

Women's Health

February Oil Of The Month Club

SESSO DOLCE

Intensifies sensation*
Increases lubrication*
Promotes hormone balance*

SESSO DOLCE ENHANCE

Enhances Sesso Dolce*
Intensifies sensation*
Promotes circulation*

CIRCULATE

Supports Circulatory System*
Aids varicose veins*
Enhances skin products*

MOON RELIEF

Eases cramps*
Relieves PMS symptoms*
Anti-inflammatory*

MOON

Relieves mood swings*
Eases hormonal headache*
Assists with hot flashes*

LUBRIESSENCE

Increases lubrication*
Nourishes skin*
Promotes warmth*

SURRENDER

Balances hormones*
Promotes self-acceptance*
Releases fear*



goDesana
feel the pure plant difference

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

INTRO CLUB \$27 (27BV)

- Sesso Dolce {10ml}

BASIC CLUB \$67 (67BV)

- Sesso Dolce {10ml}
- Moon Relief {10ml}
- Lubriessence {1oz}

FAVORITES CLUB \$127 (127BV)

- Sesso Dolce {10ml}
- Moon Relief {10ml}
- Lubriessence {1oz}
- Sesso Dolce Enhance {5ml}
- Circulate {AromaStix} - "Try Me"

TRY ME PRODUCT

Free with all orders of 100 BV or more

- Circulate {AromaStix}

FEBRUARY Oil Of The Month Club

SIGNATURE CLUB \$197 (80BV SAT PACK)

- Sesso Dolce {10ml}
- Moon Relief {10ml}
- Lubriessence {1oz}
- Sesso Dolce Enhance {5ml}
- Moon {5ml}
- Surrender {5ml}
- Circulate {AromaStix} - "Try Me"

Romance Ready Blends

How It Works

Sesso Dolce, Sesso Dolce Intense, and Sesso Dolce Enhance are safe, topically applied blends of pure, organic Essential Oils, organic virgin Sesame Seed Oil, and Fractionated Coconut Oil. Each Essential Oil was selected for its ability to increase blood flow, provide warmth, and to help promote a healthy hormone balance naturally, without the use of synthetic chemicals or drugs.*

Sesso Dolce Romance Ready Blends gently increase blood flow naturally, without irritation, and with continued use have been shown to assist the body with balancing hormones.* Unlike most romance enhancement products, Sesso Dolce's line of Romance Ready Blends do not force women's or men's bodies into sensitivity, but instead they allow the body to experience its natural ability for romance.

With Sesso Dolce, the romance happens very quickly, usually within five minutes, and lasts an hour or more depending on the individual and their life circumstances. It's the pure and safe solution to dramatically increase romance. Sesso Dolce Romance Ready Blends will help to renew and energize romance and awaken the pleasure-center, creating arousal and deep sensual sensitivity that increases with each use.

PRIMARY BENEFITS

- Deeply intensifies romantic sensations*
- Increases lubrication naturally*
- Increases intensity and passion*

Sesso Dolce & Sesso Dolce Intense

Romance is a burst of inner happiness that sends a wave of life enhancing energy through every cell and organ of the body, bringing harmony, balance, and deep satisfaction to our body and our minds.*

Suggested Usage



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- Massage 3 drops of oil over the sacral (uterine) area of the abdomen in a clockwise circular motion.
- Apply 6 to 10 drops of Sesso Dolce, neat (undiluted), to your finger or the finger of your partner. Apply the drops of oil directly onto the area of choice, gently massaging it in thoroughly using a circular motion.

