



MAY OILS OF THE MONTH Age Delay Beauty

\$27 (20BV)

Free Worldwide Shipping

- Age Delay Beauty Serum {10ml Dropper Bottle}

\$67 (50BV)

Free Worldwide Shipping

- Age Delay Beauty Serum {10ml}
- Age Delay Hair & Scalp Serum {10ml}

\$127 (80BV)

Free Worldwide Shipping

- Age Delay Beauty Serum {10ml}
- Age Delay Hair & Scalp Serum {10ml}
- Age Delay Facial Cleanser {4oz}
- Age Delay Rose Moisturizing Cream {1oz}



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

\$93 Savings + Free Worldwide Shipping + Try Me Product

- Age Delay Beauty Serum {10ml}
- Age Delay Hair & Scalp Serum {10ml}
- Age Delay Facial Cleanser {4oz}
- Age Delay Rose Moisturizing Cream {1oz}
- Age Delay Hydrating Hand & Body Lotion {4oz}
- Age Delay Scar & Stretch Mark Serum {10ml}
- Gift Box
- Organic Bath Bar {Randomly selected}
- Loofah
- Dispel Bad Relationships Essential Oil Blend {5ml}
- Restore Unconditional Love Essential Oil Blend {5ml}
- Age Delay Skin Renewal Serum {10ml} - "Try Me"

TRY ME PRODUCT

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

- Age Delay Skin Renewal Serum {10ml}

goDésana
organics

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For More Information:

Name _____

Phone _____

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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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Age Delay Beauty

C L E A N • S A F E • I N D U L G E N T

Indulge Yourself the way nature intended

“ We look good, we smell good, and we have just exposed ourselves to 200 different chemicals a day through personal care products.

~ U.S. News & World Report, 1998 ”

We believe there are more important elements to skincare than catchy marketing, fancy packages, and airbrushed faces. The actual ingredients, and whether they're pure and safe or toxic to your body, are what really matters.

Every day we use products we think are safe; but the truth is that products are not always safe, and manufacturers don't have to tell us so.

In a typical day, you may be exposed to over 200 different chemicals, many of which are suspected to cause cancer or disrupt hormonal balance.

Yes, they're trace amounts in most cases, but the cumulative effects could be devastating for babies, pregnant mothers, and those with serious illnesses like cancer and immune disorders.

Culturally, skin defines much of our standard for beauty; bright, youthful skin signals health and vitality.

Biologically, our skin is our first line of defense. As our body's largest organ, our skin is our most important immune defense barrier.

Our skin holds our bodies together, shielding us from the outside world. It is our protective covering, our first barrier to fight illness and disease, and a passageway to our bloodstream.

Skin absorption is the number one form of chemical absorption and contamination. Commercial products with harmful petroleum ingredients can "plasticize" skin, making it difficult for toxins to be eliminated.

Protect your family by reading product labels and choosing products free of toxic ingredients.



What we put on our skin is just as important as what we put in our body; both affect the well being of our entire body (skin included!).

The next time you slather on that chemical laden lotion or soak in a toxic tub, remember that your skin absorbs a large percentage of what you put on it.

Age Delay Beauty products are guaranteed free of all harmful and toxic ingredients. They leave your skin feeling soft and smooth, and you can feel safe knowing that you're indulging yourself the way nature intended!



Age Delay Beauty System

3 Steps To A More Beautiful You

At goDésana Organics, we're obsessed with only pure plant ingredients for our products. But we go further than just sourcing safe, organic ingredients; we research & check every ingredient against the Environmental Working Group's database of over 8,592 personal care product ingredients.

We know

YOU WILL BE WOWED

1 Cleanse

Age Delay Facial Cleanser
Use morning & night

Age Delay Facial Cleanser combines gentle cleansers with natural earth elements. It removes dirt, oil, and dead skin from your face gently and effectively. It is also very effective in the gentle removal of stubborn eye make-up and mascara without leaving your eyes sore. A truly refreshing yet mild cleanser that will prepare your face perfectly for goDésana Organics' Age Delay Rose Moisturizing Cream in the morning and goDesana Organics' Age Delay Beauty Serum in the evening.

Ingredients: Certified Organic Chamomile Tea, Certified Organic Saponified Coconut Oil, Certified Organic Saponified Extra Virgin Olive Oil, Certified Organic Unrefined Saponified Shea Butter, Certified Organic Saponified Jojoba Oil, Certified Organic Yellow Beeswax, Certified Organic French Green Clay, Certified Organic Non-GMO Guar Gum, Certified Organic Chlorella Powder, Certified Organic Rosemary Extract, and Certified Organic Non-GMO Mixed Tocopherols, Wildcrafted Rose Essential Oil, Wildcrafted Ylang Ylang Complete Essential Oil, Wildcrafted Sandalwood Essential Oil, and Wildcrafted Geranium, rose Essential Oil

2 Tone

Age Delay Facial Toner
Use morning & night

goDésana Organics' Age Delay Facial Toner helps cleanse skin deeply while gently exfoliating dead skin cells to restore the appearance of a youthful, glowing complexion. Organic vegetable glycerin locks in moisture while Organic Willow Bark Extract soothes stressed skin.

