

JUNE OILS OF THE MONTH Fun Safe Travel

\$27 (20BV)

Free Worldwide Shipping

- Bug Pro-Tech Spray {4oz Spray Bottle}

\$67 (50BV)

\$7 Savings + Free Worldwide Shipping

- Bug Pro-Tech Spray {4oz Spray Bottle}
- After Bite Essential Oil Blend {AromaStix}
- Coriander Seed Essential Oil {10ml}

\$127 (80BV)

\$28 Savings + Free Worldwide Shipping

- Bug Pro-Tech Spray {4oz Spray Bottle}
- After Bite Essential Oil Blend {AromaStix}
- Coriander Seed Essential Oil {10ml}
- Burn Care Essential Oil Blend {10ml}
- Alert Essential Oil Blend {10ml}
- Dygest Relief Essential Oil Blend {AromaStix}



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

\$74 Savings + Free Worldwide Shipping + Try Me Product

- Bug Pro-Tech Spray {4oz Spray Bottle}
- After Bite Essential Oil Blend {AromaStix}
- Coriander Seed Essential Oil {10ml}
- Burn Care Essential Oil Blend {10ml}
- Alert Essential Oil Blend {10ml}
- Dygest Relief Essential Oil Blend {AromaStix}
- Lavender Frankincense Essential Oil Blend {10ml}
- Dispel Self Sabotage Essential Oil Blend {5ml}
- Restore Reality Check Essential Oil Blend {5ml}
- TLC All-Purpose Ointment {1oz} - "Try Me"

TRY ME PRODUCT

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

- TLC All-Purpose Ointment {1oz}

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organics

For More Information:

Name _____

Phone _____

Consultant ID # _____

Web Address _____

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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 $\frac{3}{4}$ cup of distilled water and $\frac{3}{4}$ 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 Pénœl, 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 Pénœil 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.



Fun, Safe Travel Kit



Stomach Concerns

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



Bumps & Bruises

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



Burns & Sunburn

also soothes cuts, scrapes, and stings
BURN CARE



Insects

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



Staying Calm

sleep, stress, overexcitability
CALM



Disinfection

handwashing, surface spray, laundry
PROTECTOR



Skin Concerns

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



Everything Else

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

FOR MORE INFORMATION

Name _____

Phone _____

Consultant ID# _____

Web Address _____

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QUALITY ASSURANCE

All ingredients from goDésana 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.

Bug Pro-Tech

This is a gentle but very effective insect repellent blend of Essential Oils with several seasons of successful use to its credit. Bug Pro-Tech 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.

DEET-Free

Many commercial insect repellents contain DEET, Picaridin, or IR3535, and are toxic. They're also not recommended for small children or those with compromised immune systems.

Natural repellents, on the other hand, are a much safer and more effective alternative. Bug Pro-Tech contains no added chemicals of any kind; just 100% pure certified organic and wildcrafted Essential Oils.

Protect yourself and your loved ones from insects, naturally and safely, with goDésana Organics' Bug Pro-Tech and After-Bite.

ingredient highlights

- Eucalyptus Citriodora has a high citronella content, making it a fantastic natural insecticide. The scent is believed to confuse insects, making it difficult for them to find a host. In the likelihood of a bite, Eucalyptus Citriodora also doubles as an antiseptic.
- Tea Tree Oil has been found to be an effective insect repellent. It has a very strong and distinctive smell while containing terpenes that repel insects. As it is anti-fungal and antiseptic, Tea Tree Oil can also be helpful if you are too late in applying as a natural repellent.
- Grape Seed Oil is an ideal carrier oil as Bug Pro-Tech is applied directly to the skin. It is very light and absorbs quickly without leaving your skin feeling oily.

suggested usage

- Lightly spray 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 or if you notice a mosquito landing on your skin. Can also be sprayed into the environment to repel insects while outdoors.
- For Pets: Spray lightly on hands and then apply to animal's coat. **Do not use on cats.** For fleas, please use goDésana Organics' Essential Health For Animals Flea Repellent. For ticks, please use goDésana Organics' Essential Health For Animals Tick Repellent.

responsible cautions

- 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.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Eucalyptus Citriodora, Tea Tree, and Grape Seed

pregnancy & children

Safety Group #1: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 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

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 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

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

4oz Spray Bottle



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After-Bite

After-Bite Blend is designed for topical application to assist with the itching and swelling that develops around the area of an insect bite.

When scratched repeatedly, a bite area can bleed and the skin can become abraded, allowing infection to enter the bite. After-Bite Blend disinfects, heals wounds, and promotes detoxification of the toxin injected by the insect.

DEET-Free

Many commercial insect repellents contain DEET, Picaridin, or IR3535, and are toxic. They're also not recommended for small children or those with compromised immune systems.

