

Aromatic Child

October Oil Of The Month Club

WELLNESS FOR KIDS

Immuno-supportive*
Safe for daily use*
Helps prevent colds & flu*

RED MANDARIN

Eases tension & anxiety*
Assists with indigestion*
Helpful for hiccups*

ALIGN

Supports relaxation*
Assists body alignment*
Eases muscular tension*

LAVENDER ICE KIDS

Assists with headaches*
Reduces tension*
Eases stress*

DILL WEED

Digestive aid*
Assists with flatulence*
Antiparasitic*

GINGER ROOT

Digestive stimulant*
Assists with nausea*
Good for muscle aches*

FOCUS FOR KIDS

Supports concentration*
Stimulating*
May help ADHD*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



goDeSana
feel the pure plant difference

INTRO CLUB \$27 (27BV)

- Wellness For Kids & Elderly {AromaStix}

BASIC CLUB \$67 (67BV)

- Wellness For Kids & Elderly {AromaStix}
- Lavender Ice For Kids & Elderly {AromaStix}
- Ginger Root {10ml}

FAVORITES CLUB \$127 (127BV)

- Wellness For Kids & Elderly {AromaStix}
- Lavender Ice For Kids & Elderly {AromaStix}
- Ginger Root {10ml}
- Red Mandarin {10ml}
- Dill Weed {10ml}
- Focus For Kids {5ml}
- Align {AromaStix} - "Try Me"

TRY ME PRODUCT

Free with all orders of 100 BV or more

- Align {AromaStix}

OCTOBER Oil Of The Month Club

SIGNATURE CLUB \$197 (80BV SAT PACK)

- Wellness For Kids & Elderly {AromaStix}
- Lavender Ice For Kids & Elderly {AromaStix}
- Ginger Root {10ml}
- Red Mandarin {10ml}
- Dill Weed {10ml}
- Focus For Kids {5ml}
- Tri Remedy For Kids {AromaStix}
- Tooth Relief {AromaStix}
- Ravintsara {10ml}
- Align {AromaStix} - "Try Me"



RECIPES FROM THE STILLROOM

The Stillroom is a reference to days of old when one of a family's most valued treasures was the natural, chemical-free ingredients found in their Stillroom.

The Stillroom was perhaps the most important room in a home; especially in the more wealthy homes.

Valued above all else were the healing Essential Oils that were used in timeless recipes to assist with ailments of all kinds.

Today, with the increasing interest in Essential Oils and other natural forms of health and home care, the arts of the Stillroom are again gaining recognition.

Join the many who have gone before you, feeling the connection with those who have preserved the traditions, celebrations, and warm family memories of the Stillroom.

NEWBORN COLDS, FLU & PNEUMONIA

- 1 drop Ravintsara

Apply to the sole of each foot over the lung reflex points, pad of foot, and beneath toes. Apply 1 to 3 times, daily, for up to 4 days.



May also diffuse Ravintsara for 15 minutes to kill germs brought into the home by visitors.



The Aromatic Child



The central premise of all alternative therapies, including Aromatherapy, is the belief that to heal and maintain health, we must treat the whole – mind, emotion, body, and spirit. In Aromatherapy, we use the natural chemical compounds found in Essential Oils to activate the body's own healing mechanism. Unlike drugs, Essential Oils are complete, complex biological entities recognized by the body. This is the reason they have holistic healing benefits.

THERAPEUTIC

The chemistry of an Essential Oil is extremely complex. A typical Essential Oil will have 100 or more different constituents containing an elaborate mixture of chemical compounds such as alcohols, aldehydes, esters, ketones, lactones, phenols, terpenes, and sesquiterpenes.

It is this unique and complex combination of chemical compounds that determines if an oil is therapeutic or not.

The power of living plants (Herbs and Essential Oils) lies in the combination of their compounds, and the trace constituents are as important as the main compounds. In fact, it seems to be that the minor constituents have a synergistic (controlling and strengthening) effect on the main compounds.

Many of these trace elements enable the herbs or oils to assist the body more efficiently and without the nasty side effects experienced when using the synthetic reconstructions (drugs or oils) that do not contain the trace elements.

Alexandria Brighton, exclusive purveyor and formulator for goDésana, is a French Medical Aromatherapist with a deep understanding of the therapeutic quality and complex relationship of the main and trace chemical compounds found in each Essential Oil.