Ingredients: Certified Organic Aloe Barbadensis Leaf Juice, Certified Organic Peppermint Leaf, Certified Organic Glycerin, Certified Organic Alcohol Extracts of Organic White Willow Bark, Certified Organic Bilberry Fruit, Certified Organic Sugar Cane, Certified Organic Sugar Maple Granules, Certified Organic Orange Peel, Certified Organic Lemon Peel, and Certified Organic Cranberry Fruit

3 Moisturize

Age Delay Rose Moisturizing Cream
Use in the morning

goDesana Organics' Rose Moisturizing Cream is a rich, high-performance cream perfect for dehydrated skin that provides the dual benefits of hydration and antioxidant protection. Hydrates skin, helping to replenish and balance skin's moisture during the day and restore skin's natural radiance.

Ingredients: Aloe Barbadensis (Organic Aloe) Leaf Juice, Cocos Nucifera (Organic Coconut) Oil, Rosa Mosqueta (Organic Rosehip) Seed Oil, Argania Spinosa (Organic Argan) Kernel Oil, Organic Sugar Cane Alcohol, Limnanthes Alba (Meadowfoam) Seed Oil, Organic Beeswax, Organic Lecithin, Pelargonium Graveolens (Geranium, rose) Essential Oil, Prunus domestica (Organic Plum) Seed Oil, Rosa Damascena Flower Essential Oil, Boswellia carteri (Frankincense) Essential Oil, Organic Copernicia prunifera (Carnauba) wax, Butyrospermum Parkii (Organic Shea) Butter, Theobroma Cacao (Organic Cocoa) Seed Butter, Macadamia Ternifolia (Macadamia Nut) Seed Oil, Helianthus Annuus (Organic Sunflower) Seed Oil, Hippophae Rhamnoides L (Organic Seabuckthorn) Oil, Vitis Vinifera (Organic Grape) Seed Oil, Maranta arundinacea (Arrowroot) Root Powder, Cananga odorata (Ylang Ylang Complete) Essential Oil, Cocos nucifera (Coconut) Oil (and) Gardenia tahitensis (Tiare) Flower Extract (and) Tocopherol (and) Helianthus annuus (Sunflower) Seed Oil, Carica Papaya Fruit Extract (and) Curcubita Pepo (Pumpkin) Extract Organic Calendula Oil, Lavandula angustifolia (Lavender, fine) Essential Oil, Punica Granatum (Organic Pomegranate) Seed Oil, Non GMO Xanthan Gum, and Tocopherol (Vitamin E) Oil



Age Delay Beauty Serum
Use at night

Indulge your thirsty skin with goDésana Organics' Age Delay Beauty Serum. This versatile blend of Seed and Essential Oils is so simple and perfectly balanced; it applies lightly and cleanly, and absorbs quickly without leaving a heavy, oily feel.

Ingredients: Rosa Mosqueta (Organic Rosehip) Seed Oil, Hippophae Rhamnoides L (Organic Seabuckthorn) Oil, Prunus domestica (Organic Plum) Seed Oil, Boswellia carteri (Frankincense) Essential Oil, Rosa Damascena (Rose) Essential Oil, Argania Spinosa (Organic Argan) Kernel Oil, Macadamia Ternifolia (Organic Macadamia Nut) Seed Oil, Vitis Vinifera (Organic Grape) Seed Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Lavandula angustifolia (Lavender, fine) Essential Oil, Punica Granatum (Organic Pomegranate) Seed Oil, Pelargonium Graveolens (Geranium, rose) Essential Oil, and Tocopherol (Vitamin E) Oil

How Toxic Are Your Products?

Use the world's most trusted non-profit cosmetic database to educate yourself about the toxicity of your favorite brands.

Grab a product, enter the ingredients into the EWG database (<http://www.ewg.org/skindeep/>), then remove and replace with always pure, safe, and indulgent Age Delay Beauty Products.

<http://www.ewg.org/skindeep/>

Always
Free of...

At goDésana Organics, we believe overall wellness is the basis for all happiness in life. So whether you're looking for products to assist with crow's feet, fine lines and wrinkles, or sensitive skin; need help with hormonal break-outs, or want to fade dark circles... we have the toxin-free solution.



Age Delay For The Body

“ Stop putting toxins & chemicals on your body.

We invite you to indulge in Alexandria Brighton's exclusive handcrafted line of skin care products that uses only certified organic, non-GMO, and gluten-free ingredients, and is always 100% cruelty-free.

”

Tone, tighten, brighten, and renew your skin with plant-based, organic, natural skincare products your body will love. Pure organic and natural ingredients, without the mysteries.

Age Delay Hair & Scalp Serum *Use up to 3 times weekly*

Nourishes the scalp and revitalizes damaged, thinning hair. When combined with heat and massage, this serum will increase scalp circulation resulting in a healthy, supple, well-nourished scalp.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Cedarwood, atlas; Juniper Berry, Rosemary ct. 1,8 cineole, and Argan

Age Delay Hydrating Hand & Body Lotion *Use up to 3 times daily*

Our creamy smooth lotion will hydrate and nourish your skin. Made from organic ingredients, this lightly scented formula can be personalized with a few drops of your favorite Essential Oils.