Natural repellents, on the other hand, are a much safer and more effective alternative. After-Bite contains no added chemicals of any kind; just 100% pure, certified organic and wildcrafted Essential Oils.

Protect yourself and your loved ones from insects, naturally and safely, with goDésana Organics' Bug Pro-Tech and After-Bite.

ingredient highlights

- Patchouli is highly effective for keeping insects at a healthy distance. It also has great antipruritic and antiseptic properties, so in the event that you are bitten by an insect, it can help to take down the inflammation as well as protect the bite from developing an infection.
- Lavender, fine helps immensely when it comes to insect bites. With its antiseptic properties, it will help destroy germs that have the potential for infection while soothing the itch and speeding up the healing process.
- Black Spruce is another great oil for assisting with the healing of wounds, bites, etc. With its antifungal, anti-infectious, and antiseptic properties, it will help with speeding up the healing process.
- Neroli has a high level of anti-bacterial properties, so it's great for healing wounds, insect bites, etc.
- Vetiver has high anti-inflammatory properties, so it's found to be very soothing, and can calm several types of inflammation. It also contains cicatrizant agents which help with the reduction of scars and dark marks sometimes left behind after a bite.
- Sweet Basil is a great oil for insect bites as it calms and reduces inflammation, reduces itching, and helps to destroy the germs that could lead to an infection.

suggested usage

- 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.

responsible cautions

- 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 Patchouli, Lavender, fine; Spruce, black; Neroli, Vetiver, Basil, sweet; and Fractionated Coconut

pregnancy & children

Safety Group #1: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 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

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 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

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

10ml AromaStix



QUALITY ASSURANCE

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Coriander Seed

Coriandrum sativum

Alexandria Brighton Collection
ESSENTIAL OILS

Therapeutic Properties: *Analgesic, aperitif, aphrodisiac, anti-oxidant, anti-rheumatic, antispasmodic, bactericidal, depurative, digestive, carminative, cytotoxic, fungicidal, larvicidal, lipolytic, revitalizing, stimulant (cardiac, circulatory, nervous system), stomachic.*

For thousands of years, Coriander Seed has been used to stimulate the appetite and impart an enticing flavor to food. An invigorating aroma makes this a valuable aid for low physical energy and fatigue. Those recuperating from illness or childbirth will find Coriander Seed especially helpful in their recovery. Coriander's energizing ability helps to stimulate the mind, enhance creativity and memory, promote confidence, and encourage self-expression. It is also an excellent aphrodisiac.

Coriander Seed is highly supportive to the endocrine and digestive systems, has been known to be supportive in balancing the blood sugar of diabetics, and aids in the treatment of arthritis. Its calming, soothing, and balancing abilities can be particularly helpful with digestive and intestinal disorders such as colic, diarrhea, indigestion, flatulence, nausea, gastrointestinal spasms, and hemorrhoids.

It has been used therapeutically, mainly in the form of an infusion for children's diarrhea, digestive upsets, griping pains, anorexia, and flatulence. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 127.]

aromatherapy & home uses

Circulation, Muscles, and Joints: Accumulation of fluids and toxins, arthritis, gout, muscular aches and pains, poor circulation, rheumatism, stiffness.

Digestive System: Anorexia, colic, diarrhea, dyspepsia, flatulence, nausea, piles, spasm.

Immune System: Colds, flu, infections (general), measles.

Nervous System: Debility, migraine, neuralgia, nervous exhaustion.

suggested usage (10 years & up)

BATH:

- Add 20 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body with toxins and fluids, aid poor circulation, arthritis, gout, rheumatism and muscular aches and pains.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to stimulate the appetite.

INTERNAL

- 2 to 3 drops in a capsule with olive oil or in honey as tea taken 3 to 4 times a day is helpful in assisting the body with arthritic pains, gout, muscular aches and pains, poor circulation, and also encourages the excretion of toxins and excess fluids. Mix 1 to 3 drops in a teaspoon of honey in warm water as tea to help the body to soothe colic, diarrhea, dyspepsia, flatulence, nausea, hemorrhoids, and spasms in children over the age of 3.

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

- To assist the body with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with 1 teaspoon carrier oil rubbed on the feet morning and night.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Used in high doses it can have a narcotic effect and must, therefore, be used in moderation.
- 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: *Seed*

Extraction: *Steam Distillation*

Country of Origin: *Bulgaria*

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*

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*

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

10ml Bottle



QUALITY ASSURANCE

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Burn Care

Burn Care was formulated to assist the body with regenerating skin that has suffered a burn or sunburn. Burns can be caused by heat, fire, radiation, sunlight, electricity, chemicals, and hot or boiling water.

There are three degrees of burns:

First-Degree: Skin is red and painful, slightly swollen, and the area turns white when you press on the skin. The skin over the burn may peel off after 1 or 2 days, and most first-degree burns usually heal in 3 to 6 days.

