

DECEMBER OILS OF THE MONTH

\$27 (20BV)

Free Worldwide Shipping

- Prayer Of Saint Francis Essential Oil Blend {5ml}

\$67 (50BV)

\$12 Savings + Free Worldwide Shipping

- Prayer Of Saint Francis Essential Oil Blend {5ml}
- Black Spruce Essential Oil {10ml}
- Sweet Marjoram Essential Oil {10ml}

\$127 (80BV)

\$26 Savings + Free Worldwide Shipping

- Prayer of Saint Francis Essential Oil Blend {5ml}
- Black Spruce Essential Oil {10ml}
- Sweet Marjoram Essential Oil {10ml}
- Delight Essential Oil Blend {5ml}
- Queen Esther Essential Oil Blend {5ml}
- Mary Magdalene Essential Oil Blend {5ml}

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

\$175 Savings + Free Worldwide Shipping + Try Me Product

- Prayer of Saint Francis Essential Oil Blend {5ml}
- Black Spruce Essential Oil {10ml}
- Sweet Marjoram Essential Oil {10ml}
- Delight Essential Oil Blend {5ml}
- Queen Esther Essential Oil Blend {5ml}
- Mary Magdalene Essential Oil Blend {5ml}
- Eve's Daughter Essential Oil Blend {5ml}
- Dispel Judgement Essential Oil Blend {5ml}
- Restore Tolerance Essential Oil Blend {5ml}
- Deep Green Essential Oil Blend {10ml} - "Try Me"



compassion

TRY ME PRODUCT

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

- Deep Green Essential Oil Blend {10ml}

goDesana
feel the difference

For More Information:

Name _____

Phone _____

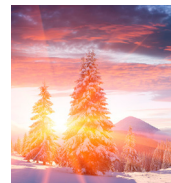
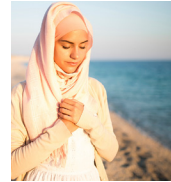
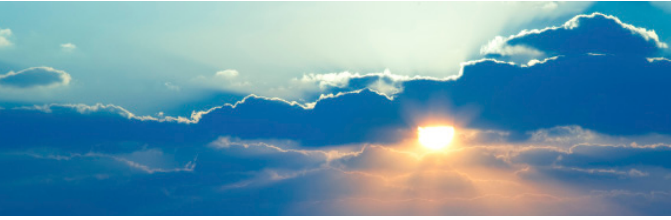
Consultant ID # _____

Web Address _____

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Westerville, OH 43082
614.948.4409
www.godesana.com





SPIRITUAL BLENDS



Prayer Of Saint Francis

*Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O, Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.*

The Prayer of Saint Francis is a bold one, asking for strength to give of ourselves to meet the needs of others. It is in giving that we receive; as we give of ourselves, we receive peace and blessings.

Think about the situations you are involved in and restore peace to the soul with this spiritual, meditative blend.

pulse points

Add 32 drops of Prayer Of Saint Francis and 8 drops of the carrier oil of choice to a glass roll-on bottle. Roll on one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

pregnancy & children

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

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, vera; Spikenard, Frankincense, Sandalwood, Myrrh, and Rosewood

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.

availability 5ml

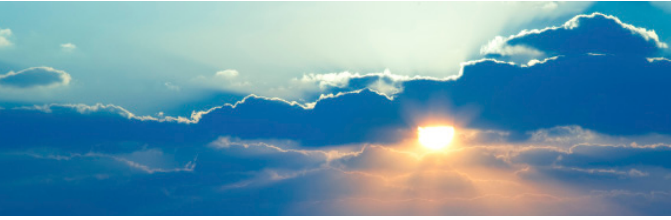


QUALITY ASSURANCE

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daily uses

BATH

One of the ways Essential Oils were most often used in Biblical times.

- Add 10-15 drops of Prayer Of Saint Francis blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. While soaking say a prayer or affirmation to overcome past or present trials and tribulations and move to a place of peace and acceptance. The Prayer Of Saint Francis bath will allow you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot soak, add 8-12 drops of Prayer Of Saint Francis blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

MISTING SPRAY

In Biblical times, Essential Oils and resins were burnt as incense for prayer and offerings. We can use spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of Distilled Water. Mist around yourself, front and back, when feeling disconnected, insecure, fearful, judgmental, and in need of peace in your life. Can be used throughout your environment to create a frequency of peace and giving. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of peace, compassion, and faith to follow their destiny.
- Diffuse 10-15 drops in a water mist diffuser.

TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Biblical times. Women also were known to apply Essential Oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God, that you are loved and cared for.
- Apply 1-2 drops to the Sacral Chakra, which has an affinity to instill peace and joy.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 drops per ounce of goDésana Age Delay Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin.

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.

Black Spruce

Picea mariana

With a wonderfully fresh and uplifting aroma, Black Spruce possesses the ability to free and calm the mind while elevating the spirit. Like all conifer oils, it is an emotionally grounding oil, yet at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety.

It is a great enhancement for yoga or meditation practices, as well as an atmospheric energizer for any room; an effective room deodorant and antiseptic.

Black Spruce is highly supportive and restorative to overworked or depleted adrenal glands. It is strengthening and balancing to the nervous system, helps boost stamina, and may be of particular benefit with Chronic Fatigue Syndrome.

Traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains; it is also an excellent aid for poor circulation. It has long been used in saunas and steam baths, and is an excellent addition to the bath when used with goDésana bath salts.

A good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; reduces congestion and inflammation. Also used as a wound healing agent, antifungal, and antiparasitic.

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

- Combine 8-10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts.

INHALATION

- Inhale 1-2 drops from a tissue or cotton ball.

DIFFUSION

- Diffuse 5-10 drops for 15 minutes per hour as desired through the day.

MASSAGE/TOPICAL

- Dilute 20 drops with 1 ounce of carrier oil; very soothing for sore, tired muscles.
- Can be applied neat to small areas. Dilute 50/50 for largest area applications on muscles.

MISTING SPRAY

- Mix 15-20 drops in 4 ounces of Distilled Water in a cobalt blue spray bottle. Shake vigorously and spray for refreshing conifer/forest aroma.

pregnancy & children

TOPICAL

- 3 years and over - Safe when used as directed and diluted according to guidelines
- Pregnancy - Safe when used as directed, and diluted according to guidelines, after the first trimester

BATH

- 3 years and over - Safe when used as directed and diluted according to guidelines
- Pregnancy - Safe when used as directed, and diluted according to guidelines, after the first trimester

attributes

Certified Organic

Producing Organ: *Needles & Twigs*

Extraction: *Steam Distillation*

Country of Origin: *Canada*

Therapeutic Properties: *Antifungal, anti-infectious, anti-inflammatory, antiparasitic, antirheumatic, antiseptic, antispasmodic, astringent, decongestant, deodorant, diuretic, expectorant, immunostimulant, nervine, rubefacient, warming*

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

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.
- Can be mildly irritating to those with very sensitive skin. Dilute 50/50 for application on large areas, or apply on soles of feet.

availability

10ml Bottle



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Sweet Marjoram

Origanum majorana

Sweet Marjoram is not to be confused with Spanish Marjoram (*Thymus mastichina*) which is much sharper due to its higher 1,8 cineole content. Nor should it be confused with *Origanum compactum* (Oregano) which contains a high amount of phenols. Sweet Marjoram is a very gentle, highly effective Essential Oil that is particularly useful topically for sore and strained muscles, rheumatic pain, and as an aid for respiratory problems. Its antispasmodic characteristics also make it useful in regulating menstrual cycles and relieving painful periods. It works well as an after-sports rub. It is reported, however, to lower libido in some cases.

Sweet Marjoram is a good choice for use on children. Mix with Dill Weed for children's digestive issues and colic. A calming and sedating oil, it is an excellent, balancing, nerve tonic, helpful in calming emotions, soothing the mind, and easing stress and anxiety. It helps ease certain types of headaches, including migraine, and is warming and comforting to those suffering from grief and loneliness.

