



JULY OILS OF THE MONTH

Taking Care of You

INTRO PACK \$27 (27BV)

Free Worldwide Shipping

- L-Stimulate {10ml Bottle}

BASIC PACK \$67 (67BV)

Free Worldwide Shipping

- L-Stimulate {10ml Bottle}
- Lemon Essential Oil {10ml Bottle}
- Peppermint Essential Oil {10ml Bottle}

\$127 (100BV)

\$25 Savings + Free Worldwide Shipping + Try Me Product

- L-Stimulate {10ml Bottle}
- Lemon Essential Oil {10ml Bottle}
- Peppermint Essential Oil {10ml Bottle}
- HepaDetox Essential Oil Blend {10ml Bottle}
- Rosemary ct. verbenone Essential Oil {10ml Bottle}

\$197 (100BV) S.A.T. PACK

\$80 Savings + Free Worldwide Shipping + Try Me Product

- L-Stimulate {10ml Bottle}
- Lemon Essential Oil {10ml Bottle}
- Peppermint Essential Oil {10ml Bottle}
- HepaDetox Essential Oil Blend {10ml Bottle}
- Rosemary ct. verbenone Essential Oil {10ml Bottle}
- Coyote Essential Oil Blend {5ml Bottle}
- Beaver Essential Oil Blend {5ml Bottle}
- Hummingbird Essential Oil Blend {5ml Bottle}
- Otter Essential Oil Blend {5ml Bottle}
- Squirrel Essential Oil Blend {5ml Bottle}
- K&B Detox {5ml Bottle} - "Try Me"



TRY ME PRODUCT

Free with all orders of 100BV+ or Save & Tell Pack Orders

- K&B Detox {5ml Bottle}

goDésana
organics

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For More Information:

Name _____

Phone _____

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Web Address _____

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L-Stimulate

This masterfully formulated proprietary blend features Essential Oils that have an affinity for the lymphatic system; for the express purpose of stimulating, supporting, and strengthening the flow of the lymphatic system.

The lymphatic system is one of the most complex networks of our body, but it doesn't get much "press". The primary function of the lymph system is to flush excess toxins, waste, metabolic debris, and infection from our body.

A well functioning lymphatic system can mean fewer colds, flu and illness; clearer, smoother, more radiant skin; and a body that is more firm and toned.

A properly functioning lymph system can also mean fewer food cravings, a more deeply nourished body, little to no swelling or bloating, and vibrant health in general.

ingredient highlights

- Bay Laurel is known to be a powerful stimulant to the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies, especially when congestion and infection are involved.
- Pink Grapefruit is a wonderful detoxifying agent as it helps to activate the lymphatic system. It's also known to clear toxins, remove excess fluids, and help burn fat.
- Lemon is known for encouraging stimulation and detoxification of the lymphatic system, helping to maintain optimum health.
- Lime is very beneficial to the lymphatic system, as it cleanses and clears out the lymph nodes. This results in improving the immune system and causing it to work more effectively.

suggested usage

- Use as an application for foot reflexology.
- Use for on-site application when doing lymphatic massage, or lymphatic drainage work.
- Apply to feet as desired.
- Self-apply to lymph sites such as behind the ears, underarms, under breasts, inside elbows, and around groin daily, or as needed, for lymphatic support.
- For WholeBody Lymphatic Detox please refer to WholeBody Detox Brochure

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.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Bay Laurel, Pink Grapefruit, Lemon, Lime, and Sesame Oil

topical dilution guidelines

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

pregnancy & children



safety group #4

Topical

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

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*

availability

10ml Bottle
AromaStix

AromaStix contains
Fractionated Coconut Oil



QUALITY ASSURANCE

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Lemon

Citrus limonum

Therapeutic Properties: *Antiseptic, astringent, anti-toxin, anti-anemic, anti-microbial, anti-rheumatic, anti-sclerotic, anti-spasmodic, bactericide, carminative, promotes the formation of scar tissue, purifying, diaphoretic, febrifuge, hemostatic, hypotensive, insecticide, rubescent, stimulates white blood cells, tonifier, vermifuge.*

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result, it is considered the #1 Essential Oil to kill bacteria. According to Dr. Jean Valnet, when tested against other Essential Oils for airborne germs, Lemon came out as the number one disinfectant for the air. It is also very effective added to household cleaners; it imparts a fresh smell to the kitchen and bathroom while eliminating germs.