Ingredients: Organic Chamomile Tea, Organic Coconut Oil, Organic Sugar Cane Alcohol, Organic Beeswax, Organic Lecithin, Organic Carnauba Wax, Organic Shea Butter, Organic Cocoa Butter, Organic Sunflower Oil, Organic Coconut Fatty Acid, Organic Arrowroot Powder, Organic Aloe Vera Juice, Organic Calendula Oil, Non GMO Xanthan Gum, Organic Rosemary Extract, Mixed Tocopherols

Age Delay Scar & Stretch Mark Serum *Use up to 3 times daily*

Perfect for effectively preventing and treating scars and stretch marks. It is a powerhouse of potency and you can expect to see visible improvements in your stretch marks and scars within 8 to 12 weeks.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, vera, Frankincense, Macadamia Nut, and Grape Seed

Age Delay Skin Renewal Serum *Use daily alone, or add to Beauty Serum at night*

Powerful Skin Renewal Serum stimulates skin's natural healing process for an even skin tone and a soft, supple complexion. Can be added to your favorite Age Delay personal care products or used alone. Perfect for use as a men's aftershave to soothe, protect, and renew.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Petitgrain, Carrot Seed, Lavender, vera; Wheatgerm, and Sunflower

Age Delay Skin Toning Serum *Use up to 3 times daily*

Tightens skin on tummies, thighs, breasts, arms, etc. Use wherever you want smoother, firmer looking skin.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Geranium, rose; Ylang Ylang Complete, Lavender, vera; and Sesame Seed

PARABENS

Used as a preservative. Not always labeled. Found in deodorant and personal care products. Linked to male sterility and early puberty. Found in breast cancer tumors.

PROPYLENE GLYCOL & BUTYLENE GLYCOL

Used to increase absorption of products into the skin. Found in everything. EPA warns against skin contact to prevent brain, liver, and kidney abnormalities.

SODIUM LAURYL SULFATE (commonly known as SLS)

Used to create suds and found in 90% of personal care products. Studies have confirmed that during normal skin contact Sodium Lauryl Sulfate enters the body, and some of it never leaves. This results in a gradual build-up of chemical residue in the heart, liver, lungs, and brain.

TRICLOSAN

Synthetic antibacterial ingredient. EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans.



The Deadly Dozen

Toxic Ingredients To Avoid

“ goDésana Organics products are, and always have been, free of these toxic ingredients. Our pure, certified organic and wildcrafted ingredients are sourced from around the world and approved by our exclusive purveyor and formulator, Alexandria Brighton.

~ Paula & Ben Scarcella ”

Alcohol, Isopropyl, SD-40

- Drying, irritating solvent that strips skin's moisture and immune barrier, making you vulnerable to bacteria and viruses
- Made from the same petroleum derivative used in shellac and antifreeze
- Promotes brown spots and premature aging

Found in: Lotions, creams, deodorants, etc.

DEA (diethanolamine), MEA (monoethanolamine) & TEA (triethanolamine)

- Hormone-disrupting chemicals that can form cancer-causing nitrates
- Restricted in Europe due to carcinogenic effects, yet are still used in the US
- Americans are exposed to these chemicals multiple times a day

Found in: Body lotions, body washes, cleansers, shampoos, shaving creams, bubble bath, etc.

DMDM and Urea (Imidazolidinyl)

- Two of many preservatives that often release formaldehyde which causes joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep

Found in: Body lotions, body washes, anti-bacterial hand washes, cleansers, shampoos, etc.

FD&C Color Pigments

- Synthetic colors from coal tar that deposit toxins onto the skin, causing skin irritation
- Absorption of certain colors can cause depletion of oxygen in the body and death
- Animal studies have shown almost all of them to be carcinogenic

Found in: Shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc.

Fragrances

- Can contain up to 4,000 ingredients including animal urine, many toxic or carcinogenic
- Causes headaches, dizziness, allergic reactions, skin discoloration, violent coughing, vomiting, and skin irritation
- Fragrances affect the nervous system causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes

Found in: Shampoos, toothpastes, body washes, cleansers, baby products, wipes, hand washes, deodorants, lotions, creams, etc

Mineral Oil

- Petroleum by-product that coats the skin similar to plastic wrap, clogging the pores
- Interferes with skin's ability to eliminate toxins, promoting acne and other disorders
- Slows down skin function and cell development, resulting in premature aging

Found in: Lotions, creams, etc. Baby oil is 100% mineral oil!

Parabens

- Studies show that parabens – alkyl hydroxy parabens – alpha hydroxy benzoate (methyl-, ethyl-, propyl- and butyl-parabens) are weakly estrogenic having the ability to mimic estrogen in the body
- Butyl-paraben is the most potent

Found in: Baby wipes, baby body washes, anti-bacterial hand washes, facial wipes, body lotions, shampoos, etc.

Polyethylene Glycol (PEG)

- Carcinogenic petroleum ingredient that reduces the skin's natural moisture
- Increases the appearance of aging and leaves you vulnerable to bacteria
- Used in spray-on oven cleaners and in cleansers to dissolve oil and grease

Found in: Baby wipes, diaper creams, baby lotions, cleansers, body washes, deodorants, etc.



Propylene, Ethylene and Butylene Glycol

- Main ingredient in AntiFreeze
- Acts as a “surfactant” (wetting agent and solvent)
- Penetrates the skin and weakens protein and cellular structure
- Strong enough to remove barnacles from boats

Found in: Baby wipes, diaper creams, baby lotion, facial cleansing cloths, facial cleansers, body washes, shampoos, toothpastes, etc.

Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES)

- Detergents that pose serious health threats
- Used in garage floor cleaners, engine degreasers, and in 90% of all personal care products that foam

Found in: Baby body washes, baby shampoos, anti-bacterial hand washes, shaving cream, body lotions, shampoos, etc.

