



FEATURED RECIPES

Dust Mite & Bug Spray

- 6 drops Eucalyptus Globulus
- 6 drops Scotch Pine
- 6 drops Balsam Fir
- 4 ounces of Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix and use to spray mattresses, pillows, curtains, upholstered furniture, etc. Shake before use.

Forest Breeze Wood Polish

- 1 ounce goDésana Signature Oil
- 3 drops Balsam Fir
- 3 drops Scotch Pine

Mix in 1 ounce spray bottle. Spray oil lightly onto soft cloth and use to polish wood surfaces.

Bliss Room Freshener

- 10 drops Lavender, vera
- 4 drops Scotch Pine
- 4 drops Balsam Fir
- 4 ounces Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix well and use to freshen the air as desired. Shake gently before each use.

In The Dryer

- 5-10 drops Protector, Tea Tree, Tangerine, Tri Remedy, Pink Grapefruit, Lemongrass, or Balsam Fir

Apply Essential Oil to a dampened washcloth and put in the dryer with clean laundry. Dry as usual to impart fresh, clean fragrance. This will not reduce static cling.

Carpet Refresh

- 1 cup Baking Soda
- 16 drops Protector
- 4 drops Tea Tree

Combine ingredients, sprinkle on carpets as desired, and vacuum. Store in airtight container.

Citrus Degreaser

- ½ cup Lemon Juice
- ¼ cup goDésana Clay Vitality
- 10 drops Sweet Orange

Combine to make a paste, apply as desired, use a damp cloth to wipe.

Citrus Floor Cleaner

- 1 Gallon hot water
- 2 tablespoons goDésana Home & Laundry Concentrate
- 15 drops Sweet Orange, Pink Grapefruit, or Lemon

Blend all ingredients in bucket. Mop floor as usual.

Insect & Mice Repellent

- 20 drops Peppermint
- 4 drops Lemongrass
- 4 ounces Distilled Water in a blue cobalt glass or PET plastic spray bottle

Mix and spray where signs of insects or rodents are present. Shake gently before each use.

For More Information

Name

Phone

Consultant ID #

Web Address

Oven Cleaner

- 1 small box Baking Soda
- 1 cup goDésana Home & Laundry Concentrate
- 15 drops Sweet Orange

Combine ingredients and mix until smooth. Apply with a cloth and wipe clean.

Toilet Bowl Scrub

- 1 cup Borax
- 15 drops Tea Tree, Lemon, Scotch Pine, Sweet Orange, Pink Grapefruit, or Protector
- 1 cup Distilled White Vinegar

Combine Borax and Essential Oils. Sprinkle into the toilet; don't just dump in, distribute it well over the entire bowl. Add the vinegar and scrub or let sit. Use this just before going to bed so that it can "work" all night long if desired.

Laundry Stain Removal

- 1-2 drops Lemon
- goDésana Home & Laundry Concentrate
- 1 cup Distilled White Vinegar

Use 1 to 2 drops of Lemon Essential Oil directly on stains. Let stand for a few minutes and then launder as usual with goDésana Home & Laundry Concentrate. Add 1 cup distilled white vinegar to rinse cycle. Do not allow the Lemon Essential Oil to remain on a stain full strength for more than a few minutes before laundering.

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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HEALTHY CHOICES HEALTHY HOME

Create a healthy home by cleaning, deodorizing, and sanitizing your home and laundry with pure goDésana Essential Oils featured in the March & September Oil Of The Month Club.

Common Toxic Chemicals in Your Home

Diethanolamine (DEA): Suspected carcinogen found in shampoos, conditioners, bubble baths, lotions, cosmetics, soaps, laundry & dish detergents, and more.

Propylene Glycol: Associated with contact dermatitis, kidney damage, and liver abnormalities. Found in shampoos, deodorants, cosmetics, lotions, toothpastes, processed foods, baby wipes, etc.

Sodium Lauryl Sulfate (SLS): Uses include concrete floor cleaners, engine degreasers, and car wash detergents. Found in shampoos, liquid soaps, conditioners, cleansers, toothpastes, and children's personal care products.

Talc: Chemically similar to asbestos. Has been linked to ovarian cancer. Found in many baby powders and cosmetics.

Alcohol: Mouthwashes with higher than 25% alcohol content have been linked to cancers of the mouth, tongue, and throat.

Are You Ready To Go Clean?

While it is true that some germs can be dangerous, did you know that so are the chemicals in the cleaners that claim to kill them? The average household contains over 50 toxic chemicals, hidden in plain sight, in cleaning products.



What's Under Your Sink?

A surprising number of the most harmful toxins ever created are found right in your own backyard — indeed, right under your kitchen sink.