Second-Degree: Skin is red or splotchy and quite painful, may be very swollen, and blisters are typically present. If the second-degree burn is no larger than 3 inches (7.6 centimeters) in diameter, it may be treated as a minor burn.

Third-Degree: Skin is white or charred, and damage can affect all layers down to the bone. There may be little or no pain because nerves and tissue in the skin are damaged.

when to seek professional care

- If in doubt as to the severity of the burn, seek immediate medical attention.
- If a first-degree burn involves much of the hands, feet, face, groin, buttocks, or a major joint, seek emergency medical attention.
- If the burned area is larger or covers the hands, feet, face, groin, buttocks, or a major joint, treat it as a major burn and get medical help immediately.
- In the event of a third-degree burn, seek immediate medical attention.
- Burns that appear more than reddened or mildly blistered should be immediately seen by a doctor or emergency room personnel.
- If the skin is charred or severely blistered or if clothing or anything else is attached to the skin, leave it alone and seek immediate medical attention.

ingredient highlights

Carrot Seed is a great Essential Oil choice for most skin concerns. It contains effective disinfectant and antiseptic properties that have been shown to assist the body with skin infections and wounds.

Lavender, vera has many antiseptic and analgesic properties that make it ideal for burn relief. It is known to assist the body with healing burns, reducing the risk of scarring, and easing the pain.

Wheatgerm Oil contains high amounts of Vitamins D and E, both of which are known to be beneficial in skin health and minimizing scars.

St. John's Wort is a traditional folk remedy that is used for the topical treatment of superficial wounds, scars, and burns. The healing effect of St. John's Wort is attributed to the active ingredient hypericin, which is responsible for the anti-inflammatory, soothing, and regenerative effect of the plant and all its ingredients. St. John's Wort has been found to be beneficial in assisting the body with healing wounds and preventing scarring.

Research also shows that zinc is a naturally occurring mineral found in Sesame Seed Oil making it beneficial in the body's repair processes and for soothing burns as well as other skin conditions. Sesame Seed Oil is rich in Vitamin E along with antibacterial properties, making it effective for assisting the body with cuts, wounds, and burns. Known to promote healing and reduce the appearance and possibility of scars.

suggested usage

TOPICAL

- Apply 1 to 2 drops on location as needed.
- Add 8-10 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil.
- Apply to cuts, scrapes, and other skin abrasions to assist with healing and prevent scarring.
- Apply over minor burns that are not open wounds. If applied immediately, it may assist with blistering.

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 Carrot Seed, Lavender, vera; Wheatgerm, St. John's Wort, and Sesame 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 #1: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 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

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 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

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

10ml Bottle



QUALITY ASSURANCE

All oils from goDésana 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.

DISCLAIMER

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Alert

Alert was formulated to assist with general drowsiness and is especially effective when driving. For an immediate 'pick me up', place 1-2 drops on your hands and inhale the aroma of the oils.

The aroma will help wake you up and keep you awake for a while during those "2 O'clock drags" at work. If you don't want to get oil on your hands put the drops of oil in a cup or on a tissue and inhale.

To wake up feeling rested in the morning place 1-2 drops on the bottom of your feet after getting out of the shower or bath.

ingredient highlights

- Clove Bud has a very powerful uplifting and spicy scent. Inhaling its aroma can reduce drowsiness, irritability, and headaches. Along with relieving mental fatigue, this oil has the ability to relieve depression. Clove Bud Essential Oil is traditionally used for immune, cardiovascular, respiratory, and digestive support in addition to its widespread usage as a flavoring in food products.

Eugenol, the main chemical component in Clove Bud, makes it a very stimulating and energizing Essential Oil. It's good for promoting blood circulation and is beneficial to cardiovascular health. Clove Bud is also a powerful antioxidant, helpful in combatting free radicals and maintaining a healthy immune system.

Energetically, mentally, and emotionally, Clove Bud is said to promote healthy boundaries, helping with feelings of empowerment and encouraging one to honor their needs and speak for themselves.

- Peppermint is a refreshing Essential Oil used in aromatherapy to stimulate the mind and increase mental agility and focus. Due to its refreshing nature, it can provide relief from stress, anxiety, depression, mental exhaustion, and restlessness.

Peppermint's numerous health benefits, including its supportive effect on the liver and respiratory systems, ability to improve concentration and mental sharpness, and ability to directly affect the brain's satiety center to trigger feelings of fullness after a meal, have been studied, and proven, by the scientific community.

Peppermint Essential Oil is a very effective natural painkiller and muscle relaxant; especially helpful in soothing sore muscles and melting away headaches. It can also calm skin inflammation, help cure acne, thicken and nourish damaged hair, improve bloating and indigestion, freshen breath and reduce cavities, balance hormones, and more.

suggested usage

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- For truck drivers or those driving long distances, apply to a cotton ball and place in a vent opening. Refresh as needed.

