice and rats and may be useful in allergic skin problems linked to immune deficiency. (Hyung-Min K, Seong-Hoon C. 1999. Lavender Oil inhibits immediate-type of allergic reaction in mice and rats. *Journal of Pharmacy and Pharmacology*. 51 , 221-226.)

Lavender was found to be a mood elevator. (Corner J, Cawley N, Hildebrand S, 1995. An evaluation of the use of Essential Oils on the well-being of cancer patients. *International Journal of Palliative Nursing*. 1 (2) 67-73.)

Lavender was found to be a sedative. (Elisabtsky E, Eoel ho do Souza G, Dos Santos M et. al. 1995. Sedative properties of Linalool. *Fitoterapia* 66 (5) 407-415.)

Nachi (1990) reported on the calming effects of Lavender with patients undergoing magnetic resonance imaging. (Nachi K, 1990. Aromachology: The psychic effects of fragrance. *The Futurist*. 24 49-50.)

Itai et al (2000) reported on the antidepressant properties of Lavender with chronic hemodialysis patients. (Itai T, Amauadu H, Kuribayashi M et al, 2000. Psychological effects of aromatherapy on chronic hemodialysis patients. *Psychiatric and Clinical Neuroscience*. 54 (4) 393-397.)

Lavender also enhances the sedative effects of conventional pharmaceuticals. (Stanassova-Shopova S, Roussinov K, Boycheva I. 1973. On certain central neurotropic effects of Lavender Essential Oil. 11. Communications: Studies of the effects of linalool and terpineol. *Bulletin of the Institue of Physiology* 15 149-156.)

Lavender is readily absorbed through the skin. (Jager W, Buchbauer G, Jirovetz L, et al. 1992. Percutaneous absorption of lavender oil from the massage oil. *Journal of the Society of Cosmetic Chemists*. 43 (1) 49-54.)

Patients undergoing radiotherapy or computer-assisted tomography scans are isolated in a room during treatment and have to lie absolutely still for lengthy periods of time. Many find this experience stressful. A proven soothing and relaxing Essential Oil such as Lavender might help them. (Jane Buckle, *Clinical Aromatherapy* 2004.)

Eighty percent of adults suffer at least one episode of low-back pain in their lives. Among patients who use alternative medicine, back problems are the most frequently reported medical condition. (Eisenberg D, Kessler R, Foster C et al. 1993. Unconventional medicine in the United States. *New England Journal of Medicine*. 328 246-252.)

In the workforce, the cost of an average back-injury claim in 1989 was \$8,000 and accounted for one-third of worker's compensation cost. (Webster B, Snook S. 1994. The cost of 1989 Compensation low back pain claims. *Spine*. 19, 111-116.)

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.



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Essential Oils can be used by chiropractors to reduced muscle spasms before manipulation, to reduce inflammation, and to reduce pain.

Costa (1997), a massage therapist who works with a chiropractor, conducted a small study on the use of Aromatherapy prior to chiropractic manipulation. She used 3% *Lavendula angustifolia* in vegetable oil and massaged it into the back of six patients for 20 minutes prior to manipulation. The members of the experimental group were age 16-49 and included both men and women. Twelve treatments were given to each of the six patients. Figures indicate the Lavender massage had made manipulation easier than plain massage. Further Essential Oils were tested, and Aromatherapy is currently used by the chiropractor's office. (Costa D. 1997. Lavender eases chiropractic manipulation. Unpublished dissertation, Hunter, New York: R.J. Buckle Associates.)

Although efficacy can be achieved with 1-5% Essential Oil solutions, some therapists use up to 40% concentration. (Buckle J. 2004. *Clinical Aromatherapy*.) However, Essential Oils with high phenol content can cause dermal irritation and should not be used to treat burns. (Buckle J. 2004. *Clinical Aromatherapy*.)

Lavender has been used successfully for decades to treat burns and to prevent them from becoming infected. Burns, in which the breakdown of tissue causes the body to reabsorb pathogenic toxins, Valnet (1990) suggests the use of Essential Oils could be a suitable or alternative method of treatment, because many Essential Oils such as Lavender, have tissue protecting properties that prevent putrefaction. (Valnet J. 1990. *The Practice of Aromatherapy*.)