Sodium Hydroxide

- The most recent addition to personal care products
- May be fatal or cause permanent damage if swallowed
- May cause blindness
- This is a poison (caustic lye) found in drain cleaners

Found in: Toothpastes, baby lotions, hand and body lotion, etc.

Triclosan

- Synthetic “antibacterial” with a chemical structure similar to Agent Orange!
- The EPA registers Triclosan as a pesticide, giving it high scores as a risk to human health and the environment
- It is in a class of chemicals suspected of causing cancer in humans

Found in: Anti-bacterial hand wash, antibacterial toys, etc.

FOR MORE INFORMATION

Name _____

Phone _____

Web Address _____

Consultant ID# _____

goDésana
organics

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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.

©2012 Alexandria Brighton,
Brighton Institute of Botanical Studies

Alexandria Brighton Collection
ESSENTIAL OILS

Age Delay Beauty

Beauty Serum

Indulge your thirsty skin with goDésana Organics' Age Delay Beauty Serum. This versatile blend of Seed and Essential Oils is so simple and perfectly balanced; it applies lightly and cleanly, and absorbs quickly without leaving a heavy, oily feel.

Age Delay Beauty Serum is incredibly versatile too, working perfectly as a massage oil, a face and body serum, a facial oil cleanser, a smoothing hair oil, or a hand and cuticle rub.

ingredient highlights

Moisturizing

- Organic Plum Kernel Seed Oil dramatically improves skin elasticity, as it nourishes and moisturizes. Effective in treating dry skin, psoriasis, eczema, scars, and acne.
- Rose Essential Oil is an extraordinary beauty oil supporting every skin type. Especially recommended for infected, dry, or sensitive skin, it is helpful for aging skin and is often found in high-end rejuvenation cosmetics.
- Organic Argan Oil is a rich source of nutrients particularly beneficial for the skin, hair, and nails. It's packed with antioxidants, Vitamins A & E, and has been proven to ease inflammation while keeping the skin moisturized.
- Macadamia Nut Oil is fabulously protective with a high absorption rate. It can be used as a healing oil for scars, sunburn, minor wounds, and other irritations.
- Meadowfoam Oil is high in antioxidants that contain great anti-aging properties. It's an effective moisturizer that can reduce the look of fine lines, wrinkles, and scars.
- Organic Sunflower Oil is known for retaining moisture and is high in antioxidants that keep out free radicals which may cause premature aging.

Anti-Aging

- Sea Buckthorn Oil has a high amount of Vitamin C which offers a maximum amount of antioxidants and anti-inflammatory properties. The antioxidants improve the skin texture and overall pigmentation.
- With a history dating back thousands of years, Frankincense Essential Oil is known for its powerful healing and anti-aging benefits. It promotes healthy cell regeneration, treats dry skin, reverses signs of aging, and lessens the appearance of scars.
- Lavender, fine Essential Oil has great soothing qualities and can reduce inflammation leaving the skin tone even, with an all around better texture. It also relieves tension and stress which are main causes of premature aging.
- Organic Pomegranate Seed Oil help to reverse signs of skin damage, and reveal a more youthful appearance. It contains punicic acid which is an omega 5 fatty acid that has very high anti-inflammatory properties.

suggested usage

- Shake well before use.
- Use nightly.
- After cleansing and toning, apply 4-6 drops and gently massage into face, neck, and décolletage until fully absorbed.
- Exfoliation recommended twice weekly.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Rosa Mosqueta (Organic Rosehip) Seed Oil, Hippophae Rhamnoides L (Organic Seabuckthorn) Oil, Prunus domestica (Organic Plum) Seed Oil, Boswellia carteri (Frankincense) Essential Oil, Rosa Damascena (Rose) Essential Oil, Argania Spinosa (Organic Argan) Kernel Oil, Macadamia Ternifolia (Organic Macadamia Nut) Seed Oil, Vitis Vinifera (Organic Grape) Seed Oil, Limnanthes Alba (Meadowfoam) Seed Oil, Lavandula angustifolia (Lavender, fine) Essential Oil, Punica Granatum (Organic Pomegranate) Seed Oil, Pelargonium Graveolens (Geranium, rose) Essential Oil, and Tocopherol (Vitamin E) Oil

responsible 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.

availability 10ml Bottle



QUALITY ASSURANCE

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Age Delay Beauty

Hair & Scalp Serum

Age Delay Hair & Scalp Serum nourishes the scalp and revitalizes damaged, thinning hair.

When combined with heat and massage, this serum will increase scalp circulation, resulting in a healthy, supple, well-nourished scalp.

ingredient highlights

Moisturizing

- Cedarwood, atlas Essential Oil is an excellent beauty tonic for the skin and hair. It is used in natural hair care products, particularly for the treatment of greasy scalp, dandruff, and hair loss. Cedarwood, atlas has a soothing action on the skin and its anti-inflammatory properties are helpful in managing conditions like acne, infections, rashes, eczema, dermatitis, and itching.
- Juniper Berry is a stimulating Essential Oil with unsurpassed cleansing and purifying action. Problem conditions like acne, dermatitis, and weeping eczema respond very well to Juniper Berry as it imparts an antiseptic, astringent, and soothing action. Used in a carrier oil, Juniper Berry is helpful with seborrhea of the scalp, and in creams and lotions it is a tonic for dull, oily, and congested skin.
- Rosemary ct. 1,8 cineole Essential Oil helps prevent fungal scalp infections like tinea capitis that can lead to hair loss. It dissolves dandruff and reduces scalp pimples.
- Argan Oil is rich in Vitamin E, proteins, phenols, and has high levels of the important fatty acids oleic acid and linoleic acid. In addition, it is astonishingly moisturizing, and has the ability to restore dull damaged hair leave it with a healthy shine.