A study by the Toronto Indoor Air Commission concluded that, due to increased exposure to household carcinogens, women who work at home have a 55% greater chance of developing cancer than women who spend the majority of their time outside the home.

No law requires manufacturers of cleaning products to list ingredients on their labels or to test their products for safety. It's up to you to make sure your home is not only clean, but also non-toxic.

Essential Oils are one of the best naturally antimicrobial and antibacterial options for homemade cleaning recipes, and they smell great!

Essential Oils have been used for thousands to years in various cultures for a wide variety of purposes from aromatherapy to household cleaning, to natural medical treatments.

You can add Essential Oils to your laundry routine, sanitize the kitchen, and kill mold in the bathroom; all while disinfecting and making your home smell clean and fresh... without toxic chemicals and toxic fumes!

Glass Cleaner: Combine 1½ cups vinegar, ½ cup water, and 8 drops of your favorite citrus Essential Oil in a spray bottle and shake well before each use. Spray and wipe with a dry cloth or towel.

Making your own cleaners and air fresheners using pure Essential Oils is a safe, cost-effective way to reduce your family's exposure to the toxic chemicals found in so many cleaning and personal care products.

Many Essential Oil cleaning recipes can be made with simple ingredients you probably already have in your kitchen cupboard.

Sink & Bathtub Cleaner: Combine 1 cup Baking Soda and 20-30 drops of Tri Remedy in a mixing bowl. Store in airtight container with a lid. Sprinkle onto sinks or tubs, scrub, and rinse.

Today, there is an ever-increasing need for us to look to natural methods for supporting and protecting our bodies and cleaning our homes.

Sanitizing Floor Cleaner: Combine 6-10 drops of Protector, Tri Remedy, Lemongrass, or Tea Tree Essential Oil with 1 tablespoon of Castile soap. Add ¼ cup white vinegar and mix into a bucket of warm water. Use to mop hard floor surfaces.

We invite you to save money and feel better when you switch from toxic store-bought cleaners to your own safer, homemade Stillroom versions using pure goDésana Essential Oils.

goDésana
feel the pure plant difference

Alexandria Brighton Collection
ESSENTIAL OILS

461 E Pike Street • Morrow, OH 45152 • (614) 948.4409 • www.goDesana.com



TEA TREE

melaleuca alternifolia

Pure Essential Oils can be used with minimal to no side effects when used as directed. Unlike drugs, Essential Oils do not build up resistance in the body, but retain their effectiveness even with repeated applications.

Essential Oils are naturally anti-viral, antibacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, anti-venom, sedative, nervine, digestive, diuretic, aphrodisiac, and much, much more.

Healthy Home offers recipes that will allow you to make choices resulting in a healthier home for you, your children, grandchildren, and pets, paving the way for a healthier planet for generations to come.

Tea Tree is an incredibly versatile, very powerful antibacterial, antiviral, and antifungal Essential Oil distilled from the leaves of the Australian paperbark tree.

Unlike antibiotics, Tea Tree does not kill indiscriminately, but can identify and kill destructive bacteria while leaving the friendly bacteria we need to stay healthy.

Tea Tree Essential Oil also works especially well to get rid of mildew and mold around the house.

Multiple clinical studies have found Tea Tree Essential Oil to be antimicrobial, antiviral and anti-inflammatory. Its medicinal and household uses don't stop there though... from clearing up a respiratory infection to cleaning floors, this Essential Oil packs a powerful punch.



Safely Clean & Disinfect Your Home Without Risking Your Life

Protector Essential Oil blend was formulated as a powerful antiseptic and disinfectant; a must-have Essential Oil for daily use.

PROTECTOR RECIPES

Protector Clean & Disinfectant Spray

Add 20 drops of Protector and 1 teaspoon of goDésana Home & Laundry Concentrate to 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Use to kill odors, bacteria, viruses, and germs on counters, keyboards, telephones, sinks, door handles, and toilets.

Protector Disinfectant Hand Moisturizer

Add 15 drops of Protector to 1 ounce of goDésana Hydrating Hand & Body Lotion. Mix, carry with you, and use to disinfect and moisturize hands.

Protector Disinfectant Hand Soap

Mix 15 drops of Protector, 4 ounces of distilled water, and 1 teaspoon of goDésana Home & Laundry Concentrate.

Protector Environment

To clear mold and bacteria from an area, diffuse 10 drops of Protector twice daily.

Protector Floor Cleaner

Mix 20 drops of Protector, 2½ cups water, and 1 teaspoon of goDésana Home & Laundry Concentrate.