Use a few drops when rinsing produce or after working with raw meat. Combine with baking soda for a great scouring powder on sinks and countertops. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities.

aromatherapy & home uses

Circulation, Muscles, and Joints: Anemia, arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism.

Digestive System: Dyspepsia, liver cleanser.

Immune System: Colds, flu, fever, and infection.

Respiratory System: Asthma, throat infections, bronchitis, catarrh.

Skin Care: Acne, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body with arthritic pain, arterial hypertension, poor circulation, rheumatism, obesity, and cellulite.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- During pregnancy, it can be used in a diffuser for morning sickness.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed for a quick pick me up.

INTERNAL

- 2 to 3 drops of Lemon Essential Oil in water taken 4 times a day will assist the body with the accumulation of fluids in those who suffer from poor circulation, cellulite, and obesity.
- 2 or 3 drops in a glass or bottle of water for purifying water. May assist with the liver and the blood, as it has a draining effect.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Apply 1 drop, neat, to strengthen nails.
- The antiseptic effect assists with cuts, boils, and minor wounds.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Will cause the skin to sunburn if exposed to sunlight right after application; you should wait several hours, keeping the skin covered before exposing it to sunlight.
- Many pregnant women are prone to developing dark patches of skin, Lemon Essential Oil could exacerbate this condition due to its photo-sensitive nature, and should not be used on the skin of these women.
- 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.

attributes

Certified Organic

GRAS Certified

Producing Organ: *Peel*

Extraction: *Cold Expression*

Country of Origin: *Italy*

topical dilution guidelines

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

pregnancy & children



safety group #2

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*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 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*

availability

10ml Bottle



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Peppermint

Mentha piperita

Therapeutic Properties: *Spasmodic, carminative, cholagogic, anti-bacterial, secretomotor, analgesic, anti-inflammatory, antipruritic, antiseptic, antispasmodic, antiviral, astringent, menorrhagia, expectorant, hepatic, nerve tonic, protects the gastric mucus of the stomach, sudorific, vasoconstrictor, vermifuge.*

Unlike many other herbs and Essential Oils, numerous health benefits of Peppermint leaves and Peppermint Essential Oil have been studied and proven by the scientific community.

Peppermint Essential Oil is a mental as well as a physical stimulant and encourages study without the development of mental fatigue. It is helpful when studying or doing book work to diffuse into the room to help stay alert.

Peppermint contains nine expectorant compounds, they help move mucus up and out of the lungs. Its main constituent, menthol, thins mucus, making the expectoration easier. Peppermint also contains antiseptic, antibacterial, antiviral, and antimicrobial compounds making it effective with gingivitis, colds and flu, and respiratory concerns.

When inhaled (in steam) it checks catarrh temporarily, and will provide relief from head colds and bronchitis: its antispasmodic action combines well with this to make it a most useful inhalation in asthma. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 169.].

aromatherapy & home uses

Circulation, Muscles and Joints: Neuralgia, muscular pain, palpitations.

Digestive System: Colic, cramp, dyspepsia, flatulence, nausea.

Immune System: Colds, flu, fevers.

Nervous System: Fainting, headache, mental fatigue, migraine, nervous stress, vertigo.

Respiratory System: Asthma, bronchitis, halitosis, sinusitis, spasmodic cough.

Skin Care: Acne, dermatitis, ringworm, scabies, toothache.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist the body with nausea, dyspepsia, abdominal cramps, and flatulence.

INHALATION

- 10-15 drops diffused into the air or added to a vaporizer can assist with bronchitis, colds, flu, fevers, sinusitis, spastic coughing, asthma, and catarrh.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

INTERNAL

- While traveling, you may want to add 1 drop (only) to a bottle of water and sip on it as you drive. Most people find this very refreshing and it can aid digestion, which can suffer during travel.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- 10 drops mixed into 1 ounce of Grape Seed Oil and used during massage will assist with muscular pains and neuralgia.
- A drop or two may be applied neat to a blow to the skin to assist with pain relief.
- The pain of gall and kidney stones has been shown to have been helped by the use of Peppermint. Apply 2 to 4 drops mixed in a teaspoon of carrier oil on location.

responsible cautions

- Used in moderation Peppermint is non-toxic, non-irritant, non-sensitizing.
- May cause an adverse reaction in those who suffer atrial fibrillation.
- 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.