Alexandria Brighton is not only the master blender of goDésana blends, she is also the proprietress and gatekeeper for the quality and efficacy of each oil and blend. Her decades of training, experience, understanding, and learning have uniquely qualified her in this field where precious few are able to understand the intricate combination of compounds needed for truly therapeutic end-results.

PURE

Some companies reprocess Essential Oils in order to make them meet a specific aroma 'profile'. To achieve this, synthetic chemicals are added to the Essential Oil, and often certain desirable constituents are removed, affecting the complex relationship of the individual compounds, and thus affecting the therapeutic properties.

All ingredients from goDésana 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.

Too Young & Too Many Pills

- More than 20% of kids in U.S. households take prescriptions on a regular basis.
- Nearly 7% are on 2 or more drugs.

Data: 2009 Medco Health Solutions, Inc.

SAFE

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease. The information and recipes found in this document are designed to be non-toxic and well tolerated by children, the elderly, those with debilitating disease, and women who are pregnant or nursing.



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Using Essential Oils With Children

“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.”

~Alexandria Brighton

Did you know...?

Even newborns can enjoy the benefits of Lavender, fine; Lavender, vera; Niaouli, Ravintsara, and Rose Essential Oils when applied neat to the soles of the feet.



KIDS' HEALTH & WELLNESS BLENDS

- After-Bite
- Breathe Relief
- Bug ProTech
- Burn Care
- Dygest Relief
- Ear Relief
- Eczema Relief
- Focus For Kids
- Lavender Chamomile
- Lavender Frankincense
- Lavender Ravintsara
- Lavender Ice For Kids & Elderly
- Respi Relief For Kids
- TLC All-Purpose Ointment
- Tooth Relief
- Toxbgone For Kids
- Tri Remedy For Kids
- Vitality For Kids
- Wellness For Kids & Elderly



STOMACH ACHE, NAUSEA & COLIC BLEND

- 2 drops Lavender, fine
- 1 drop Ginger Root
- 1 drop Red Mandarin
- 1 drop Dill Weed
- ½ ounce Grape Seed Oil (1 ounce under 1 year old)

Mix in cobalt blue glass or PET bottle. Label. Shake well before using. Massage the abdomen in a clockwise circular motion. Can also be applied to the stomach and intestinal reflex points on the foot, using 2 to 4 drops for each foot.

AFTER SUN BLEND

- 10 drops Lavender, fine
- 5 drops Rose Geranium
- 1 ounce Grape Seed carrier oil



Mix oils together in cobalt blue glass or PET bottle. Label. Shake well before using. Use as a lotion for after sun exposure.

Safety Group #1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

Chamomile, roman (*Anthemis nobilis*), Dill Weed (*Anethum graveolens*), Eucalyptus Radiata (*Eucalyptus radiata*), Lavender, fine (*Lavandula angustifolia*), Lavender, vera (*Lavandula angustifolia*), Mandarin, red (*Citrus reticulata var deliciosa*), Mandarin, green (*Citrus reticulata var deliciosa*), Neroli (*Citrus aurantium var, amara*), Niaouli (*Melaleuca quinquenervia bs. viridiflora*), Petitgrain (*Citrus aurantium*), Ravintsara (*Cinnamomum Camphora ct. 1,8 cineole*), Rose (*Rosa damascena*), Spearmint (*Mentha spicata*), Tangerine (*Citrus reticulata*), Tea Tree (*Melaleuca alternifolia*), and Ylang Ylang Complete (*Cananga odorata*)

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
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

Safety Group #2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

Bergamot (*Citrus bergamia*), Black Pepper (*Piper nigrum*), Chamomile, german (*Matricaria chamomilla*), Clary Sage (*Salvia sclarea*), Cypress (*Cupressus sempervirens*), Fennel, sweet (*Foeniculum vulgare*), Frankincense (*Boswellia carteri*), Geranium, rose (*Pelargonium graveolens*), Ginger Root (*Zingiber officinale*), Grapefruit, pink (*Citrus paradisi*), Jasmine (*Jasminum grandiflorum*), Lemon (*Citrus limonum*), Lemongrass (*Cymbopogon citratus*), Lime (*Citrus aurantifolia*), Marjoram, sweet (*Origanum marjorana*), Myrtle, green (*Myrtus communis*), Orange, sweet (*Citrus sinensis*), Palmarosa (*Cymbopogon martinii*), Patchouli (*Pogostemon cablin*), Peppermint (*Mentha piperita*), Rosemary ct. 1,8 cineole (*Rosemarinus officinalis ct. cineole*), Rosemary ct. verbenone (*Rosemarinus officinalis ct. verbenone*), Sandalwood (*Santalum album*), and Thyme ct. linalool (*Thymus vulgaris ct. linalool*)