INTERNAL

- Alert Teeth & Gums: Add 2-3 drops per cup of water and use to rinse your mouth after brushing your teeth or anytime you need an oral refresher.

TOPICAL

- Apply 2 drops on feet (neat).
- Alert Thyroid: Mix 10 drops Lemongrass, 20 drops Alert, and 5 drops L-Stimulate; add to a 10ml bottle or Aromastix, then fill the rest of the bottle with the carrier oil of choice. Apply topically over thyroid area at the base of the neck and reflexology points (big toe), and massage in 3x daily.

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 Clove Bud and Peppermint

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

10ml Bottle



QUALITY ASSURANCE

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Dygest Relief

Next to upper respiratory infections, most people suffer from gastrointestinal complaints. Dr. Daniel Péroël has taught that if you have recurring respiratory and gastrointestinal complaints, you need to purify the colon in order to break the cycle. Many forward-thinking health professionals are now recognizing the importance of purifying the colon in order to break the cycle of recurring upper respiratory illnesses.

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 Relief is a proprietary blend of Essential Oils that are both antiseptic and antispasmodic. It can assist the body with relief of indigestion, stomach cramps, nausea, and the effects of food poisoning. It helps slow rapid digestion, thereby allowing the body to absorb more life-sustaining nutrients while aiding the digestion of rich foods. DyGest Relief is well-known for its ability to calm or prevent stomach upset and ease excessive belching, bloating, gas, and hiccups.

ingredient highlights

- Sweet Basil has historically been used as a digestive tonic for stomach cramps, hiccups, ulcers, gastritis, vomiting, and constipation. Since Sweet Basil Essential Oil possesses potent carminative properties, it is often used as a tonic for the digestive system. Hence, this oil is very useful in assisting the body with digestive disorders including constipation, indigestion, and flatulence as well as stomach cramps or spasms.
- Rosemary ct. verbenone is great for relieving most digestive issues; stomach cramps, constipation, bloating, and gas. It's also known to detox your liver, a key part of the digestive process.
- Peppermint Essential Oil is one of the oldest and most well known oils for soothing digestive issues. Historically, pain from duodenal or stomach ulceration has been shown to have been helped by Peppermint, as has Irritable Bowel Syndrome and stomach cramping.
- Dill Weed Essential Oil is widely used for digestive issues. It is stimulating and activates the secretion of bile and digestive juices as well as stimulating peristaltic motion of the intestine and easing bowel movements, thereby assisting with constipation. The benefits of Dill Weed Essential Oil can be attributed to its properties as an antispasmodic, carminative, digestive, disinfectant, galactagogue, sedative, stomachic, and sudorific substance.

suggested usage

INTERNAL

- Apply 1-2 drops on the back of the hand and lick it off. This is a quick way to stop severe symptoms.

TOPICAL

- Apply on feet (neat).
- Apply 2 to 3 drops on the digestive organs reflex points of the feet.
- Rub clockwise over the colon area of the abdomen.
- Rub clockwise on the area of concern.

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.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Basil, sweet; Rosemary ct. verbenone; Peppermint, Dill Weed, and Grape 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 #1: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 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

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 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

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

10ml AromaStix

QUALITY ASSURANCE

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EMOTIONS AND YOUR HEALTH

Healthy mind, healthy body may be a time-honored aphorism, but it's only recently that that truth behind it, the connection between the mind and body, has become the focus of exploration by Western medicine.

A series of experiments performed in the 1970's isolated minute chemicals called neurotransmitters, which are used by the nervous system to transmit information, including thought processes, throughout the body.

OUR IMMUNE SYSTEM DOES NOT EXIST IN ISOLATION FROM OUR EMOTIONS.

Dispel & Restore

Scientific research shows that aromas bypass our thinking mind and create changes in our emotions. Furthermore, research has proven that the interactions between Essential Oils and brain receptors promote healing, relaxation, and immunological reactions. Of our seven senses, smell is the only one wired to the limbic area of the brain, which is considered the emotional control center. This means that when Essential Oils are inhaled, they go directly to the brain.

When a smell enters the nasal cavity, it meets up with over 50,000,000 receptor neurons which are located in the upper part of the nose and nasal septum. These receptors then convert the presence of a smell into a message which is sent to the olfactory bulb (which is seen as part of the forebrain and its main sensory input) where the processing of the smell is started and is then passed onto other areas of the brain which control emotions, behavior as well as basic thought processes. In studies performed at Vienna and Berlin Universities, researchers discovered that sesquiterpenes, a natural compound found in Essential Oils of Vetiver, Patchouli, Cedarwood, Sandalwood, and Frankincense, can increase levels of oxygen in the brain by up to 28 percent (Nasel, 1992). Such an increase in brain oxygen may lead to a heightened level of activity in the hypothalamus and limbic systems of the brain, which can have dramatic effects on not only emotions but on learning, attitude, and many physical processes of the body such as: immune function, hormone balance, and energy levels. Essential Oils can shift unconscious beliefs, emotions, and patterning - instantaneously in most cases, or soon after with repeated daily use - because the chemical constituents of pure Essential Oils, primarily Sesquiterpenes, can not only release emotions and patterning on a cellular level stored anywhere in the body, but can also help to re-anchor new healthy patterning on a DNA level. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects.