attributes

**Certified Organic
GRAS Certified**

Producing Organ: *Whole Plant*

Extraction: *Steam Distillation*

Country of Origin: *France*

topical dilution guidelines

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

pregnancy & children



safety group #2

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*

availability

10ml Bottle



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Rosemary ct. verbenone

Rosemarinus officinalis ct. verbenone

Therapeutic Properties: *Immunostimulant, choleric, cholagogues, facilitates intestinal peristalsis, regulator of the intestinal flora, reduces atherosclerosis, and platelet aggregation, general and nerve stimulant, restores psychological balance.*

This milder chemotype of Rosemary is better suited for use with sensitive skin, children, and the elderly. It is known for its exceptional skin regenerating and wound healing abilities.

Rosemary ct. verbenone is accepted as the chemotype to assist with liver and skin concerns. It is believed to be a valuable aid for chronic skin conditions including eczema, psoriasis, and dermatitis. It is supportive as well in cases of scalp conditions and dandruff. Rosemary ct. verbenone balances the body's physiological functioning, firstly by assisting the body with drainage and secondly by acting as a stimulant. It acts with greater effectiveness as a general stimulant, as a true nerve tonic, and in restoring psychological equilibrium in people who are fatigued, stressed, having physical or psychological trauma, or individuals with "identity" problems, or else completely out of step with themselves.

Rudolf Steiner once said the "The ethereal oil of Rosemary helps restore the ego into the being", an esoteric interpretation which is nevertheless relevant.

It enhances the metabolic capacities of the hepatocytes and thus assists the body with detoxification of phenol-containing Essential Oils such as Oregano and Thyme ct. thymol, which is often combined with Rosemary ct. verbenone for infection. It is a good immune-stimulant by facilitating the synthesis of various globulins, that actively participate in the body's defense mechanisms. This same hepatic action gives it a lipolytic impact so that Aromatherapists can use Rosemary ct. verbenone in blends that are intended to assist the body with blood lipid content normalization.

Rosemary ct. verbenone is one of the most versatile and indispensable of all Essential Oils. It is a considerable asset for the Aromatherapist, not only for its effectiveness but also due to its ease of assimilation and great faculty for blending. After many years of practice, Rosemary ct. verbenone will still come up with many surprises for the watchful and respectful Aromatherapist; particularly the one who observes results at minimal and infinitesimal doses.

aromatherapy & home uses

Circulation, Muscles and Joints: Arteriosclerosis, poor circulation.

Digestive System: Hepatic disorders.

Nervous System: Psychological balancer.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.
- Drizzle 2-5 drops on shower floor, turn on the hot water, and inhale the steam to ease a cough.

INTERNAL

- 2 drops taken orally in a capsule can assist the digestive system.
- 2 drops of Rosemary ct. verbenone and 2 drops of Juniper Berry in a capsule with Grape Seed Oil can assist with urinary and bladder concerns.
- 1 drop of Rosemary ct. verbenone, 1 drop of Bay Laurel, 1 drop of Cinnamon Bark, and 1 drop of Clove Bud in a capsule with Grape Seed Oil to assist the body with the improvement of bile secretion and intestinal parasites. Helps the body with restoring the balance of the intestinal flora.

responsible cautions

- Rosemary ct. verbenone is usually taken by oral route and only rarely by cutaneous or rectal routes. It is not normally used in atmospheric diffusion, for which Rosemary ct. 1,8 cineole is more suited.
- 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.

attributes

**Certified Organic
GRAS Certified**

Producing Organ: *Flowers and Leaves*

Extraction: *Steam Distillation*

Country of Origin: *France*

topical dilution guidelines

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

pregnancy & children



safety group #2

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*

availability

10ml Bottle



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HepaDetox

HepaDetox is a blend of Essential Oils that are known to help the liver detox and also to regenerate and rebuild liver cells. The liver must deal with everyday toxins such as drugs and alcohol, food additives, and any other poisons that find their way into the digestive system, along with toxins that we breathe in or are exposed to through the skin.

It is important to protect the liver and to help it detox when possible. Drugs and alcohol are known to cause cirrhosis of the liver. Fatty Liver Disease and Hepatitis may also cause life-threatening damage to the liver.