Topical

Infant to 3 months - not recommended
3 months to 3 years - not recommended
3 to 5 years - 3 drops in 10 ml carrier oil
5 to 10 years - 6 drops in 10 ml carrier oil
Pregnancy - safe when used as directed starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)

Bath

Infant to 3 months - not recommended
3 months to 3 years - not recommended
3 years 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

Safety Group #3

Never recommended for children or while pregnant or nursing when used as a single oil.

However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

Basil, sweet (*Ocimum basilicum*), Bay Laurel (*Laurus nobilis*), Cardamom (*Elettaria cardamomum*), Carrot Seed (*Daucus carota*), Cedarwood, atlas (*Cedrus atlantica*), Cistus (*Cistus ladaniferus*), Coriander Seed (*Coriandrum sativum*), Elemi (*Canarium luzonicum*), Eucalyptus Citriodora (*Eucalyptus citriodora*), Fir, balsam (*Abies balsamea*), Galbanum (*Ferula galbaniflua*), Helichrysum (*Helichrysum italicum*), Juniper Berry (*Juniperus communis*), Lavender, spike (*Lavandula latifolia*), Melissa (*Melissa officinalis*), Myrrh (*Commiphora myrrha*), Pine, scotch (*Pinus sylvestris*), Rosewood (*Aniba rosaeodora*), Spikenard (*Nardostachys jatamansi*), Spruce, black (*Picea mariana*), and Vetiver (*Vetiveria zizanioides*)

Safety Group #4

Never recommended for children or while pregnant or nursing.

Angelica Root (*Angelica archangelica*), Basil, holy (*Ocimum sanctum*), Birch (*Betula lenta*), Cassia (*Cinnamomum cassia*), Celery Seed (*Apium graveolens*), Cilantro (*Coriandrum sativum*), Cinnamon Bark (*Cinnamomum zeylanicum*), Clove Bud (*Eugenia caryophyllata*), Eucalyptus Globulus (*Eucalyptus globulus*), Fir, white (*Abies alba*), Nutmeg (*Myristica fragrans*), Oregano (*Origanum vulgare*), Sage (*Salvia officinalis*), Tarragon (*Artemisia dracunculus*), Thyme thymol (*Thymus vulgaris ct. thymol*), Wintergreen (*Gaultheria fragrantissima*)

Bath

In the wonderful book *The World of Aromatherapy* by Jeanne Rose and Susan Earle, there is a chapter titled 'Bathing in The Souls of Flowers' by Barbara Bobo. What a wonderful way to experience Aromatherapy and the use of Essential Oils!

Fill the bath tub and add Essential Oil into a bath salt or shower gel adhering to the safety guidelines on the left. Not only is this a very relaxing experience, but it can relieve aches and pains and is good for the skin.

Note: Do not add Essential Oils to a bath without a dispersing agent such as a bath salt.

Compress

You can use a hot compress in cases of muscle aches and pains or bruises. You could also use it for eczema or psoriasis along with Dead Sea Salt, which is also very good for skin disorders.

Fill a large jar with water as hot as you or your child can tolerate, using the topical application amounts suggested in the Safety Groups, add selected Essential Oil and a tablespoon of bath salt or Clay Vitality, put a lid on the jar, and shake well to disperse the oil. Pour the hot water into a large bowl and soak a cotton cloth or cloth diaper in the water, wring it out, and lay it over the area to be treated. Wrap with plastic wrap and a warm towel. This will help to keep your compress warm. When cool, redo compress following the same procedure.

For swelling and inflammation, insect bites, or sprains with swelling, you can make a cold compress using the directions above, only using cold water with ice added. Once it is wrapped in plastic wrap, add an ice pack.