Thinning/Receding

- Clinical studies indicate that Cedarwood, atlas Essential Oil may help reverse the effects of alopecia areata (bald patches) by 44% if used regularly in hair massage oil.
- Rosemary ct. 1,8 cineole Essential Oil helps to speed up growth of hair.

suggested usage

- Shake well before use.
- Use up to 3 times per week.
- For best results massage into scalp and leave overnight; shampoo in the morning.
- May also mix 20 drops to 4 ounces of distilled water and spray onto damp hair; massage into scalp.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Cedarwood, atlas; Juniper Berry, Rosemary ct. 1,8 cineole, and Argan

responsible 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 use while pregnant if experiencing high blood pressure.

availability 10ml Dropper Bottle



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**.

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Age Delay Beauty

Facial Cleanser

Age Delay Facial Cleanser combines gentle cleansers with natural earth elements.

Removes dirt, oil, and dead skin from your face gently and effectively. It is also very effective in the gentle removal of stubborn eye make-up and mascara without leaving your eyes sore. A truly refreshing yet mild cleanser that will prepare your face perfectly for goDésana Organics' Rose Moisturizing Cream in the morning and Beauty Serum in the evening.

ingredient highlights

Moisturizing

- Studies on individuals with dry skin show that Organic Coconut Oil can improve the moisture and lipid content of the skin.
- The traditional use of Organic Shea Butter is to reduce the appearance of fine lines, scars and stretch marks, and to ease a variety of skin irritations, such as psoriasis, eczema, and sunburn.
- Organic Jojoba Oil has a texture that is similar to the natural oil produced by human body. It is non-greasy and it has a pleasant smell. It does not create thick layer of oil on your skin, so you can use it regularly yet comfortably.
- Organic Chlorella Powder is a single-cell green sea algae that is very beneficial to the skin and body. The reason why Organic Chlorella Powder helps the skin so much is because it has high levels of skin-benefiting vitamins and omega-3 fatty acids.

Pore Minimizer & Antiseptic

- Organic Chamomile Tea, has amazing anxiolytic and antioxidant properties which fight against acne, and acne scarring. It can also lighten your skin tone for a more natural healthy glow.
- Organic French Green Clay has long been known for its detoxifying skin care benefits that can be attributed to its unique mineral composition which includes dolomite, manganese, silica, copper, phosphorous, magnesium, zinc and calcium.
- Sandalwood Essential Oil is great for reducing the signs of premature aging, dark spots, and enlarged pores. It has high antibacterial properties so its great for keeping your skin clean & clear.

suggested usage

- Shake well before use.
- Wet face with lukewarm water. Massage a small amount of Age Delay Facial Cleanser onto face with hands or wash cloth in a gentle, circular motion. Rinse well, pat dry, and follow with goDésana Organics Age Delay Facial Toner morning and night, Age Delay Rose Moisturizing Cream in the morning, and Age Delay Beauty Serum at night.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Certified Organic Chamomile Tea, Certified Organic Saponified Coconut Oil, Certified Organic Saponified Extra Virgin Olive Oil, Certified Organic Unrefined Saponified Shea Butter, Certified Organic Saponified Jojoba Oil, Certified Organic Yellow Beeswax, Certified Organic French Green Clay, Certified Organic Non-GMO Guar Gum, Certified Organic Chlorella Powder, Certified Organic Rosemary Extract, and Certified Organic Non-GMO Mixed Tocopherols, Wildcrafted Rose Essential Oil, Wildcrafted Ylang Ylang Complete Essential Oil, Wildcrafted Sandalwood Essential Oil, and Wildcrafted Geranium, rose Essential Oil

responsible 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.

availability 4oz Bottle



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Age Delay Beauty

Rose Moisturizing Cream

goDesana Organics' Rose Moisturizing Cream is a rich, high-performance cream perfect for dehydrated skin that provides the dual benefits of hydration and antioxidant protection. Hydrates skin, helping to replenish and balance skin's moisture during the day and restore skin's natural radiance.

ingredient highlights

Moisturizing

- Organic Plum Kernel Seed Oil dramatically improves skin elasticity, nourishes, and moisturizes. Can be effective in treating dry skin, psoriasis, eczema, scars, and acne.
- Rose Essential Oil is an extraordinary beauty oil supporting every skin type. It is especially recommended for infected, dry, or sensitive skin. It is helpful for aging skin and often found in high-end rejuvenation cosmetics.
- Organic Argan Oil is a rich source of nutrients particularly beneficial for the skin, hair, and nails. Packed with antioxidants, vitamin A and E makes for a high healing properties. Proven to ease inflammation while keeping the skin moisturized.
- Organic Macadamia Nut Oil is fabulously protective with a high absorption rate. It can be used as a healing oil for scars, sunburn, minor wounds, and other irritations.
- Meadowfoam Oil is high in antioxidants which contain great anti-aging properties. It's a great moisturizer, and can reduce the look of fine lines, wrinkles, and scars.
- Organic Sunflower Oil is known for retaining moisture, and keeping the skin from drying out. It's high in antioxidants, which keep out free radicals that can cause premature aging.
- Ylang Ylang Essential Oil is great at restoring natural oil production. It's perfect for all skin types because it will correct oil imbalances.