HepaDetox is best used after the initial phase of an acute attack of illness rather than during the attack.

ingredient highlights

- The diuretic and purifying properties of Carrot Seed make it an excellent detoxifier and liver support. It is extremely helpful in fighting jaundice and hepatitis, being most effective following, rather than during, an illness, as it aids in regeneration by stimulating the growth of new cells and tissue.
- Peppermint encourages bile formation, which is essential for optimal fat metabolism, while regulating the liver.
- Lemon encourages bile secretion, aids liver function, and helps to decongest.

general uses

- Rub 1 to 2 drops of HepaDetox on the liver reflex area of the right foot. Massage in thoroughly.
- Apply 1 to 2 drops, neat, to the skin directly over the liver area. Massage in thoroughly.
- Add 2 to 3 drops of HepaDetox to the juice of ½ or 1 whole organic lemon. Mix and drink.

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.
- Do not exceed recommended dosages.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Peppermint, Lemon, and Rosehip Seed

topical dilution guidelines

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

pregnancy & children



safety group #3

Topical

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

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

availability

10ml Bottle AromaStix

AromaStix contains
Fractionated Coconut Oil



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Beaver Essence

South | Summer

Alexandria Brighton Collection
ESSENTIAL OILS

The Beaver is a member of the rodent family. He has adapted to life in the water and in so doing has become a master builder.

Beaver builds dams, canals, and safe and secure dens for his home and family.

Beaver is nature's logger. He understands the strength found in trees and how to use them as a building material.

Moving water is a formidable force, but Beaver sets out with determination to build his home against all odds.

Beaver can teach us to build and work towards our dreams, even if they seem impossible.

With Beaver, we are reminded that we have to act on our dreams and work to make them a reality. Envisioning and planning are not enough, we must take action and like the Beaver, never give up.

Beaver Lessons: Ability to build and work towards our dreams; strong sense of security; a knowing of what needs to be done to succeed, and how to go about doing it; the ability to act on our dreams and the resolve to apply physical effort to their manifestation.

Too much Beaver and we may spend our lives working hard for someone else's dream and not having the self-motivation or confidence in ourselves to go after our own dream. Balance with the complementary opposite on the Circle of Vitality, Dragonfly.

general uses

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be renewed with courage, honor, and a sense of integrity.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire clear thought.
- 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. Close your eyes and mist around yourself when you feel unsure of yourself and need courage to move forward in life.

TOPICAL

- Apply 2-3 drops to the soles of the feet to have courage to move forward in a positive direction.
- Apply 2-3 drops to the wrist and inhale to find the freedom of thought to dream big and use our increased analytical thinking to form a solid plan to turn our dreams into reality.
- 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.
- 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.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

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.

Determination • Dreams • Boundaries

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Spruce, black; Ginger Root, Spikenard, Ocean Pine, Fir, balsam; and Cedarwood Atlas

pregnancy & children



safety group #4

Topical

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

Bath

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

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

availability

5ml Bottle



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Coyote Essence

Southeast | Summer

Coyote, also known as the medicine dog, was believed to have strong power as the trickster and keeper of magic. The Coyote is such a trickster he fools himself, having developed self-sabotage into an art form.

Coyote will bring to our attention where we try to fool ourselves and trick others. It also makes us aware of how others try to trick us. In order to succeed in life, we need to be able to see our own acts of self-sabotage. Coyote is a sacred teacher. He can show us how and where we keep repeating the same mistakes over and over, moving from one disaster to the next.

With Coyote we know we must take a step back, look at a situation objectively and instead of blaming others for our circumstances we need to learn from our mistakes and move forward. Coyote's true gift is the ability to recognize self-sabotage, learn from our mistakes and survive.

Coyote Lessons: Not to take the world and ourselves too seriously; a sense of humor; pride without vanity; ability to survive in adverse environments; to be aware of our actions and to take responsibility for the consequences of those actions.

Too much Coyote essence and a person becomes vain, does not take responsibility for their mistakes and blames them on others, may be deceitful, and lives in denial and tricks themselves most of all.

Balance with the complementary opposite on the Circle of Vitality, Owl.

general uses

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be renewed with courage and self-acceptance from the Coyote.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire clear thought.
- 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 the environment as desired. Mist around yourself to ground your energy and inspire self-acceptance and courage for change or before making major decisions, to calm emotions, and to give clarity to the mind.