When combined with Ravensara, Sweet Marjoram's soothing and antimicrobial effects are enhanced. Great for children experiencing growing pains, it will also benefit stomach aches and colic. Blended with carrier oil and used in massage, it helps ease menstrual pain. Lavender and Sweet Marjoram, when blended together, are excellent for rheumatic pain and neuralgia. For osteoarthritis, a great massage blend can be made using Sweet Marjoram, Ravensara, and Rosemary ct. 1,8 cineole. Marjoram Essential Oil is good for balancing emotional cravings. The comforting, balancing aspects of the oil enhance the ability to nurture self.

general uses

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to ease sore, tired muscles. May also be very helpful in calming the psyche for a good night's rest.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to relieve coughing.
- Diffuse 5-10 minutes per hour to relax bronchial membranes.

INTERNAL

- For cough, take 2 drops in ½ glass of water, mix well, and gargle; or apply a few drops to the chest and back to calm coughing fits.
- Make a cough drop by combining 2 drops Sweet Marjoram, 1 drop Peppermint, and 1 drop Tea Tree. Mix well, place one drop on back of tongue, and hold for 3 minutes. Follow with ½ teaspoon of honey and swallow.
- Wonderful when used as a flavoring for food. Use in salad dressings, sauces, soups, marinades, for meal preparation, or in a bread dipping sauce.

MASSAGE/TOPICAL

- Dilute 5-10 drops with 1 tablespoon of carrier oil and gently massage.
- For osteoarthritis relief, combine 10 drops of Sweet Marjoram, 5 drops of Ravensara, 10 drops of Rosemary, and 3 drops of Birch with 1 tablespoon of carrier oil. Massage on affected joints and muscles.
- Apply 1-2 drops on location to ease muscle spasms, headache, coughs, and bronchitis or on feet to relax body.
- For rheumatic pain or neuralgia, layer equal parts Sweet Marjoram and Lavender on affected area.
- For painful menstrual cycles, blend 4 drops Sweet Marjoram, 2 drops Birch, and 4 drops Lavender and apply over lower abdomen. Can be diluted with carrier oil if desired.
- Apply 2-3 drops over the heart for emotional balancing.

MISTING

- For an effective tick repellent, add 10-20 drops into 4 oz distilled water. Shake well before each use.

pregnancy & children

- Safe when used as directed.

attributes

Wildcrafted

GRAS Certified

Producing Organ: Flowering Plant

Extraction: Steam Distillation

Country of Origin: USA

Therapeutic Properties: *Analgesic, anaphrodisiac, antioxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogic, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator.*

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

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



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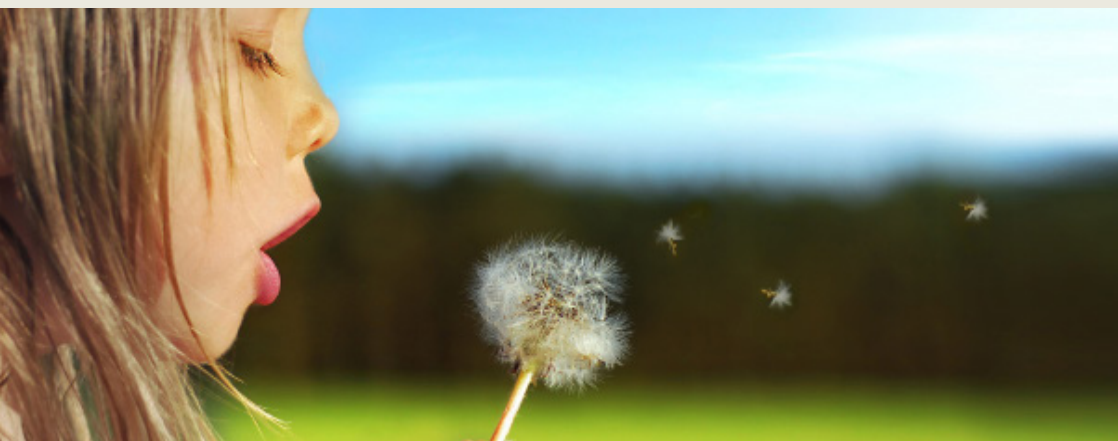
EMOTIONAL BLENDS

DELIGHT

Delight was formulated specifically to appeal to the inner child in each of us. It reminds us to “enjoy the journey” and not take ourselves, or life’s challenges, too seriously. It can literally support us in “lightening up”.

The energy of Delight encourages us to create and experience as much fun and joy in daily living as we can.