Example: If your child is 6 years old, you would select one of the oils from Safety Group #1, #2, or #3 and add 6 drops to a tablespoon of bath salt or Clay Vitality as detailed above.

Inhalation Through Diffusion

Inhalation through diffusion is one of the fastest and most effective ways of receiving benefits from Essential Oils.

Essential Oils have been tested and found effective for their airborne antiseptic activity, especially those that contain Monoterpenes. They would be our first choice to disinfect and purify the air in the event of a bacterial contamination. Facilities such as daycares, schools, hospitals, and nursing homes, as well as our personal homes, would benefit greatly from equipping themselves with diffusers and high quality Essential Oils during the annual cold and flu season.

Diffuse in a cool mist Essential Oil diffuser for 15 minutes per hour adhering to the topical Safety Group recommendations on the left for age and selected oil.

Example: If your child is 2 years old, you would select one of the oils from Safety Group #1 and diffuse 2 drops for 15 minutes per hour.

Misting Spray

You can make up a mister bottle of Essential Oils to spray into the home or office environment or around the head and shoulders to refresh yourself.

Fill a 2-ounce cobalt blue glass or PET plastic spray bottle half full of distilled water, using the topical application amounts suggested in the Safety Groups add selected Essential Oil, put the lid on and shake well. Finish filling the bottle with distilled water, recap, and shake again. May be sprayed into a room as an environmental fragrance, or sprayed around your head (**Caution:** keep eyes closed to avoid getting Essential Oil into the eyes) as a refreshing pick-me-up. Shake well before each use.

Example: If your child is 1 year old, you would select one of the oils from Safety Group #1 and add 2 drops per 2 ounces of distilled water.

Topical

The most popular way of benefiting from Essential Oils by way of the skin is massage. This is a most pleasant way to receive the effects of Aromatherapy, and one that children find most enjoyable.

Neat Application

Very seldom will you use Essential Oils undiluted or neat.

Most often, you will receive beneficial results by properly diluting your Essential Oils.



When using massage with young children, first always make sure the Essential Oil you are using is safe for children and then always dilute the Essential Oils into a carrier oil, adhering to the safety guidelines on the left.

A foot or back massage is a good way to help a child or an adult unwind after an active day and prepare them for sleep. It is also a good home remedy for aching muscles when you have been overactive or to aid your child while participating in school sports programs.

CALMING BATH BLEND



- 2 drops Lavender, fine
- 2 drops Red Mandarin
- 1 drop Rose Geranium
- 1 teaspoon baby shampoo

Mix Essential Oils and shampoo together and then swirl the mixture into the water. Be careful not to get water in eyes.

Blending Tip



This recipe contains Rose Geranium, which is an oil listed under Safety Group #2. This blend can only be used for ages 3 & up.

EXAM STRESS BLEND

- 1 drop Thyme ct. linalool
- 1 drop Ravintsara
- 2 drops Lavender, fine
- 10 ml Grape Seed Oil



Mix well and store in a cobalt blue glass bottle with orifice reducing lid. Massage into neck, back, and shoulders to reduce stress and help focus.

CUTS & SCRAPES CLEANSING BLEND

- 10 drops Lavender, fine
- 10 drops Niaouli
- 5 drops Ravintsara
- 5 drops Thyme ct. linalool
- 5 drops Eucalyptus Radiata
- 4 ounces Distilled Water

Mix in cobalt blue glass or PET plastic bottle. Label. Shake well before using. Spray onto wound or cut and allow to air dry. Use a bandage when appropriate. Store in a dark, cool place.

SLEEP DIFFICULTY BLEND

- 20 drops Lavender, fine
- 10 drops Red Mandarin

Mix in cobalt blue glass bottle with orifice reducer; label.

DIAPER RASH BLEND

- 6 drops Lavender, fine
- 4 drops Niaouli
- 2 drops Ravintsara
- 1 ounce Grape Seed Oil



Mix in cobalt blue glass or PET plastic bottle. Label. Shake well before using. Apply with cotton ball to the affected area. Repeat with diaper change as needed. Can also be used for Balanitis.

Safety Guidelines

If you or a member of your family becomes ill, do not diagnose or treat yourself; get proper medical treatment from a qualified health care provider. Then you may proceed with complimentary aromatherapy to help you or your family member.