"Lavender Beats Benzodiazepines" was a 1988 headline in the *International Journal of Aromatherapy*. In this article, the use of Essential Oils as sedatives in hospital settings was outlined. Of particular note were Lavender, Marjoram, Geranium, Mandarin, and Cardamom. (Tisserand R. 1988. Lavender beats benzodiazepines. *International Journal of Aromatherapy* 1 (1) 1-2.)

Traditionally, true Lavender has been used in Aromatherapy to promote sleep and relaxation and to relieve anxiety. In Bulgaria, Antonassova-Shopova et al (1973) found that linalool and terpineol were the active components of Lavender and had a depressing effect on the CNS. (Antonassova-Shopova S, Roussinov K, Boychova I, 1993. On certain central neurotropic effects of Lavender Essential Oil. 11)

Oral doses of linalool were found to be hypnotic and anticonvulsant in mice in a study by Elisabetsky et al (1995). (Elisabetsky E, Eoel ho do Souza G, Dos Santos M et. al. 1995. Sedative properties of linalool. *Fitoterapia* 66 (5) 407-415.)

Elisabetsky et al (1995) also established that linalool inhibited glutamate binding in rat cortex in a way similar to phenobarbital. The glutamate binding involved all receptor subtypes investigated. (Elisabetsky E, Morschner J, Souza D, 1995. Effects of Linalool on the glutamatergic system in the rat cerebral cortex. *Neurochem. Res.* 20 (4) 461-465.)

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Anti-Fungal Disinfectant Antiseptic

PROTECTOR

Essential Oil Blend

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

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

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

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



availability
10ml Bottle

suggested usage

DIFFUSION

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

HOUSEHOLD

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

MISTING

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

MOLD & BACTERIA

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

responsible cautions

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

pregnancy & children

- Safe when used as directed.



QUALITY ASSURANCE

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Alexandria Brighton Collection
ESSENTIAL OILS

I Serve

THYMUS (4.5) CHAKRA

The Thymus Chakra is located just above the Heart Chakra and just below the collarbone, over the thymus gland. It is made of two lobes that join in front of the trachea. It functions at the frequency of Turquoise. The Thymus Chakra radiates energy both from the front and from the back of the chakra. The thymus grows larger until puberty, and then begins to shrink. It produces thymosins, hormones that stimulate the development of antibodies, and T-lymphocytes, the white blood cells that fight infection and destroy abnormal cells. These white blood cells are the body's immune system and protect the body by producing antibodies that stop the invasion of foreign agents, bacteria, and viruses.

The Thymus Chakra is a relatively new Chakra as far as its activity and importance are concerned. It is sometimes referred to as the High Heart Chakra as it has many similarities to the function and purpose of the Heart Chakra. It takes the unconditional love of the Heart Chakra and directs it to the community at large. The Thymus Chakra is a point on the body where a large proportion of the meridians can be reached both directly and indirectly. The Thymus Chakra also extends our care to the environment and to plants and animals that are endangered. Through the Thymus Chakra we come to know we are all connected and that what happens to one happens to all. Mother Teresa is a good example of someone who worked through her Thymus Chakra. She said you can't help everyone, but you can help one. This philosophy allowed her to help 42,000 sick, dying, and forgotten people... one person at a time.