Anti-Aging

- Sea Buckthorn Oil has a high amount of Vitamin C, which offers a maximum amount of antioxidant as well as anti-inflammatory properties. The antioxidants improve skin texture and overall pigmentation.
- With a history dating back thousands of years, Frankincense Essential Oil is known for its powerful healing and anti-aging benefits. It promotes healthy cell regeneration, treats dry skin, reverses signs of aging, and lessens the appearance of scars.
- Lavender, fine Essential Oil has great soothing qualities and can reduce inflammation, leaving the skin tone even with an all around better texture. It also relieves tension and stress which are two main causes of premature aging.
- Organic Pomegranate Seed Oil helps to reverse signs of skin damage, revealing a more youthful appearance. It contains punicic acid which is an omega 5 fatty acid that has very high anti-inflammatory properties.
- Organic Rosehip Seed Oil is an excellent source of natural Vitamin E and natural Vitamin A, or 'trans-retinoic acid'. Retinoic acid, the acid derivative of Vitamin A, is the active ingredient found in Retin-A or Tretinoin. Retin-A (a pharmaceutical preparation) has been heralded as a wrinkle cure because of its ability to increase skin cell proliferation, or speed the time it takes for your skin to regenerate. In fact, Rosehip Seed Oil has been extensively studied for many of the same actions attributed to Retin-A, and has been shown effective without side effects like over-drying and peeling, though unlike Retin-A, it should not be used to treat acne.

suggested usage

- Use daily.
- After cleansing and toning, massage onto skin with a gentle, circular motion.
- Add 1 to 2 drops of your favorite goDésana Organics Essential Oil to a small amount of Age Delay Rose Moisturizing Cream then apply to pulse points for an indulgent personal scent.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Aloe Barbadensis (Organic Aloe) Leaf Juice, Cocos Nucifera (Organic Coconut) Oil, Rosa Mosqueta (Organic Rosehip) Seed Oil, Argania Spinosa (Organic Argan) Kernel Oil, Organic Sugar Cane Alcohol, Limnanthes Alba (Meadowfoam) Seed Oil, Organic Beeswax, Organic Lecithin, Pelargonium Graveolens (Geranium, rose) Essential Oil, Prunus domestica (Organic Plum) Seed Oil, Rosa Damascena Flower Essential Oil, Boswellia carteri (Frankincense) Essential Oil, Organic Copernicia prunifera (Carnauba) wax, Butyrospermum Parkii (Organic Shea) Butter, Theobroma Cacao (Organic Cocoa) Seed Butter, Macadamia Ternifolia (Macadamia Nut) Seed Oil, Helianthus Annuus (Organic Sunflower) Seed Oil, Hippophae Rhamnoides L (Organic Seabuckthorn) Oil, Vitis Vinifera (Organic Grape) Seed Oil, Maranta arundinacea (Arrowroot) Root Powder, Cananga odorata (Ylang Ylang Complete) Essential Oil, Cocos nucifera (Coconut) Oil (and) Gardenia tahitensis (Tiare) Flower Extract (and) Tocopherol (and) Helianthus annuus (Sunflower) Seed Oil, Carica Papaya Fruit Extract (and) Curcubita Pepo (Pumpkin) Extract Organic Calendula Oil, Lavandula angustifolia (Lavender, fine) Essential Oil, Punica Granatum (Organic Pomegranate) Seed Oil, Non GMO Xanthan Gum, and Tocopherol (Vitamin E) Oil

responsible 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.

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

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Age Delay Beauty

Hydrating Hand & Body Lotion

Our creamy smooth lotion will hydrate and nourish your skin. Made from organic ingredients, this lightly scented formula can be personalized with a few drops of your favorite Essential Oils.

ingredient highlights

Rejuvenation & UV Protection

- Organic Aloe Barbadensis Leaf Juice soothes the skin and protects it from UV damage. With its natural anti-inflammatory properties it can help to reduce the look of redness and scarring.
- Vitamin E is an anti-oxidant that protects your skin from free radicals and prevents damage from occurring. Vitamin E will help prevent signs of premature aging.

Moisturizing

- Studies on individuals with dry skin show that Organic Coconut Oil can improve the moisture and lipid content of the skin.
- Organic Sunflower Oil is known for retaining moisture and keeping the skin from drying out. It's high in antioxidants which keep out free radicals that can cause premature aging.
- The traditional use of Organic Shea Butter is to reduce the appearance of fine lines, scars, and stretch marks and to ease a variety of skin irritations such as psoriasis, eczema, and sunburn.