Delight is great for everyday usage, or at a particular time when we recognize the need to “lighten up”. Whether we feel down and need a lift, or just feel bogged down by over-thinking and over-analyzing, Delight can inspire and infuse the energy of joy into our experience!



ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Mandarin, red; Rosewood, Orange, sweet; Grapefruit, pink; Spearmint, and Tangerine

daily 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.
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara ct. 1,8 cineole when applied to the soles of the feet only, all Essential Oils should be diluted when used topically during pregnancy, while nursing, and when using with children or the elderly.

BATH

- Add 8-10 drops to 1/2 cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

COMPRESS

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

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.

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.

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.

availability 5ml Bottle



QUALITY ASSURANCE

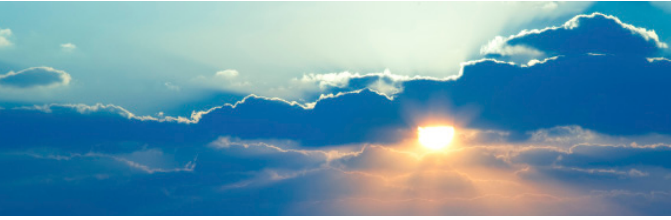
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pregnancy & children

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SPIRITUAL BLENDS



Queen Esther

Queen Esther was a Jew from the tribe of Benjamin who grew up as an exile in Persia. The name Esther means 'star' and is a derivation of the root name of the goddess Ishtar. Hadassah, which means 'Myrtle', is a branch that signifies peace and thanksgiving; two things Queen Esther brought to her people.

Queen Esther's transformation from orphan girl to a true queen and leader is incredible and awe inspiring. Her story is about what happened in her time as well as the legacy she left for the women of today.

Esther was an incredible woman who came into her own power when she realized the fate of her people lay in her hands. She revealed her intelligence, became a savvy strategist, a calculated risk taker, and a powerful and commanding leader. Risking her own life, she found the courage to use the gifts God gave her to save her people.

pulse points

Add 32 drops of Queen Esther and 8 drops of the carrier oil of choice to a glass roll-on bottle. Roll on one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

pregnancy & children

- Pregnancy - Not for use during pregnancy
- Children - Not for use in children under the age of 10 years.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Spruce, black; Lavender, fine; Elemi, Sage, Balsam Copiava, Davana, Rosemary ct. 1,8 cineole, Black Pepper, Clary Sage, Catnip, Rose, Spikenard, Bergamot, Sandalwood, Cedarwood, atlas; Frankincense, Cypress, and Fractionated Coconut

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
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availability 5ml

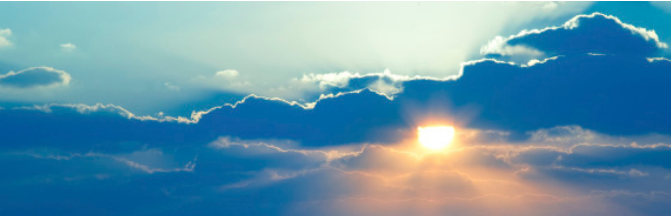


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daily uses

BATH

One of the ways Essential Oils were most often used in the time of Queen Esther.

- Add 10-15 drops of Queen Esther blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. If your fear issues are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Queen Esther bath will detox past fear imprints allowing courageous action to take place. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot bath, add 8-12 drops of Queen Esther blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

MISTING SPRAY

In Queen Esther's time Essential Oils and resins were burnt as incense for prayer and offerings. We can use spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of Queen Esther who keep her faith in her right action and saved a nation of people when God gave her the opportunity. Can be used throughout your environment to create a frequency of courage, strength, and personal power. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of Queen Esther's courage and strength to follow her destiny.
- Diffuse 10-15 drops in your water mist diffuser.

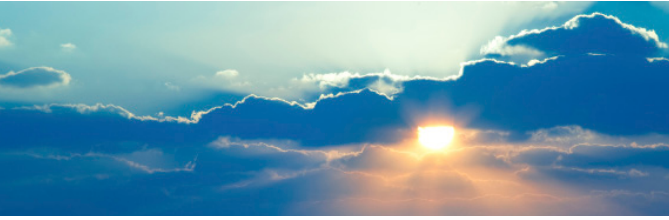
TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Queen Esther's time. Women also were known to apply Essential Oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God; that you are loved and cared for.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 drops per ounce of goDésana Age Delay Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin while surrounding your body with the spiritual essence of Queen Esther.