Dispel & Restore Healing System

We all have conscious and unconscious beliefs about ourselves that either drive us forward or act like an unseen weight tied to our body. These beliefs either unleash our spirit or hold us back from our potential to be and to live the best life possible, which is what we all deserve.

The Dispel and Restore Healing System is the first of its kind on the market today. Each blend positively influences energy and creates change while calming the nervous system and allowing the body to completely relax, rebalance, and restore. Each blend is named and has their intention set after familiar emotional issues we all deal with. As you work with each blend, be sure to set your intention. We invite you to improve your health in just minutes a day with the Dispel & Restore Healing System.

Scientists were excited to find that these neurotransmitters existed well beyond the physical boundaries of the brain. Similar studies revealed that neurotransmitters associated with stress could be found not only in the adrenal glands of anxiety sufferers, but in their blood as well.

Thanks to this new physical evidence, ***we now know that our immune system does not exist in isolation from our emotions.***

QUALITY ASSURANCE

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HOW TO USE THE DISPEL & RESTORE HEALTH SYSTEM BLENDS IN YOUR HOME

For best results, do an Aromatic Space Cleansing (see instructions at godesana.com) before you begin. Once you have completed the Space Cleansing, proceed through your home as you did with the Space Cleansing, using the Dispel blend first and following with its complementary Restore blend.

You can use the Dispel & Restore blends in your home or office once or twice a week as needed, until the next month when you should Space Cleanse again. Monthly Space Cleansing will keep the energy of your home clean and uplift the Chi.

You can also use misting sprays to Dispel & Restore negative energy patterns from your personal energy field so that you are not reintroducing the energy back into your environment.

Whenever needed, mist around yourself with intention, making sure not to spray the oils into your eyes or those of children and pets.

WHAT YOU NEED TO GET STARTED

2 Cobalt Blue Spray Bottles (4oz)

1 Gallon Distilled Water

10-12 Drops Dispel Blend

10-12 Drops Restore Blend

Fill bottles ½ full of distilled water, add the drops of Essential Oil, and then finish filling with distilled water. Shake well before each use.

SPACE CLEANSING WITH INTENTION

Use the Dispel & Restore Health System Blends in your home, office, and personal energy field to assure there are no residual energy patterns to cause discord in your life.

You need to be in a calm, focused mood. If you are anxious, upset or otherwise feeling out of sorts, you need to regain your calm before you start. Begin by closing your eyes and taking three deep breaths, in through the nose and slowly out through the mouth, visualizing your body relaxing with each exhale.

Once you are in a calm, focused mood close your eyes and with the Dispel Blend mister, mist around yourself starting at the top of your head, down the front and then down the back, holding the mister 1 to 2 feet from the body.

Remember, this is not perfume you're applying; you are applying it to your bioelectrical field, so you do not need to spray it directly on the body. Proceed to mist the different areas of your home following the path you used for the Space Cleansing.

When you have finished with the Dispel Blend mister, repeat with the complementary Restore Blend mister.

ADDITIONAL SUGGESTED USAGE

Bath

- Add 5 to 10 drops of selected Essential Oil to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to 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 instead.
- For a foot bath, add 4 to 8 drops of selected Essential Oil to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking can help cleanse negative beliefs held in your personal energy field.

Inhalation

- Diffuse 10 minutes per hour as needed throughout the day.
- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.

Topical

- Add 8-10 drops per 1 tablespoon of massage or carrier oil for foot rubs or localized massage; or in larger quantities for full body massage.

DIS-PEL

verb

to make (something, such as a belief, feeling, or idea) go away or end

Reasonable Cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Do not spray your blends directly onto the furniture, clothing, curtains or other fabric that might stain or water spot.
- Do not spray onto electrical equipment such as televisions, computers, stereo or other electrical appliances.

DISPEL ANGER. RESTORE EMPATHY.