TOPICAL

- Apply 2-3 drops to over the heart, your center for spiritual strength and forgiveness, to overcome remorse and guilt.
- Apply 2-3 drops to the lower abdomen, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops on pulse points to create your own personalized scents.
- Use 2-4 drops on reflex points on either 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.

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.

Adaptability • Survival • Self-Sabotage

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Rosemary 1,8 cineole, Cypress, Tanacetum Annuum, Patchouli, and Sandalwood

pregnancy & children



safety group #4

Topical

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

Bath

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

availability

5ml Bottle



QUALITY ASSURANCE

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Hummingbird Essence

South | Summer

Alexandria Brighton Collection
ESSENTIAL OILS

The Hummingbird is pure joy in expression; she can fly in any direction, or hover, and has long been considered to be magical.

Hummingbird feathers were used as love charms, and Hummingbird Essence will open the heart center allowing one to experience pure bliss.

Hummingbird brings out the best in us and helps us bring joy to others.

Hummingbird overcomes harshness, discord, and disharmony.

Hummingbird Lessons: Overcoming the contradiction of duality; pure joy in expression.

Too much Hummingbird Essence and a person could flit around in all directions acting silly, or may appear to be insincere and superficial in expressing joyous enthusiasm.

Balance with the complementary opposite on the Circle of Vitality, Dove.

general uses

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Allow yourself to be surrounded by unconditional love and pure joy from the sweet Hummingbird.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire happiness and joy.
- 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. Mist around yourself to provide a high frequency energy that inspires happiness and joy.
- Mist around yourself before you meet with negative or combative people to dispel discord and animosity and create an environment of peace and harmony.
- Makes a great room spray as it brings the feeling of happiness and harmony to any environment.

TOPICAL

- Apply 2-3 drops to pulse points and inhale centering your thoughts on your spiritual joy, forgiveness for others, and unconditional love.
- Apply 2-3 drops to pulse points and inhale to increase creativity and sense of wonder.
- 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.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on reflex points on either hands or feet.

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.

Pure Joy • Harmony • Bliss

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Tangerine, Orange, sweet; Ginger Root, Grapefruit, pink; Jasmine, Ylang Ylang Complete, Rose, and Cinnamon Bark

pregnancy & children



safety group #4

Topical

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

Bath

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

availability

5ml Bottle



QUALITY ASSURANCE

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Otter Essence

South | Summer

Alexandria Brighton Collection
ESSENTIAL OILS

The Otter holds a set of lessons in female energy. This applies to both women and men as we all hold both feminine and masculine energy. It is the innocence of love found in a child's heart, given freely without jealousy or control.

With Otter there is only trust and openness to share, give, and receive love, and to be part of a relationship, group, or community.

The Otter, like a playful child, is symbolic of the inner child. Otter reminds us not to take ourselves too seriously and to experience as much fun and joy in living as we can.

To know how to play, to have fun, and to balance work with play is not only all right, it's necessary; experiencing joy and happiness is essential to our well-being.

Take time each day to nourish you inner child so you will feel as light-hearted as when you were young.

Otter Lessons: Get in touch with your inner child; balance work with play; expression of joy; develop a sense of wonder; experience happiness; optimistic viewpoint.

Too much Otter Essence and a person acts immature; too much play, not enough work; a goof off; a jokester who is not sensitive to other people's feelings.

Balance with the complementary opposite on the Circle of Vitality, White Buffalo.

general uses

BATH

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

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed when feelings bogged down and depressed by too many hours of work and a lack of rest and play.
- 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 to feel happy, joyful, and enthusiastic.

TOPICAL

- Apply 2-3 drops to the soles of the feet and run, dance, and jump around for the pure joy of it.
- 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. Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on reflex points on either hands or feet

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.

Trust • Joy • Happiness

ingredients

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

pregnancy & children



safety group #4

Topical

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

Bath

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

availability

5ml Bottle



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Squirrel Essence

Southwest | Summer

Squirrel teaches us how to plan ahead and to love ourselves enough to gather the goods, ideas, and relationships that support us and fulfill our needs. With Squirrel we maintain the balance between gathering and giving, which is essential to the flow of energy in our lives. It lets us live beyond fear, knowing that we will always be guided to prepare ourselves and have all our needs met.