✚ Pregnancy - not recommended

✚ Healthy Individuals 18+ years - follow suggested usage



Availability	10ml Bottle
\$27.60 Retail	\$24.00 Wholesale 24BV

Ingredients: Rosa damascena, Organic Sesamum indicum, Cedrus atlantica, Boswellia carteri, Mentha viridis, Cupressus sempervirens, Santalum album, Salvia sclarea, Organic Citrus bergamia, Cocos nucifera, Nepeta cataria, Piper nigrum, Copaifera officinalis, Nardostachys jatamansi, Canarium luzonicum, Picea glauca

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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Sesso Dolce Intense

Sesso Dolce Intense was previously named Sesso Dolce for Him, however, we found that men and women alike loved the same safe, effective formula as Sesso Dolce with the little boost of increased intensity found in Sesso Dolce Intense.*

Ingredients: Pogostemon cablin, Organic Citrus bergamia, Rosa damascena, Organic Sesamum indicum, Cedrus atlantica, Boswellia carteri, Mentha viridis, Cupressus sempervirens, Canarium luzonicum, Santalum album, Salvia sclarea, Cocos nucifera, Nepeta cataria, Piper nigrum, Copaifera officinalis, Nardostachys jatamansi, Picea Glauca

Sesso Dolce Enhance

Sesso Dolce Enhance can be added one drop at a time to both Sesso Dolce and Sesso Dolce Intense to customize the intensity for each individual.* Sesso Dolce Enhance should not be used alone, or directly on the body.*

Ingredients: Organic Sesamum indicum, Cedrus atlantica, Boswellia carteri, Mentha viridis, Rosa damascena, Cupressus sempervirens, Santalum album, Salvia sclarea, Organic Citrus bergamia, Cocos nucifera, Nepeta cataria, Piper nigrum, Copaifera officinalis, Nardostachys jatamansi, Canarium luzonicum, and Picea glauca

Suggested Usage



TOPICAL

- ◆ Add 1 drop at a time to Sesso Dolce or Sesso Dolce Intense to customize intensity.

Lubriessence

The Carrier Oils in Lubriessence were selected for their ability to increase blood flow, provide warmth, and to help promote a healthy hormone balance; naturally without the use of synthetic chemicals or drugs.*

Ingredients: Organic Sesame Seed Oil, Fractionated Coconut Oil

RESPONSIBLE CAUTIONS FOR ROMANCE READY BLENDS

Non-toxic, non-irritant, non-sensitizing. Keep out of the reach of children and pets. Use as suggested and adhere to the Responsible Cautions at www.goDesana.com/cautions.asp. Store away from sunlight, at room temperature, with the lid securely tightened. Do not use if you are pregnant, have a yeast infection or have an estrogen-dependent cancer. Sesso Dolce oil has a warming affect, if you experience a strong burning sensation, irritation, or rash discontinue use. Wipe the area with a tissue soaked in unscented Grape Seed or other carrier oil. Consult your physician if necessary. May not be compatible with latex condoms or condoms with chemical additives. Sesso Dolce Romance Ready Blends are not contraceptives or spermicides. Sesso Dolce Enhance should not be used alone, or directly on the body. Lubriessence is not a contraceptive or spermicide.

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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Availability	10ml Bottle	
\$36.80 Retail	\$32.00 Wholesale	32BV



Availability	5ml Bottle	
\$48.30 Retail	\$42.00 Wholesale	42BV



Availability	1oz Bottle	
\$11.50 Retail	\$10.00 Wholesale	10BV

Monthly Blends for Women

Moon

Ingredients: *Geranium, rose; Orange, blood; Organic Grapefruit, pink; Lavender, fine; Mandarin, green; Jasmine*

Moon is formulated with Essential Oils are known to be balancing, calming, and warming to enhance a woman's feelings of physical and emotional intimacy. It can assist and support the body to balance hormones and may aid in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches. Moon helps you be sensitive to your feminine need to nurture yourself, especially during your "moon time". Although formulated primarily for women, men can benefit from Moon's emotional sensitivity and openness to better communication*



BATH

- ♦ Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Moon's aphrodisiac benefits.

- + Pregnancy - Safe when used as directed starting in the 2nd trimester
- + Infant to 3 months - not recommended
- + 3 months to 3 years - not recommended
- + 3 to 5 years - 3 drops in ¼ cup Bath Salts
- + 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality



INHALATION

- ♦ Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- ♦ Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.
- ♦ Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.
- ♦ Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- ♦ For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

- + Pregnancy - Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)
- + 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
- + Healthy Individuals 10+ years - 15 drops per 2 tsps of carrier oil or 2 quarts of water



Availability

5ml Bottle



Safety Group #2

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.