Availability: 5ml Bottle

Excessive or inappropriately expressed anger can damage your health, wealth, and relationships. Anger can ultimately be traced to a lack, or loss, of love. Dispelling anger disperses the rage and allows one to make room for love to re-enter one's life. An environment or personal energy field that holds on to anger is a very uncomfortable and often intimidating place to be. Anger is a natural and healthy emotion when appropriately expressed. However, in excess or when inappropriately expressed, it is destructive to one's personal chi. Dispel Anger prepares the angry person for the use of Restore Empathy Essential Oil Blend.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Orange, sweet; Bergamot, Grapefruit, pink; Helichrysum, Rose, Spikenard, and Jojoba

Empathy is the experience of identifying and understanding another person's feelings without experiencing those feelings for yourself at that particular moment. You place yourself in their shoes and feel what they are feeling. Empathy is known to increase prosocial (helping) behaviors, and many animals survive not by eliminating each other, or by keeping everything for themselves, but by cooperating and sharing. Restore Empathy can help us share or recognize emotions experienced by those whose opinions, practices, race, religion, nationality, etc. differ from our own.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Sandalwood, Chamomile, roman; Myrrh, Lavender, fine; Spikenard, Angelica, Rose, and Fractionated Coconut

DISPEL BAD RELATIONSHIPS. RESTORE UNCONDITIONAL LOVE.

Availability: 5ml Bottle

We all tend to carry the baggage of wounds sustained by the heart. Carrying toxic residue from a bad relationship into a new one is a guarantee of ultimate failure for the new relationship. Clearing the air by letting go of thoughts and emotions that tie us to past relationships is necessary to pave the way for a fresh start with someone new. Holding on to the painful wounds of past relationships is a great way to spoil the chances of finding new ones. Dispel Bad Relationships prepares one's energy field for the companion blend Restore Unconditional Love.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ylang Ylang Complete, Ginger Root, Juniper Berry, Fennel, sweet; Geranium, rose; Sandalwood, Rose, and Jojoba

Unconditional Love is a choice; a decision made to love with no regard to circumstances or disappointments. It is also learned and practiced. You must choose to love unconditionally. Restore Unconditional Love was created to support the Heart (4th) Chakra, our energy center of benevolence and compassion. It supports us in being more open and emotionally available to others.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Ylang Ylang Complete, Palmarosa, Jasmine, Mandarin, red; Myrrh, Geranium, rose; Rose, and Lavender, vera



DISPEL & RESTORE

DISPEL ENTITLEMENT. RESTORE RIGHT USE OF POWER.

Availability: 5ml Bottle

Those with a sense of entitlement may prioritize trivial pleasures for themselves over basic needs like paying rent or putting food on the table. They have unrealistic, unmerited, or inappropriate expectations of favorable living conditions and favorable treatment at the hands of others. A sense of entitlement is a malignant form of self-love that often harms those around us, indirectly harming us over the long term. This narcissistic mindset is, quite often, the result of failing to learn as children that the universe doesn't revolve around us. Feelings of entitlement prevent gratitude from flowing into our lives. Dispel Entitlement can help those who think the world owes them something to release that destructive pattern of thought and behavior.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rose, Clary Sage, Peppermint, Grapefruit, pink, Tanacetum annuum, Ylang Ylang Complete, Frankincense, Geranium rose; Sandalwood, and Fractionated Coconut

Power is often thought of as a form of control by one person or group over others. In this sense, power refers to the ability of actions by the relatively powerful to affect the actions and thoughts of the relatively powerless. Power can, however, also be used in a more positive sense, as in the power to bring about change in our lives or the lives of others. Power comes from embracing spiritual values rather than just earthly values; from making kindness, love, and compassion for ourselves and those around us more important than controlling the actions and thoughts of others. We must be cautious not to misuse our power over others. Restore Right Use Of Power helps us to not infringe on the free will or rights of others.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Clary Sage, Peppermint, Tanacetum annuum, Frankincense, Elemi, Sandalwood, and Fractionated Coconut

DISPEL FEAR. RESTORE COURAGE.

Availability: 5ml Bottle

Fear is an illusion, but once given life fear becomes real. If we accept fear, we give fear a basis for existence; we make fear real, and we give fear life. The soothing aroma of Dispel Fear quickly calms and balances the emotions while allowing the mind to release our fears. Dispel Fear can help to soothe, balance, ground, and stabilize the body emotionally.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Geranium, rose; Rose, Palmarosa, and Neroli

Courage is the ability to act in spite of our fear. Fear is not the enemy, but rather our intuition guiding us in the direction we are intended to follow, much like a compass. The powerful aroma of Restore Courage grounds and balances the emotions while empowering the mind. Restore Courage can help to balance, ground, and stabilize the body emotionally.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rosewood, Tanacetum Annuum, Spruce, black; Sage, and Bay Laurel

DISPEL JUDGMENT. RESTORE TOLERANCE.

Availability: 5ml Bottle

Judgment comes, in part, from our own fears. We judge others because we're not comfortable with ourselves. By judging, we determine, rightfully so or not, where we stand in relation to others. Sometimes we focus on others' faults when we should instead be working to improve ourselves. Judgment is divisive; it separates and closes our hearts. Dispelling judgment means learning to appreciate ourselves and others with an open heart. Dispel Judgment can help those who judge people or situations to release that pattern of thought and behavior. Dispel feelings of judgment and replace them with the positive energy of the companion blend, Restore Tolerance.