Pore Minimizing & Antiseptic

- Sugar Cane contains glycolic acid which helps protect the skin from toxins, moisturizes, and conditions. As a natural exfoliate, it eliminates dead skin cells and blemishes while restoring the natural balance of oils in our skin.
- Organic Chamomile Tea has amazing anxiolytic and antioxidant properties which fight against acne and acne scarring. It can also lighten your skin tone for a more natural, healthy glow.
- Organic Arrowroot Powder is a nutritious starch from the root of the plant that was used by aboriginal peoples to heal wounds from poisoned arrows (thus the name).

suggested usage

- Use daily.
- Shake well before use.
- Massage onto skin after bath or as needed.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Organic Chamomile Tea, Organic Coconut Oil, Organic Sugar Cane Alcohol, Organic Beeswax, Organic Lecithin, Organic Carnauba Wax, Organic Shea Butter, Organic Cocoa Butter, Organic Sunflower Oil, Organic Coconut Fatty Acid, Organic Arrowroot Powder, Organic Aloe Vera Juice, Organic Calendula Oil, Non GMO Xanthan Gum, Organic Rosemary Extract, Mixed Tocopherols

responsible 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.

availability 4oz Bottle



QUALITY ASSURANCE

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Age Delay Beauty

Scar & Stretch Mark Serum

Age Delay Scar & Stretch Mark Serum is perfect for effectively preventing and treating scars and stretch marks. It is a powerhouse of potency and you can expect to see visible improvements in your stretch marks and scars within 8 to 12 weeks.

ingredient highlights

- Macadamia Nut Oil, of all natural oils, is the most similar to fats produced by the human skin. It has the capacity to penetrate deeply, providing intensive care from the inside out. A high concentration of oleic, linolenic, and palmitic fatty acids and Vitamins A & E nourish the skin, making it more flexible and elastic, especially during adolescence, pregnancy, and body weight fluctuations.
- Grape Seed Oil, cold pressed from the seeds of wine grapes, is full of antioxidants and essential fatty acids known to prevent and reverse environment damage, minimize skin aging, and help control acne. It is also high in Vitamin E, Vitamin C, Omega 6 and 9, and Beta-Carotene. Due to its ability to help skin retain normal structure of epithelium cells and nerve cells, Grape Seed Oil can reduce the appearance of stretch marks while helping repair damaged skin tissue.
- With a history dating back thousands of years, Frankincense Essential Oil is known for its powerful healing and anti-aging benefits. It promotes healthy cell regeneration, treats dry skin, reverses signs of aging, and lessens the appearance of scars.
- Lavender, vera, from the mountaintops in Bulgaria, is an increasingly rare and valuable Essential Oil. Grown and wild harvested from high in the mountains, it is becoming scarce due to weather and disease. Its excellent soothing qualities can reduce inflammation, leaving the skin tone even, with an all around better texture. Lavender, vera can be used in the same manner as Lavender, fine, but it has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender.

suggested usage

- Daily massage will strengthen the protective barrier of the skin on the belly, chest, and thighs, which strongly reduces the risk of developing stretch marks.
- As a preventative, and for existing stretch marks when not pregnant, apply topically up to 3 times daily.
- Starting in the 2nd trimester of pregnancy, apply topically up to 3 times daily.
- For new scars, when there is no longer an open wound, apply topically up to 3 times daily.
- For existing scarring, apply 3 times daily for an extended period; scars often take 3 to 6 months before major healing is evident.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, vera, Frankincense, Macadamia Nut, and Grape Seed

responsible 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.
- Not recommended for use during the first trimester of pregnancy.

availability 10ml Dropper Bottle



QUALITY ASSURANCE

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Organic Bath & Beauty

Bath Bars

goDésana bar soaps are a luxurious blend of Essential Oils and botanical extracts in a hypoallergenic, vegan soap base of organic Palm, Coconut, Olive, and Palm Kernel oils. All varieties are facial quality, and they work great for shaving too. Treat yourself to a goDesana Organic Bath Bar today. Your skin will thank you!

Aloe

Wonderfully gentle cleansing bar featuring organic Aloe Vera with a very light Lavender scent. Great all natural option for skin of all types and ages.

Ingredients: *Saponified Organic oils of Palm, Coconut, Olive and Palm Kernel; Organic Aloe Vera, Natural Lavender Essential Oil Blend, Rosemary Extract, Organic Lavender Oil*

Bentonite Clay

The smooth, creamy lather and astringent properties of this bar make it a great choice for normal to oily skin. Also helpful for skin affected by oil based irritants like poison ivy, poison oak, and poison sumac.

Ingredients: *Saponified Organic oils of Palm, Coconut, Olive and Palm Kernel; Rosemary Extract, and Pure Calcium Bentonite Clay*

Lemongrass

Refresh and invigorate with one of our most popular bars. Lemongrass opens pores while Rosemary's astringent properties clear away skin impurities. This bar is especially effective for oily skin, and is the perfect choice for a energizing shower to start your day.

Ingredients: *Saponified Organic oils of Palm, Coconut, Olive and Palm Kernel; Natural Lemongrass Essential Oil Blend, and Organic Rosemary Extract*

Patchouli

Luxuriate in the unforgettable scent of Patchouli Essential Oil combined with the skin soothing properties of Hemp Oil. This bar is gentle enough for all skin types, but is especially good for dry, chapped, inflamed, or mature skin.

Ingredients: *Saponified Organic Oils of Olive, Coconut, Palm, and Palm Kernel; Patchouli Essential Oil Blend, Hemp Oil, and Organic Rosemary Extract*

Rosemary

This bar features cut & sifted organic Rosemary to polish the skin and stimulate circulation. With a fresh, invigorating scent from Rosemary Essential Oil, it's good for all skin types.

Ingredients: *Saponified Organic Oils of Olive, Coconut, Palm, and Palm Kernel; Natural Rosemary Essential Oil Blend, Organic Rosemary Herb, and Organic Rosemary Extract*

Tea Tree

Pure Australian Tea Tree Essential Oil and organic Aloe Vera make this the ideal face & body care bar to use on a daily basis. Good for all skin types, and especially helpful for troublesome "T-zone" areas.