Essential Oils are very powerful, highly concentrated, and should only be used in very small amounts. The suggestions in this information are for general use; if you are undecided as to which Essential Oil to use, consult a qualified aromatherapist.

Before using an Essential Oil, become familiar with its properties, methods of application, toxicity, precautions, and contraindications; these will be found on the datasheet for each single oil or blend. Remember, Aromatherapy is not to be used to replace proper medical care.

General Cautions

- For best results and optimal safety, always refer to General and Reasonable Cautions before using suggested Essential Oils, especially when using with children, the elderly, those with debilitating disease, and women who are pregnant or nursing.
- Keep Essential Oils out of reach of children and pets.
- Use Essential Oils as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store Essential Oils away from sunlight, at room temperature, with the lid securely tightened.
- Should Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.
- Use only high-quality Essential Oils identified by the botanical name and chemical variety (ct. chemotype) of the oil where appropriate.

Example: *Thymus vulgaris* is the botanical name for Thyme. There are two different chemotypes of Thyme commonly sold. Thyme ct. thymol contains phenols, is an irritant to the skin, and large amounts are liver toxic, which makes it inappropriate for children, the elderly, or those who have liver diseases. The other is Thyme ct. linalool, which is non-toxic, non-irritating, and is very useful for children.

Dermal Irritation

- If a person is subject to allergies, patch testing is advisable. Should an irritation occur, apply a carrier oil to the area to dilute the Essential Oil and stop the irritation. Do not wash the area as water will enhance the irritation.
- Follow Safety Group recommendations regarding application and dilution for topical use in children.

Internal Use

- Never take Essential Oils by mouth unless under the guidance of a suitably qualified practitioner, working in cooperation with your doctor.

Nasal Application

- The mucus membranes of the nasal passages are known to readily absorb whatever is placed inside, such as the nasal sprays used to administer certain prescription medications. Care must be taken when using this method of application with Essential Oils.
- Serious though non-fatal toxicity in children has been reported when applying or injecting Peppermint or Eucalyptus Globulus inside the nose.
- Reputable aromatherapists recommend against instilling Essential Oils into the noses of children under age of six.

Poisoning

- Even a 5 ml bottle can contain enough Essential Oil for a lethal dose of poison if a child were to accidentally drink the entire bottle. Remember, when plants are distilled the resulting oil is 100 times more concentrated than the plant material.

Birch & Wintergreen Cautions

Both Birch and Wintergreen Essential Oils contain methyl salicylate, the main ingredient in aspirin. Birch and Wintergreen are among the only plants in the world that naturally contain methyl salicylate. Thirty milliliters (about 1 fluid ounce) of Wintergreen Essential Oil is equivalent to about 171 adult aspirin tablets. Extreme caution should be utilized when using Birch or Wintergreen Essential Oils to avoid potential methyl salicylate toxicity.

- Topically applied Birch oil and Wintergreen Oil, which are both high in methyl salicylate, can potentiate the anticoagulant effect of anticoagulant drugs.
- Contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.
- Not recommended during pregnancy, while breastfeeding, for young children, or for those with methyl salicylate (aspirin) sensitivity.

Oregano & Thyme ct. thymol Cautions

- Oregano and Thyme ct. thymol are both high in phenols (Carvacrol and Thymol); large doses or prolonged use are toxic to the liver.
- Not recommended for use with children under 12 years of age, the very elderly, or those who have had hepatitis or other liver damaging diseases.
- Phenols are skin and mucus membrane irritants. Dilute to 1% and patch test before use on skin to avoid possible irritation.
- Do not take internally unless under the care of a professionally trained aromatherapist.
- Oregano Oil inhibits platelet aggregation and may potentiate anticoagulant medications.
- Oregano was also found to potentiate diabetic medication.
- Contraindicated during pregnancy, while breastfeeding, and for small children.

Peppermint Cautions

- Do not use Peppermint Essential Oil on children under 30 months of age. The menthol can, in rare cases, cause a breathing spasm and cut off the air supply. Also not recommended for those who are suffering from atrial fibrillation for the same reason.
- If you are taking homeopathic remedies, all Essential Oil treatments must be given at least one hour apart to prevent interference. When using Peppermint, homeopathic and Essential Oil treatments should be spaced at least two to three hours apart.