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

Tolerating others is not difficult once we understand them. If we relate to others, or at least see where they're coming from, tolerating them becomes less of a task. Tolerance provides us an opportunity to learn from others while respecting and valuing their differences. Tolerance works as a barrier to prejudice and brings people together. Tolerance is strength of character, as well as learned behavior. Restore Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.

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



DISPEL & RESTORE

DISPEL POVERTY. RESTORE PROSPERITY.

Availability: 5ml Bottle

Poverty mentality is an attitude. It's a way of thinking said to perpetuate poverty because the focus is on what one doesn't have rather than what one does have. Thoughts and comments such as "I can't afford this..." and "I'll never have enough money for that..." can turn out to be a self-fulfilling prophecy. Rather than concentrating on what we don't have compared to others, we need to focus on what we do have and how to positively get what we want. Dispel Poverty can help those who think negatively about money to release that pattern of thought and behavior. **Note:** *Not recommended for bath or massage.*

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Juniper Berry, Patchouli, Orange, sweet; Pine, scotch; Cinnamon Bark, Cedarwood, atlas; Ginger Root, Spikenard, Spruce, black; Nutmeg, and Fractionated Coconut

The Essential Oils found in Restore Prosperity open your chakras energetically to experience prosperity and abundance. Restore Prosperity will infuse creativity into your life allowing for all forms of prosperity and abundance to flow easily and without worry, struggle or strain. Energize your surroundings with the radiant and magnetic energy of prosperity and abundance. This blend represents prosperity in all its forms; increased opportunity, financial gain, abundant friends, increased health and wellbeing. It contains spices that in ancient times were considered more valuable than gold. Formulated to capture the power of the Law of Attraction in your world on a daily basis. **Note:** *Not recommended for bath or massage.*

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Orange, sweet; Cinnamon Bark, Ginger Root, Spruce, black; and Nutmeg

DISPEL SELF-SABOTAGE. RESTORE REALITY CHECK.

Availability: 5ml Bottle

Whether we call it low self-esteem, being ashamed, or our "inner critic", the reality is that many people secretly feel unworthy. Dispel Self-Sabotage can help us learn to get out of our own way; to stop sabotaging good in our lives by feeling as though we don't deserve it. Dispel feelings of unworthiness and replace them with the positive energy of the companion blend, Restore Reality Check.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rose, Vetiver, Neroli, Rosemary 1,8 cineole; Cypress, Tanacetum annuum, Geranium, rose; Patchouli, Sandalwood, and Fractionated Coconut

Restore Reality Check helps us stay grounded in the now; to be present in actual reality rather than unrealistic ideas of how things should be. In many ways being grounded in the now allows our mind to rest and not run amok on us. Understanding our reality and being very truthful with ourselves about where we stand today is foundational to achieving any solid plan for the future. Without an honest reality check, future plans for growth will prove to be fantasies.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rose, Neroli, Elemi, Rockrose, Tangerine, Geranium, rose; Balsam, fir; Patchouli, Tanacetum annuum, and Fractionated Coconut

DISPEL SICKNESS. RESTORE BALANCE.

Availability: 5ml Bottle

Dispel Sickness contains Essential Oils that are known to be antibacterial and antiviral when diffused into the air. It can cleanse the air and help prevent cross infection as well as removing the energy of hypochondria. This blend works best in a diffuser, but can also be used as a misting spray.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. linalool, Ocean Pine, Eucalyptus globulus, Tea Tree, Lemon, and Jojoba

All of us are familiar with the change in our bodies after a severe flu, broken limb, or difficult surgery. No matter what the issue, the antidote to sickness is wellness, both physically and emotionally. Regardless of what the day brings you; rushing around your home, at the office, through the supermarket, or in and out of appointments and vehicles, you can Restore Balance after an illness, or best of all, before an illness occurs. Restore Balance is the perfect Essential Oil to introduce into your daily routine.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Ravensara, Eucalyptus radiata, Palmarosa, Thyme ct. linalool, and Niaouli

DISPEL & RESTORE

DISPEL SUPERIORITY. RESTORE HUMILITY.

Availability: 5ml Bottle

Individuals with a sense of superiority typically maintain a feeling that they are better or more important than others and have a general disregard for the thoughts and feelings of others. Those with a sense of superiority often lack empathy and frequently have a difficult time maintaining close relationships. Dispel Superiority helps those individuals balance a healthy feeling of self-worth with empathy and compassion for others.