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.



SPIRITUAL BLENDS



Mary Magdalene

Mary Magdalene led a group of women who provided for Jesus and his followers from their own financial resources. She was the first person to witness the resurrection, a world-changing event. She is called 'Apostle to the Apostles', since the risen Jesus told her to 'go and tell'.

Ideas that go beyond the gospel presentation of Mary Magdalene as a prominent representative of the women who followed Jesus have been put forward over the centuries. Some have considered her as fulfilling a role similar to that of Simon Peter among the male disciples.

Mary Magdalene is considered to be a saint by the Catholic, Orthodox, Anglican, and Lutheran churches, with a feast day of July 22. Other Protestant churches honor her as a heroine of the faith. The Eastern Orthodox churches also commemorate her on the Sunday of the Myrrhbearers, the Orthodox equivalent of one of the Western Three Marys traditions.

pulse points

Add 32 drops of Mary Magdalene and 8 drops of the carrier oil of choice to glass roll-on bottle. Roll on one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

pregnancy & children

- Pregnancy - Not for use during pregnancy
- Children - Not for use in children under the age of 10 years.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Davana, Sandalwood, Melissa, Rose, Jasmine, Neroli, Basil, sweet; Inula, Patchouli, Rosewood, and Jojoba

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.

availability 5ml

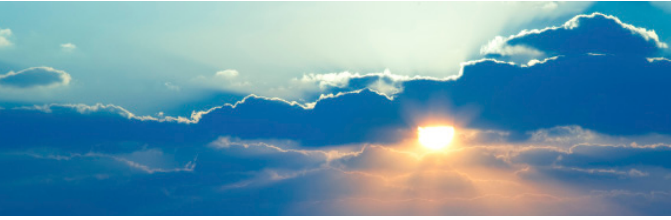


QUALITY ASSURANCE

All goDésana 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.

DISCLAIMER

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daily uses

BATH

One of the ways Essential Oils were most often used in the time of Mary Magdalene.

- Add 10-15 drops of Queen Esther blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. If your fear issues are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Mary Magdalene bath will detox past fear imprints allowing courageous action to take place. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot bath, add 8-12 drops of Mary Magdalene blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

MISTING SPRAY

In Mary Magdalene's time Essential Oils and resins were burnt as incense for prayer and offerings. We can use spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Can be used throughout your environment to create a frequency of courage, strength, and personal power. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of Mary Magdalene's courage and strength to follow her destiny.
- Diffuse 10-15 drops in your water mist diffuser.

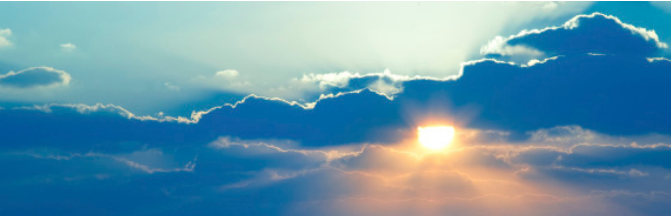
TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Mary Magdalene's time. Women also were known to apply Essential Oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

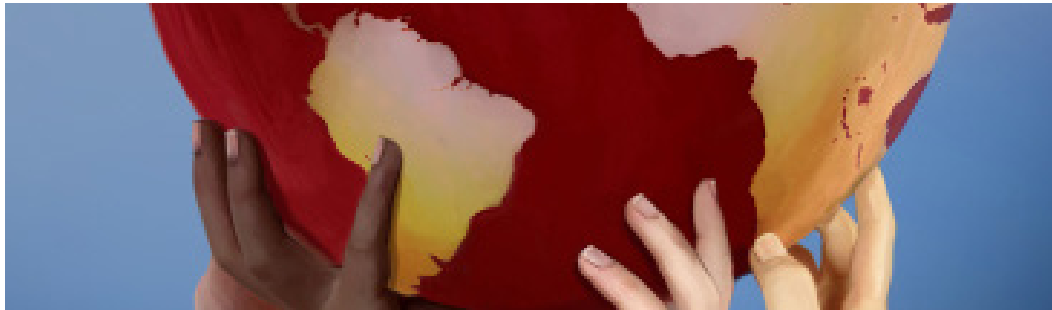
- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God; that you are loved and cared for.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 drops per ounce of goDésana Age Delay Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin while surrounding your body with the spiritual essence of Mary Magdalene.