Protector Personal Disinfectant Mister

Add 30 drops of Protector to 2 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle.

Additional Uses

Mist diaper pail and surrounding areas, shopping cart handles, reusable shopping bags, telephones, desks, bed linens, couches, chairs, and pillows.

Use when flying to disinfect tray tables, arm rests, seat belts, chairs, and bathroom surfaces. When staying in a hotel, spray air vents, bedspreads, bathrooms, desks, counter tops, remote controls, and doorknobs.



1

Floor Disinfectant

Add a 6-10 drops of Tea Tree to a bucket of soapy water before you mop your floor to disperse its fresh and distinctive scent throughout your home.

2

Soft Scrub

Add 2 teaspoons of goDésana Clay Vitality Detox Powder, 10 drops of Tea Tree Essential Oil, 3 drops of citrus oil of choice, 10 drops Protector blend, and 1 teaspoon goDésana Home & Laundry Concentrate to 4 ounces of distilled water.

3

Dishwasher

Add 4 drops of Eucalyptus Globulus, Scotch Pine, Tea Tree, Lemongrass, Pink Grapefruit, or Lemon to your dishwasher or dish detergent to disinfect and purify.

SOME ESSENTIAL OILS HAVE BEEN TESTED AND FOUND TO BE EFFECTIVE FOR THEIR AIRBORNE ANTISEPTICS. THEY WOULD BE OUR FIRST CHOICE TO DISINFECT AND PURIFY THE AIR IN THE EVENT OF A BACTERIAL CONTAMINATION.

Lemongrass *Cymbopogon citratus*

Producing organ: grass; Extraction by steam distillation; Country of origin: India.

Diffused or used in a spray bottle to disinfect indoor air, as well as for washing appliances and furnishings. A couple of drops of this oil in wash water will make a room fragrant and hygienic.

Grapefruit, pink *Citrus paradisi*

Producing organ: Rind; Extraction by cold expression; Country of origin: USA

It is uplifting as a diffuser oil, and blends well with other citrus oils or florals, and especially with Sandalwood, which helps its fragrance last longer.

Orange, sweet *Citrus sinensis*

Producing organ: Peel; Extraction by cold expression; Country of origin: USA

Sweet Orange is a warm and sensuous oil often combined with cinnamon and clove essential oils, particularly in mists, or potpourris for the holidays.



According to Jean Valnet, MD, the oils used in Alexandria Brighton's exclusive Protector blend, when diffused in the air, can kill 70% of airborne staph bacteria.



ANTIBACTERIAL SOAPS CONCERN EXPERTS

By Melissa Schorr

Can getting too zestfully clean be dangerous to your health? Yes, say infectious disease specialists, who worry that overuse of antibacterial soaps might actually help create drug-resistant mutant germs. Indeed, recent research suggests these products may encourage the growth of "super bugs" resistant to antimicrobial agents, a problem when these bacteria run rampant, turning into a dangerous infection that cannot be treated with available medication. Similar growth of drug-resistant strains has already occurred with antibiotics.

The overuse and misuse of antibiotics has led to several drug-resistant microbes, such as streptococcus pneumonia and strains of E. coli. Dr. Stuart Levy, president of the Alliance for the Prudent Use of Antibiotics and a professor of molecular biology at Tufts University School of Medicine in Boston, believes antibacterial soaps are dangerous. "Triclosan creates an environment where the resistant, mutated bacteria are more likely to survive," says Levy, who published a study on the germicide two years ago in the journal *Nature*.

Healthy How To Recipes

Diffusing

For a clean, uplifting feeling, diffuse 8 drops of Balsam Fir, Lemongrass, Pink Grapefruit, Scotch Pine, Sweet Orange, or Protector.

Germ Killer Spray

Mix 10 drops Lemon, 20 drops Tea Tree, and 20 drops Protector with 8 ounces distilled water in a cobalt blue glass or PET plastic spray bottle. Spray on affected area, do not rinse.

Mold & Fungus Killer Spray

Add 20 drops Tea Tree and 20 drops Protector to 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Spray on wet surfaces to prevent mold and fungus.

Mold & Fungus Large Area

In large area where mold or fungus is present, diffuse Protector in addition to using the Mold & Fungus Killer Spray recipe.

Room Freshener

As an alternative to toxic room fresheners, mix 16 drops of Balsam Fir, Lemongrass, Pink Grapefruit, Scotch Pine, Sweet Orange, or Protector in 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake gently before each use, and spray as desired.

Surface Cleaning

Add 5 drops Tea Tree to the Protector Clean & Disinfectant Spray recipe. Use to clean counters, tubs, tile, etc. Can also be used to clean children's toys.