Ingredients: 100% Pure Certified Organic and Wildcrafted oils of Patchouli, Marjoram, sweet; Grapefruit, pink; Ylang Ylang Complete, Clary Sage, Sandalwood, Lavender, fine; Peppermint, Tanacetum annuum, Frankincense, Elemi, Bergamot, Cypress, Cedarwood, atlas; Juniper Berry, Benzoin Absolute, and Jojoba

Leadership requires us to be a servant to others with strength and sincerity. Restore Humility shows us how to express strength without ego. Humble leaders know the balance between being gentle and remaining strong. Use before meeting with others to develop your humble servant leadership within. Restore Humility helps us to understand that our purpose is bigger, and will last longer, than us.

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

DISPEL VICTIMIZATION. RESTORE INDEPENDENT SELF.

Availability: 5ml Bottle

Victim mentality is a learned personality trait in which one tends to regard him or herself as a victim of circumstances or the negative actions of others, and then thinks, acts, and speaks as if that really were the case. Dispel Victimization can help those who see themselves as victims to release that pattern of thought and behavior. Dispel feelings of victimization and replace them with the positive energy of the companion blend, Restore Independent Self.

Ingredients: 100% Pure Certified Organic and Wildcrafted oils of Melissa, Rose, Bergamot, Chamomile, roman; Ylang Ylang Complete, Geranium, rose; Jojoba, Sandalwood, Bay Laurel, Juniper Berry, Lemongrass, Grapefruit, pink; and Fractionated Coconut

Independent people take responsibility for every action and circumstance in their lives. They know they cannot control circumstances, but they can control their response to those circumstances. Independent people don't rely on external validation to feel good about themselves. They build an inner stability and fuel their lives with positive emotions no matter what other people say or do. Independent people who feel capable and strong are never victims. Find that power for yourself with Restore Independent Self.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cypress, Bergamot, Cinnamon Bark, Cedarwood, atlas; Juniper Berry, and Fractionated Coconut Oil

RE-STORE

verb

to put or bring (something) back into existence or use

For More Information:

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goDésana 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.

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TLC All-Purpose Ointment

tea tree / lavender, fine / cistus

Alexandria Brighton Collection
ESSENTIAL OILS

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.

ingredient highlights

- Australian researchers have performed many studies proving the efficacy of Tea Tree's ability in fighting bacterial infections. Tea Tree, unlike antibiotics, does not kill indiscriminately, but can identify and kill destructive bacteria while leaving the friendly bacteria we need to stay healthy.
- Lavender, fine is known to assist the body with its ability to heal wounds due to its powerful antiseptic properties. Applying it to cuts and scrapes increases cell growth while accelerating the healing process and lessening the possibility of scars. It's also known to assist with/stop bleeding, clean the wound, and kill pathogens.
- Cistus Essential Oil has anti-hemorrhagic, anti-inflammatory, antiviral, antibacterial, and immune supporting properties that make it ideal in healing wounds, diminishing bruising, and reducing inflammation.
- Arnica Oil helps to reduce swelling, protect against infections, and alleviate pain. It's often used in sports medicine as homeopathic first-aid relief for sports and exercise related injuries.
- Tamanu Oil has the ability to promote the growth of new tissue when applied to a wound. It is often used to relieve irritation caused by scrapes, burns, rashes, insect bites, scars, and sunburn. With its regenerative effects, it can bring comfort after too much sun exposure while breaking down some of the free radicals caused by the UV rays.
- Peppermint Essential Oil is a highly effective natural pain killer and muscle relaxer. It's great for alleviating and soothing tight and sore muscles, aches and pains, and tension headaches. It's also been found to be a great itch reliever whether you're battling a rash, bug bite, or poison ivy. Peppermint Oil also has the power to hydrate dry/burned skin and is great for soothing the pain and irritation of a sunburn.

suggested usage

TOPICAL

- Gently massage onto areas of concern as needed.
- To ease sore and tired feet massage with TLC All-Purpose Ointment.
- Great moisturizer for heels, knees, and elbows.

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

Theobroma cacao (Organic Cocoa) Butter, *Simmondsia Chinensis* (Organic Jojoba) Oil, Wheat Germ, *Mentha piperita* (Organic Peppermint) Leaf Essential Oil, *Olea Europaea* (Organic Olive) Oil Extract of (Organic Arnica) Flowers, *Calophyllum Inophyllum* (Organic Tamanu) Oil, *Borago officinalis* (Organic Borage) Seed Oil, *Melaleuca alternifolia* (Tea Tree) Essential Oil, *Lavandula angustifolia* (Lavender, fine) Essential Oil, and *Cistus ladaniferus* (Cistus) Essential 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 #1: Generally reported as safe when properly diluted and used as directed with children and while pregnant or nursing.

Topical

- Infant to 3 months - *safe when used as directed*
- 3 months to 3 years - *safe when used as directed*
- 3 to 5 years - *safe when used as directed*
- 5 to 10 years - *safe when used as directed*
- Pregnancy - *safe when used as directed*

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 the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

1oz Jar



QUALITY ASSURANCE

All oils 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.

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.

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