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.



SPIRITUAL BLENDS



Eve's Daughter

Eve's Daughter is all of us; daughters, mothers, and grandmothers the world over. Eve's very name meant 'Mother of all who have life.' Therefore, every woman today can be Eve's Daughter.

Eve's Daughter supports us as we make a difference in the world. Not by force or politics, but by being who we are and by how we chose to live our lives. Use this supportive, uplifting blend any time you need the strength and faith to change your life, and the lives of those around you.

pulse points

Add 32 drops of Eve's Daughter and 8 drops of the carrier oil of choice to a glass roll-on bottle. Roll on one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

pregnancy & children

- Pregnancy - Not for use during pregnancy
- Children - Safe when used as directed in children over six years of age.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Geranium, rose; Grapefruit, pink; Jasmine, Lavender, fine; Mandarin, green; Pink Lotus, Myrrh, Orange, blood; Tamar, Rahab, Bathsheba, Ruth, Mary, and Queen Esther

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.

availability 5ml

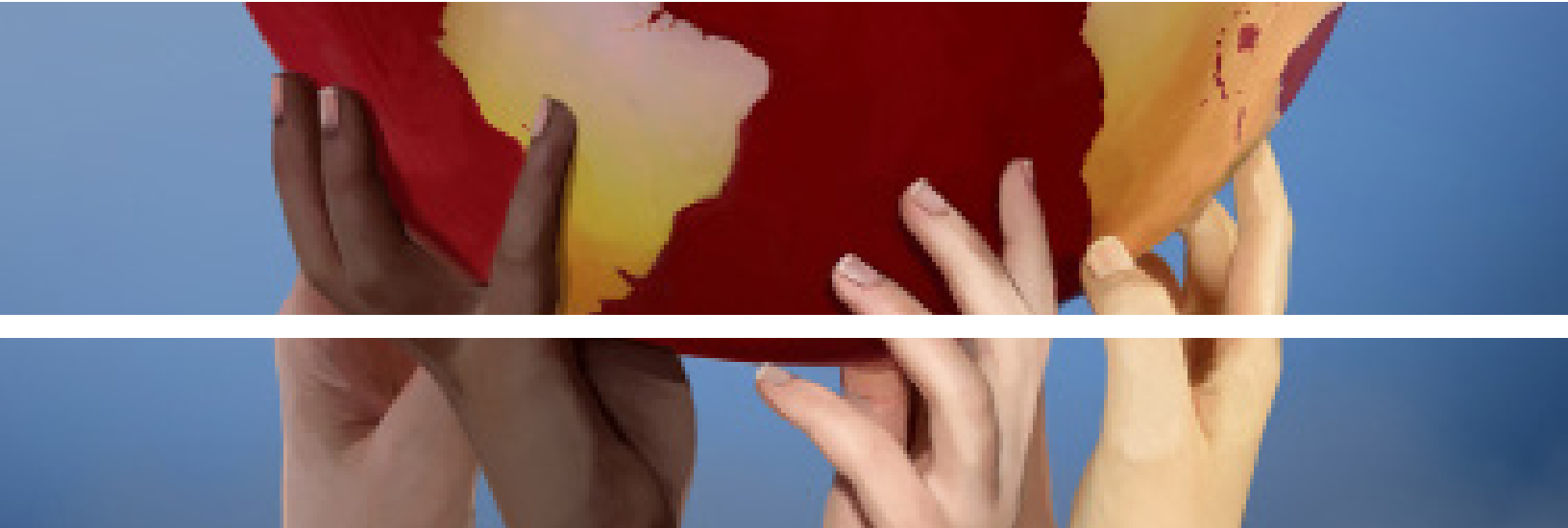
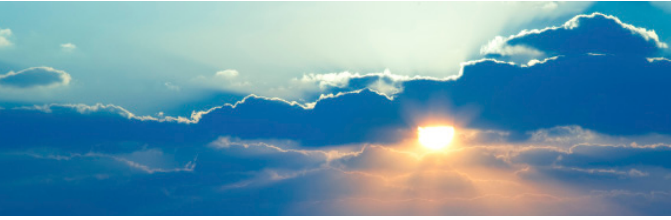


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daily uses

BATH

One of the ways Essential Oils were most often used in Biblical times.

