



Fun, Safe Travel Kit



Stomach Concerns

indigestion, gas, bloating, IBS, vomiting, diarrhea, heartburn, colic
DYGEST & DYGEST RELIEF



Burns & Sunburn

also soothes cuts, scrapes, and stings
BURN CARE



Disinfection

handwashing, surface spray, laundry
PROTECTOR



Insects

repel insects and soothe bites & stings
BUG PRO-TECH & AFTER-BITE



Skin Concerns

poison ivy/oak, rashes, chafing, wounds
TLC ALL-PURPOSE OINTMENT



Bumps & Bruises

heat, pain, sore muscles, sprains, strains
TRAUMA RELIEF



Staying Calm

sleep, stress, overexcitability
CALM



Everything Else

cuts, scrapes, bites, burns, stress, rashes
LAVENDER FRANKINCENSE

FOR MORE INFORMATION

Name _____

Phone _____

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goDesana
organics

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DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes, particularly if pregnant or nursing.

QUALITY ASSURANCE

All ingredients from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

Alexandria Brighton Collection
ESSENTIAL OILS



COLLECT MOMENTS. NOT THINGS.

Fun, Safe Travel



Easter break, Spring break, Summer break, Christmas break, and long weekends are all great reasons to take a vacation. Unfortunately, no matter how much you plan, occasionally something doesn't go as expected when you're on vacation. Whether you're dealing with uncomfortable beds, insect swarms, or jet lag, Essential Oils can help you deal with almost any vacation mishap.

Recipes from the Stillroom for a fun, safe vacation of excitement & outdoor adventures.

BUG PRO-TECH
Lightly spray goDésana Organics' **Bug Pro-Tech** on areas of exposed skin and spread evenly with hands. Do not spray directly onto the face; spray on hands and rub on face, being careful not to get too close to the eyes or in the mouth. Repeat as needed every 3-4 hours.

Can also be sprayed into the environment around you to repel insects while outdoors.

Bug Pro-Tech is a gentle but very effective insect repellent blend of Essential Oils with several seasons of successful use to its credit. It is safe for those of all ages, with no toxic chemicals added.

A naturally non-toxic, hypoallergenic base of Grape Seed Oil helps **Bug Pro-Tech** stay on the surface of the skin longer than water-based products that can evaporate quickly requiring more frequent re-application, or cause the repellent to become ineffective altogether.

PROTECTOR
Handwashing is the first line of defense to prevent illness. Wash your hands frequently with goDésana Organics' **Protector Disinfectant Foaming Hand Soap**. Use often when you are out in public places.

You can also make your own **Protector Disinfectant Hand Soap** by adding 20-30 drops of **Protector Blend** to 2 ounces of liquid hand soap.

In addition to the above hand cleanser, you can make a **Protector Disinfectant Spray** that can be used on toilet seats, doorknobs, shopping carts, airline seats, hotel beds, and other areas where you touch items that other people have touched.

To make the spray add 20 to 30 drops of **Protector Blend** to 2 ounces of distilled water in a cobalt blue PET plastic or glass bottle with a fine mist sprayer. Shake well and spray onto items you want to disinfect; can also be sprayed into the air around you. Great for travel as an antibacterial spray.

In addition to making a **Protector Disinfectant Spray**, you can also make wipes by combining ¾ cup of distilled water and ¾ cup of white distilled vinegar in a glass jar. Mix 30 drops of **Protector Blend** with a teaspoon of **Vitality Bath Salts**, add mixture to jar, and swirl to mix.

Add pre-cut cloths to the jar, pressing down firmly to soak up disinfectant liquid. Secure lid and tip jar upside down to further moisten wipes. Wring excess liquid from cloths before use. Wipes can be machine washed after each use and returned to the jar to be used again. Refill the jar with additional **Protector Blend** disinfectant liquid as needed.

WELLNESS BLENDS
According to French Medical Aromatherapy as taught by Dr. Daniel Pênoël, the way to create a blend is to look at the chemical compounds and the functional families of constituents that would be effective for the concern, then determine which Essential Oils contain those constituents.

Alcohol constituents are the most appropriate chemical compounds for the long-term health and well-being of the body. They are gentle, non-toxic, and can be used over a long period of time. Not only do they work on the systems of the body, but they are also stimulants to the immune system. They have traditionally been found to be antibacterial and anti-viral.

To the combination of gentle alcohol constituents, a very small amount of Essential Oils that contain phenol constituents is added to super-charge the blends.

WELLNESS BLENDS *cont'd*
That is precisely what we have done with two proprietary blends, **Wellness For Adults** and **Wellness For Kids & Elderly**. These blends are specifically formulated with Essential Oils known for their antibacterial, anti-viral, and immune stimulant properties. At the same time, they are gentle, non-toxic, and appropriate for long-term daily use.

- For ages 10 and over, apply **Wellness for Adults** to the spinal reflex of the foot twice daily.

- For ages 3 to 10 years, apply **Wellness For Kids & Elderly** to the spinal reflex of the foot twice daily.

- For newborn to 3 years, apply **Wellness For Kids & Elderly**, with proper dilution, to the spinal reflex of the foot twice daily.

Please see suggested usage and safety precautions on each individual oil's datasheet.

WATER
When you are out, add 1 drop of **Lemon, Peppermint, or Pink Grapefruit Essential Oil** or **DyGest Blend** to your water to help protect against pathogens that might be present in the water.

BUG BITES, BUMPS, & ABRASIONS
After-Bite is designed to be applied to the bite area to assist with itching and swelling that develops around the area of the bite.