Ingredients: *Saponified Organic Oils of Olive, Coconut, Palm, and Palm Kernel; Natural Tea Tree Essential Oil, Organic Aloe Vera, and Organic Rosemary Extract.*



www.godesana.com
Westerville, OH 43082
614.948.4409

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RE-STORE

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

DISPEL POVERTY. RESTORE PROSPERITY.

Poverty mentality is 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. 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 Jasmine, Ylang Ylang Complete, Ginger Root, Juniper Berry, Fennel, sweet; Geranium, rose; Sandalwood, Rose, and Jojoba

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.

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.

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 SUPERIORITY. RESTORE HUMILITY.

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.

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

For More Information:

Name _____

Phone _____

Consultant ID # _____

Web Address _____

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Dispel & Restore System Blends are not recommended for use by those who are pregnant, nursing, or under the age of 10 years unless under the direct supervision of a qualified aromatherapist or health care professional.



DISPEL & RESTORE

HEALTHY MIND, HEALTHY BODY

Healthy mind, healthy body may be a time-honored aphorism, but it's only recently that the 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.

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.

EMOTIONS & YOUR HEALTH

SPACE CLEANSING WITH INTENTION

Use the Dispel & Restore System blends in your home, office, and personal physical space 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 (see instructions at godesana.com).

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

OF OUR SEVEN SENSES, SMELL IS THE ONLY ONE WIRED DIRECTLY TO THE LIMBIC AREA OF THE BRAIN, WHICH IS CONSIDERED THE EMOTIONAL CONTROL CENTER. THIS MEANS THAT WHEN ESSENTIAL OILS ARE INHALED, THEIR MOLECULES GO DIRECTLY TO THE BRAIN.

DISPEL & RESTORE SYSTEM

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.

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 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 with which we all deal. 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 System.

For best results, before you begin, do an Aromatic Space Cleansing (see instructions at godesana.com). 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.

OUR IMMUNE SYSTEM DOES NOT EXIST IN ISOLATION FROM OUR EMOTIONS

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. 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 and 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% (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.

WHenever needed, mist the Dispel Blend of choice around yourself, with intention, making sure not to spray the oils into your eyes. Follow with the companion Restore Blend.



WHAT YOU NEED TO GET STARTED

FILL EACH BOTTLE ½ FULL OF DISTILLED WATER, ADD THE DROPS OF ESSENTIAL OIL, AND THEN FINISH FILLING WITH DISTILLED WATER. SHAKE WELL BEFORE EACH USE.

2 Cobalt Blue Spray Bottles (4oz) (1 for Dispel Blend, 1 for Restore Blend)
1 Gallon Distilled Water
10-12 Drops Dispel Blend of choice
10-12 Drops Restore Blend of choice

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

DISPEL ANGER. RESTORE EMPATHY.

Anger is a natural and healthy emotion when appropriately expressed. 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

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.

Holding on to the 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. 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 ENTITLEMENT. RESTORE RIGHT USE OF POWER.

Those with a sense of entitlement may prioritize trivial pleasures for themselves over basic needs like paying rent or putting food on the table. 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 annum, Ylang Ylang Complete, Frankincense, Geranium rose; Sandalwood, and Fractionated Coconut

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. 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 annum, Frankincense, Elemi, Sandalwood, and Fractionated Coconut

DISPEL FEAR. RESTORE COURAGE.

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 sooth, 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.

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

DISPEL JUDGMENT. RESTORE TOLERANCE.

Judgment is divisive; it separates and closes our hearts. 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

Tolerance works as a barrier to prejudice and brings people together. 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

Age Delay Beauty

Skin Renewal Serum

Powerful Skin Renewal Serum stimulates skin's natural healing process for an even skin tone and a soft, supple complexion. Can be added to your favorite Age Delay personal care products or used alone. Perfect for use as a men's aftershave to soothe, protect, and renew.

ingredient highlights

Rejuvenation & UV Protection

- Carrot Seed Essential Oil, Wheatgerm Oil, and Lavender, vera Essential Oil have the ability to rejuvenate the skin and encourage new skin cells to come to life. They are high in antioxidants which help protect skin from harmful environmental stress and UV rays.
- Wheatgerm Oil is an excellent source of Vitamin E, which is a powerful antioxidant and a vital ingredient in the protection of the skin from UV rays and in neutralizing free radicals formed by oxidation resulting from exposure to air pollution.

Moisturizing

- Sunflower Oil is known for retaining moisture, and keeping the skin from drying out.
- Wheatgerm Oil is rich in vitamin E, penetrates well to prevent loss of moisture, and benefits cells.
- Carrot Seed Essential Oil is indicated for anti-aging, revitalizing, and rejuvenating as it promotes the formation of new cells and helps in reducing wrinkles. It acts as a natural toner and rejuvenator for the skin.

Pore Minimizing & Antiseptic

- Petitgrain Essential Oil helps to minimize pores, leaving your skin looking smooth and flawless. It can reduce the occurrence of acne while keeping skin clear and toned.

suggested usage

- Shake well before use.
- Apply topically two to three times per day.
- Can be used undiluted on the face, neck, and décolletage areas of the body.
- For large areas of the body dilute 20 drops to 1 ounce carrier oil or lotion.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Petitgrain, Carrot Seed, Lavender, vera; Wheatgerm, and Sunflower

responsible 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.
- Not recommended for use during the first trimester of pregnancy.

availability 10ml Dropper Bottle



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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