Pure Plant Promise

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Moon Relief

Ingredients: *Clary Sage, Lavender, fine; Sesame Seed, Fractionated Coconut*

Moon Relief is formulated with Essential Oils known to assist and support the body with menstrual cramps, heavy bleeding & PMS discomfort.*

Clary Sage Essential Oil, one of the primary ingredients in Moon Relief, is known to be particularly effective for regulation of menstrual cycles and cramping associated with menstruation. Well known for women's health issues in part because of the esters and phytoestrogen it contains, Clary Sage is also known to assist the body with the symptoms of menopause. Young women dealing with menstrual pain have found relief, even more so than acetaminophen could provide.⁽¹⁾ Women with dysmenorrhea found similar relief.⁽²⁾ In childbirth, where pain is often exacerbated by anxiety and stress, Clary Sage, Lavender, and Jasmine exhibit strong pain relieving results in a safe, easily administered manner. In fact, when a midwifery practice implemented the use of these oils both topically in a carrier oil and via diffusion, the use of pain relieving opioids use decreased significantly.⁽³⁾ As women reach menopausal years, the use of antidepressants begins to increase dramatically, and Clary Sage may help to ease this stressful transition of life, reducing cortisol levels and exhibiting an antidepressant-like effect.^{(4)*}

Lavender Essential Oil, the other main ingredient in Moon Relief, has effective anti-inflammatory properties that can lead to better blood flow and fewer cramps. It is also effective in treating migraine pain, soothing anxiety, and helps alleviate painful menstruation. Additionally, Lavender has a psychological effect on the moodiness associated with anxiety during menstruation. Lavender has long been known to promote feelings of relaxation while lifting the mood, and promoting more restful sleep for those dealing with insomnia.⁽⁵⁾ It is also suspected that Lavender can help calm the body so that hormone levels balance naturally. A cold compress with one drop of diluted Lavender Essential Oil can help reduce discomfort in the perineum during menopause.*



BATH

- Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation.

- ✚ Pregnancy - Not recommended
- ✚ 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



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

- ✚ Pregnancy - Not recommended
- ✚ 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



Availability

10ml Bottle

Safety Group #3

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.

Standards of Quality

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Surrender

Ingredients: *Clary Sage, Lavender, vera; Jasmine, Jojoba*

Surrender is a female hormone supportive blend especially useful for women during childbirth. It is primarily for women, at any stage of life, and can assist with surrendering to all things womanly. Surrender can help women get in tune with their emotions and also helps balance hormones at the emotional level so they are more stable. During pregnancy and childbirth, Surrender helps release any fear surrounding labor, delivery, and becoming a mom. It can assist women with all challenges and help them to become more self-accepting.*

Many women operate daily in a state of low anxiety or worry, also called generalized anxiety, that may blossom into full-blown panic attacks, phobias, or anxiety disorders during times of psychological stress or biological change like menopause. From the time a female reaches puberty until about the age of 50, she is twice as likely as a man to have an anxiety disorder. This can be attributed, in part, to differences in brain chemistry. In women, the brain system responsible for the "fight or flight" response is activated more readily than in men, and stays activated longer due in part as a result of the action of estrogen and progesterone."⁽⁶⁾



BATH

- ◆ Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Surrender's aphrodisiac benefits.

- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester
- ✦ Infant to 3 months - not recommended
- ✦ 3 months to 3 years - not recommended
- ✦ 3 to 5 years - 3 drops in ¼ cup Bath Salts
- ✦ 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality



INHALATION

- ◆ Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- ◆ Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.
- ◆ For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.
- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)
- ✦ 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



Availability

5ml Bottle



Safety Group #2

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.

1. <http://www.ncbi.nlm.nih.gov/pubmed/21949670>
2. http://pubget.com/articles/elasticsearch_show/22435409
3. <http://www.ncbi.nlm.nih.gov/pubmed/11033651>
4. <http://www.ncbi.nlm.nih.gov/pubmed/24802524>
5. <http://umm.edu/health/medical/altmed/herb/lavender>
6. <http://umm.edu/health/medical/altmed/condition/anxiety>

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WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

CIRCULATE | 6th TOUCH

"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.

QUALITY ASSURANCE

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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