Squirrel is connected to the rhythms of the Earth and knows what he will need for the “winter times” when he will have to depend on his reserves. He gathers what he needs but not more than he needs. We also need to heed Squirrel’s lesson on gathering reserves for the future and take care to gather and reserve our energy as well. In times of personal crisis or illness, we must call upon our energy reserves to get us through without any ill effect. We must become aware of where we are leaking energy by negative thought and worry, as well as what situations and people drain our energies leaving us unprepared to handle the stresses in our lives. Connect to the seasons and rhythms of the Earth with Squirrel and know that you are always provided for.

Squirrel Lessons: Feeling safe, secure and provided for; connected to a Higher Power; trusting; able to manifest what you need in the material world. Too much Squirrel Essence and a person may become greedy, hoarding, and distrustful; insecure and afraid of losing what they have accumulated

Balance with the complementary opposite on the Circle of Vitality, Dolphin.

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

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water and soak in the warmth and joy of summer. Calming and stimulating, revives optimism.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed to overcome negative thinking and restore optimism.
- 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 to create a feel-good energy of optimism, joy, and openness to abundance.

TOPICAL

- Apply 2-3 drops to the Solar Plexus Chakra to instill determination and action to your center of willpower.
- Apply 2-3 drops to the Heart Chakra to remind us to love and care for ourselves by meeting our needs now and in the future.
- 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.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on reflex points on either hands or feet.

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.

Gathering • Preparing • Saving

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ginger, Grapefruit, pink; Tangerine, and Orange, sweet

pregnancy & children



safety group #4

Topical

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

Bath

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

availability

5ml Bottle



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K&B DETOX

K&B Detox is a blend of Essential Oils that are known to help the kidneys and bladder expel toxins.

ingredient highlights

- Juniper Berry is helpful to relieve infection within the kidneys, bladder, and prostate. The antiseptic properties help remove waste materials and acidic toxins from the body while stimulating the removal of bacterial and fungal infections.
- Rosemary ct. 1,8 cineole is warming to the kidneys and bladder and helps to restore and increase the Chi (life-force) to these often depleted and overworked organs. The kidneys and bladder are associated with the Chinese element of water and the season of Winter.
- Sweet Fennel provides diuretic action by aiding digestion and elimination through the kidneys and digestive tract.
- Cypress offers diuretic action, tones the blood and lymph vessels, and decongests the lymph glands.
- Pink Grapefruit's diuretic action speeds up the circulation of lymph and the elimination of toxins; detoxing through the liver, urinary tract, gallbladder, and lymph system.
- Lemon detoxes through the blood and lymph system.
- Peppermint possesses strong antibacterial and antifungal properties, helping to remove toxins from the kidneys and bladder. It has a relaxing and antispasmodic effect on the muscles of the digestive and urinary systems and is helpful for relieving spasms in the urinary tract.
- Cedarwood Atlas has an affinity for the kidneys and acts as a tonic on these organs.
- Rose Geranium is one of the best Essential Oils known to bring balance to the fluids in the body.

suggested usage

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts, mix into warm bath water, and soak 10-20 minutes.

INTERNAL

- Add 1 to 2 drops to a "00" gel capsule and fill with Sesame Oil or Fractionated Coconut Oil. This may be helpful as a tonic for those who suffer from incontinence. Take 1 capsule with meals 1 to 3 times per day dependent upon need. Level 4 safety.

TOPICAL

- Apply 1 to 2 drops neat on the kidney and bladder reflex points on the feet, and/or the K1 acupuncture point in the center of each foot known as the "wellspring of life". Apply 1 to 3 times per day dependent upon need.
- Add an appropriate number of drops of K&B Detox to 1 ounce of ½ Grape Seed Oil and ½ Fractionated Coconut Oil. Refer to the dilution chart for the appropriate number of drops, diluting by age. Gently massage over the kidney and/or bladder area.

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.
- Diuretic Essential Oils increase the flow of urine and can be helpful where there is retention of fluid, and during detox programs when the kidney and bladder must rid the body of the increased volume of toxic waste. Diuretic Essential Oils should be used with care and are not for continuous use or to be used for long periods of time.
- Do not exceed recommended dosages or durations.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Juniper Berry, Rosemary ct. 1,8 cineole, Fennel, sweet; Cypress, Grapefruit, pink; Lemon, Peppermint, Cedarwood, atlas; and Geranium, rose

topical dilution guidelines

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

pregnancy & children

Safety Group #4: Never recommended for children or while pregnant or nursing.

Topical

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

Bath

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

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

availability

5ml Bottle



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