Roll **After-Bite** over the surface of the bite area including all swollen and itchy areas. May be applied as needed to reduce itching, reduce swelling, and promote healing. Non-toxic and safe for all ages when used as directed.

BUG BITES, BUMPS, & ABRASIONS *cont'd*
Lavender Frankincense is a wonderful blending of our **Frankincense** from Somalia and **Lavender, vera** from Bulgaria. This soothing, anti-inflammatory blend may be added to unscented lotion or body wash. Apply to cuts, scrapes, and other skin abrasions to speed healing and lessen scarring. Apply over minor burns that are not open wounds. If applied immediately, it may help prevent blistering. Can also be applied to insect bites or stings to relieve inflammation and itching. Non-toxic and safe for all ages when used as directed.

TLC All-Purpose Ointment is an exceptional treatment for cuts, scrapes, bug bites, dry skin, chafing, and a wide variety of other skin irritations. It soothes and nourishes skin as it rejuvenates. Gently massage onto areas of concern as needed. Non-toxic and safe for all ages when used as directed.

NAUSEA, STOMACH ACHES & SPASMS
Next to upper respiratory infections, most people suffer from gastrointestinal complaints. Dr. Daniel Pênoël has taught that if you have recurring respiratory and gastrointestinal complaints, you need to purify the colon in order to break the cycle.

Two digestive blends, **DyGest** and **DyGest Relief** are available to assist with indigestion and stomach cramps, and to strengthen the digestive system as a whole.

DyGest Blend can be used topically and internally by those over the age of 10. **DyGest** should not be used while pregnant or nursing.

Children over the age of three and pregnant women, beginning in the second trimester of pregnancy, should use **DyGest Relief**.

In addition to **DyGest** and **DyGest Relief**, 1-3 drops of **Coriander Seed Essential Oil** in a teaspoon of honey in warm water as tea can be used to assist the body with colic, diarrhea, dyspepsia, flatulence, nausea, hemorrhoids, and spasms in those over the age of 3.

Please see suggested usage and safety precautions on each individual oil's datasheet.



JET LAG
If you've traveled over time zones, you might be faced with jet lag. To counteract this you can add Essential Oils to your morning and evening bath.

To Relax and Go To Sleep In Different Time Zone
Add 15-20 drops **Lavender Frankincense Blend** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water.

Add 15-20 drops **Calm Blend** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water.

Calm is a sweet smelling and peaceful blend that can be used in the bath, on the feet, or diffused before bed for relaxation and to induce sleep.

Travel Fatigue
Add 8-10 drops **Alert Blend** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water.

Alert was formulated to assist with general drowsiness, and is especially effective when driving. Apply 2 drops on feet (neat) and inhale 1-2 drops from cotton ball or tissue. For driving long distances, apply to a cotton ball and place in vent opening. Refresh as needed.

Add 8-10 drops **Focus Blend** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water.

Focus Blend helps to stimulate left brain logical thought processes and prevent mental fatigue while studying.

Aches & Pains
Add 20 drops of **Coriander Seed Essential Oil** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water to assist the body with poor circulation, arthritis, gout, rheumatism, and muscular aches and pains.

Add 20 drops of **Trauma Relief** to ½ cup **Clay Vitality** or **Vitality Bath Salts** and mix into warm bath water.

This blend is helpful when applied neat (straight from the bottle) to sprained ankles, pulled muscles, bumps on the head, fingers slammed in doors, and other bumps and bruises. **Trauma Relief** contains Essential Oils that traditionally have been known to help relieve pain and to reduce swelling and inflammation. May be applied neat or used as a compress.

STRESSFUL SITUATIONS
To ease stress, place 2 drops of **Coriander Seed, Lavender Frankincense**, or 2 drops of one of the Emotional Health Blends on a tissue and inhale.

HAYFEVER & ALLERGIES
Four specifically formulated blends, **Breathe, Breathe Relief, Respi Relief**, and **Respi Relief for Kids**, are available to assist the body with supporting the respiratory system in any way needed.

Carefully selected blends of Essential Oils provide a synergy which aids in opening up the respiratory system, calming cough, improving circulation, and assisting thick mucus in becoming more fluid so it can be easily released from the body.

The primary active molecules in the blends are 1,8 cineoles. An overall booster of the respiratory system, 1,8 cineole provides a powerful antiseptic action as well as supporting the immune system.

These blends can be used for bathing, massage, inhalation in a diffuser or vaporizer, on the lung and sinus reflex points of the foot, and in an inhaler.

Please see suggested usage and safety precautions on each individual oil's datasheet.

SIGHTSEER'S FOOT RECOVERY
To ease sore and tired feet, massage with **TLC All-Purpose Ointment** or **Lavender Ice**. Elevate your feet and relax for a few minutes.

You can also blend 10-12 drops **Coriander Seed Essential Oil** with 1 teaspoon of carrier oil to assist with circulation and overcome stiffness in feet.

BURNS & SUNBURN
To keep you and your children safe in the sun, practice the following sun safety habits:

- Cover: Block harmful rays with wide-brimmed hats and loose-fitting, light-weight clothing. Shield eyes from cataract-causing UV radiation with a good pair of sunglasses.

- Shade: Keep kids in the shade as much as possible when playing outdoors. Keep infants under six months of age out of direct sun.

Painful sunburn can happen even with the best intentions and frequent application of SPF protection.

To help soothe sunburned skin, add 10 drops of Burn Care Blend and 5 drops of Lavender, fine or Lavender, vera to 1 ounce of carrier oil. Shake well and apply as needed. Non-toxic and safe for all ages when used at the above-recommended dilution guidelines.