- Add 10-15 drops of Eve's Daughter blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. If your fear issues or feelings of uncertainty are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Eve's Daughter bath will detox past fear and uncertainty imprints, allowing you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot soak, add 8-12 drops of Eve's Daughter blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

MISTING SPRAY

In Biblical times, Essential Oils and resins were burnt as incense for prayer and offerings. We can use spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of Distilled Water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your environment to create a frequency of courage, strength, and personal power. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny.
- Diffuse 10-15 drops in a water mist diffuser.

TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Biblical times. Women also were known to apply Essential Oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God, that you are loved and cared for.
- Apply 1-2 drops to the Sacral Chakra, which has an affinity to instill peace and joy.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 drops per ounce of goDésana Age Delay Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin.

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.

EMOTIONAL BLENDS

DISPEL JUDGMENT

Dispel Judgment can help those who judge people or situations to release that pattern of thought and behavior.

When we judge others, we see only the negative and this can cause us to feel separated and alone. Those with low self-esteem may judge themselves as well as others.

We have a choice in how we perceive ourselves and others. Dispel feelings of judgment and replace them with the positive energy of the companion blends, Restore Tolerance and Restore Empathy.



RESTORE TOLERANCE

Intolerance causes conflicts and in many cases, has even triggered wars. Tolerant individuals never start conflict unnecessarily.

If other people think differently than you, it doesn't mean either way of thinking is wrong, or that you necessarily need to justify your own beliefs and actions.

Restore Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.



dilution guidelines

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

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

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

responsible cautions

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

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Spikenard, Marjoram, sweet; Grapefruit, pink; Melissa, Ylang Ylang Complete, Clary Sage, Angelica, Sandalwood, Lavender, fine; and Fractionated Coconut

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Melissa, Myrrh, Jasmine, Mandarin, green, Palmarosa, Angelica, Ylang Ylang Complete, Geranium, rose; Lavender, vera; and Fractionated Coconut

daily uses

- 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.
- Add 10-15 drops to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you're feeling judgmental toward yourself or others.

daily uses

- 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.
- Add 10-15 drops to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results.
- 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.
- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment whenever you need to be more accepting.

availability

Dispel Judgment: 5ml Bottle
Restore Tolerance: 5ml Bottle



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pregnancy & children

- Dispel Judgment and Restore Tolerance are not recommended for use during the first trimester of pregnancy.
- Dispel Judgment and Restore Tolerance are safe when used as directed in children over six years of age.

EMOTIONAL BLENDS

DISPEL JUDGMENT

Dispel Judgment can help those who judge people or situations to release that pattern of thought and behavior. Dispel feelings of judgment and replace them with the positive energy of the companion blends, Restore Tolerance and Restore Empathy.



RESTORE TOLERANCE

Restore Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.



dilution guidelines

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

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

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

responsible cautions

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

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Spikenard, Marjoram, sweet; Grapefruit, pink; Melissa, Ylang Ylang Complete, Clary Sage, Angelica, Sandalwood, Lavender, fine; and fractionated Coconut

daily uses

•

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Melissa, Myrrh, Jasmine, Mandarin, green, Palmarosa, Angelica, Ylang Ylang Complete, Geranium, rose; Lavender, vera; and Fractionated Coconut Oil

daily uses

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availability

Dispel Judgment: 5ml Bottle
Restore Tolerance: 5ml Bottle

pregnancy & children

- Safe when used as directed.
- Dispel Superiority is not recommended for use on children under the age of 6, or during the first trimester of pregnancy.

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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 rosinny pine and spicy fir, the rich, invigorating aroma of plushy bogs in which a thousand herbs are soaked...

~ John Muir

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

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

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

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

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

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

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

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

ingredients

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

reasonable cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- 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



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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
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