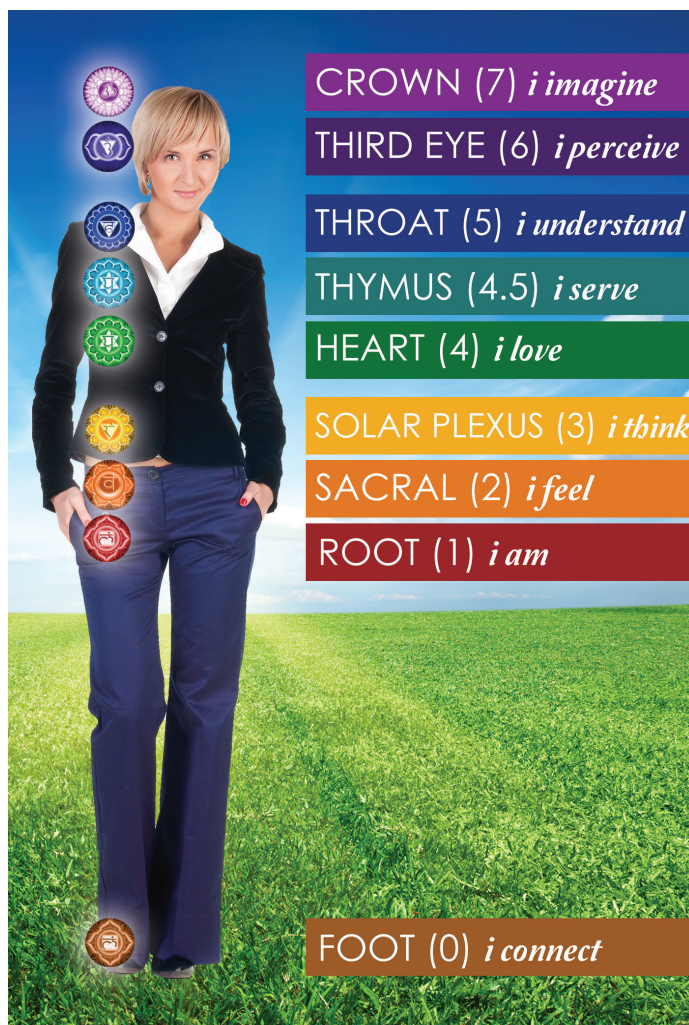
suggested usage

Bath

- If you feel disconnected from those around you, bathing in I serve will strengthen the Thymus Chakra; it is through service to others that we build our health and longevity.
- Add 10 to 15 drops of I Serve to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the I Serve bath warms and energizes the Thymus Chakra, creating a feeling of connection to the earth and all life on it. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I Serve to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Thymus Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the thymus area, front and back, to create feelings of care and concern for others, and to experience a deep connection to the earth and all life. Or when experiencing grief over man's inhumanity to man. Remember, you can help. May also be used when experiencing relationship issues that may stem from your lack of care and concern for others. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you have an opportunity to assist someone in need to provide you the emotional support to give of yourself, your resources, and your time. Shake well before use.



Topical

- Apply 1 to 3 drops of I Serve to the pulse points on the wrists. A powerful way to affect your Thymus Chakra by way of the Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops I Serve to the Thymus Chakra area in the depression between where the collarbones meet, and on the spine about 1 inch below the base of the neck directly across from the thymus application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Turquoise

Physical Location: Just below the Heart Chakra and just below the collarbone over the thymus gland

Sympathetic Gland: Thymus

Sympathetic organs and body parts: Heart, Arms, Thymus, Breasts

Sympathetic body systems: Circulatory System, Immune System

Capacities: Personal will, ego, logical, left-brained thinking, separation, self-control, planning, analysis, change

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Sandalwood, Myrrh, Lavender, fine; Mandarin, green; Patchouli, Marjoram, sweet; Grapefruit, pink; Palmarosa, Clary Sage, Ylang Ylang Complete, Geranium, rose; Jasmine, and Jojoba

chakra 4.5 (thymus) the right to serve

The eighth chakra is linked to the fourth or Heart Chakra. In many circles only seven chakras are listed. More recently, the Thymus Chakra is now being recognized as an energy center in its own right, creating a total of eight chakras. It is positioned between the heart and throat chakras over the thymus gland; hence its name. It is, like the Heart Chakra, focused on relationships and love, but emphasizes more the general public and group relationships rather than individual relationships. Thus its association with humanitarian work; giving of one's self for a group or community.

supporting blends

- **Wolf:** Wolves live in a family or pack where each member knows how they fit into the family. Every wolf cares for and supports the wellbeing of the entire family. We can learn from their loyalty, protection, and care-giving examples of how intimate families and groups can succeed.
- **Ruth:** Ruth is the perfect teacher of how to love and care for someone more than yourself; to put the needs of another before your own. She demonstrated great love and received love and devotion in return. Let the love of Ruth touch your heart and open you to the love all around you.
- **beFree:** To be free of attachments, jealousy, addiction; all the things we need to let go of in order to not be co-dependent in our relationships.
- **Compassion:** It is important in all relationships that we can find it in our hearts to forgive hurts. Without true compassion it is difficult to let the hurt go. Compassion soothes old wounds and opens space for forgiveness to happen.

postnatal chakra development

CHAKRA 4.5 (Thymus): 6 to 12 Years

A newly active chakra which develops during the time between the heart and the crown chakra. This chakra represents our ability for unconditional love and compassion not just for family and loved ones but for all people. This chakra's mission is to usher in the age of peace and enlightenment to which we are headed. Without its healthy function, man would be unable to live in peace and harmony with all of mankind and nature. This chakra's development provides our ability to be of service to others.

pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

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.

goDésana organics
feel the difference

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EMOTIONAL BLENDS

GRATITUDE

Supporting the Crown (7th) Chakra, the center of enlightenment and connection to the Divine, Gratitude offers the highest frequency of any goDésana Essential Oil Blend.

Gratitude supports one in finding that place of compassion and forgiveness, both for self and others. It is helpful whenever we feel spiritually numb or feel the need to consciously reconnect to our divine nature.

When used in a misting spray, this blend is a wonderful way to surround oneself in the energy of white light for energetic self-protection. Practitioners will also find this valuable when working with clients or clearing environments of negative energies.



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Ylang Ylang Complete, Geranium, rose; Jojoba, Sandalwood, and Grapefruit, pink

daily uses

BATH

- Thoroughly mix 8-10 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

DIFFUSION

- Diffuse 20-25 minutes per hour as desired.

INHALATION

- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.
- Apply 2-3 drops to a tissue or cotton ball and place near pillow before retiring. Gratitude will enhance relaxation and support more restful sleep.

MASSAGE

- Add 20 drops per 1 ounce of massage or carrier oil for a calming, centering massage.

MISTING SPRAY

- Add 20-24 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before each use.
- Spray generously around body for protection when anticipating being around anyone whose energy is negative or caustic.
- Spray around your personal energy field at night to rid yourself of negative energy before sleeping, and in the morning in preparation and protection for the daily challenges of life.
- A misting spray is also an excellent “Angel Spray” or “Monster Spray” to use with children who are living in fear or are afraid of the dark; just spray as desired in closets, under the bed, or around the child’s energy field.

TOPICAL

- Apply 1-2 drops to pulse points as a replacement to chemically-laden perfumes.
- To support a deep inner shift of awareness, apply a drop or two to the crown chakra and as desired to other chakras.

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

- 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.
- Due to citrus oil ingredients, it's best to avoid direct sun exposure to the area where oils were applied for at least 24 hours.
- People with highly sensitive skin may want to dilute this blend before applying directly to skin.

availability 5ml Bottle



QUALITY ASSURANCE

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pregnancy & children

- Safe when used as directed.

WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

CIRCULATE | 6th TOUCH



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Cypress, Monoi, Patchouli, Geranium, rose; Sandalwood, Ylang Ylang Complete, and Jojoba

topical dilution guidelines

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

pregnancy & children

Topical

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

Bath

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

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

availability

5ml Bottle
10ml Bottle
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil



"A circulatory system that functions less than optimally may cause a selection of problems, and with this in mind, we developed our Circulate Blend." - Alexandria Brighton

Used as the 'Sixth Touch' to support and communicate with the circulatory system.

Circulate is formulated with the power-oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying, and decongesting properties. Circulate is blended with pure Rose damascena, Sandalwood, and other Essential Oils that are known to have an affinity for the heart center while supporting the cardiovascular and circulatory system. One of the earliest signs of circulatory concerns can often be seen in the skin. Small lesions and wounds may have difficulty healing or will heal very slowly. You may also feel the cold easier. Various common ailments, including normal aging, may contribute to reduced circulation. With this in mind, Circulate Blend has been shown to aid in revving up your circulation and getting it moving again. Excellent blend to use for enhancing all skin care products.

wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet. Follow with Clear or suggested WholeBody Blend from your completed WholeBody Assessment.

suggested usage

BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak.
- For a foot soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

COMPRESSION

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

INHALATION

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

TOPICAL

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

responsible cautions

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

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