Caution: Peppermint stays on your fingers long after you have washed your hands and you could rub it into your eyes. Always apply Essential Oil with the little finger as it is least likely to get into your eye.

FOR MORE INFORMATION



Name

Phone

Consultant ID #

Web Address

DISCLAIMER

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

QUALITY ASSURANCE

All ingredients from goDésana 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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Brighton Institute of Botanical Studies
v03092017



Wellness For Kids & Elderly protective blend

This blend was specifically formulated with Essential Oils known for their antibacterial, antiviral, and immune-stimulant properties. At the same time, it's gentle, non-toxic, and appropriate for long-term daily use.*

Apply by rolling on the bottoms of your child's feet in the morning and in the evening before bed for cold and flu prevention.*

suggested usage (10 years & up)

BATH

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

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.*

TOPICAL

- Use 2-4 drops on reflex points on either hands or feet.*
- Use 2-4 drops on soles of feet or along the foot spinal reflex.*
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara ct. 1,8 cineole when applied to the soles of the feet only, all Essential Oils should be diluted when used topically during pregnancy, while nursing, and when using with children or the elderly.*

RESPONSIBLE CAUTIONS

- Keep out of the 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 the lid securely tightened.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Eucalyptus radiata, *Ravintsara*, *Thyme ct. linalool*, *Lemon*, *Tea Tree*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

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 at 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: safe when used as directed starting in the 2nd trimester

availability

10ml Bottle
& AromaStix



STANDARDS OF QUALITY

All ingredients in goDésana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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Brighton Institute of Botanical Studies

Lavender Ice For Kids & Elderly soothing blend

Headaches are a painful, recurring experience for many people. They may be caused by stress, eyestrain, allergies, sinus congestion, hormone imbalances, and many other causes.*

Nonsteroidal anti-inflammatory drugs (usually abbreviated as NSAIDs) are a class of drugs that provide analgesic (pain-killing) and antipyretic (fever-reducing) effects, and, in higher doses, anti-inflammatory effects.*

At least one recent study has begun to examine a potential link between the usage of non-steroidal anti-inflammatory drugs (NSAIDs) and autism in children (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673819/>). Additionally, some physicians have concerns that ibuprofen and other NSAIDs can cause kidney damage.*

Reye's syndrome, a rare but potentially life-threatening condition, has been linked to aspirin usage in children and teenagers. Though approved for use in children over the age of 2, aspirin should not be given to adolescents recovering from chickenpox or flu-like symptoms.*

Most headaches aren't serious, but you should seek prompt medical care if your child's headaches wake your child from sleep, worsen or become more frequent, change your child's personality, follow an injury such as a blow to the head, feature persistent vomiting or visual changes, or are accompanied by fever and neck pain or stiffness.*

Lavender Ice For Kids & Elderly is a proprietary blend of Essential Oils that have been shown to assist and help support the body with headaches in children over 3 years of age and the elderly.*

suggested usage (10 years & up)

TOPICAL

- For headache, apply Lavender Ice For Kids & Elderly neat to the temples, forehead, and over the ear, following the hairline and across the back of the neck. Be careful not to get it too close to the eyes. This can be repeated as needed.*
- Apply Lavender Ice For Kids & Elderly neat to areas of the body experiencing pain due to tight muscles, strains or sprains, or from blunt trauma such as slamming a finger in a door or stubbing a toe. Gently massage in; repeating as necessary.

responsible cautions

- Keep out of the 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 the lid securely tightened.

Alexandria Brighton Collection
ESSENTIAL OILS

ingredients

Lavender, vera; Peppermint, Fractionated Coconut

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #2

Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: Not recommended
- 5 to 10 years: Not recommended
- Pregnancy: Not recommended

availability

10ml AromaStix



STANDARDS OF QUALITY

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Ginger Root

Zingiber officinale

Therapeutic Properties: Analgesic, antioxidant, antiseptic, antispasmodic, antitussive, aperitif, aphrodisiac, bactericidal, carminative, cephalic, diaphoretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic.

Ginger Root has been used for centuries in India, China, and Japan for its medicinal properties and is featured prominently in those traditional cuisines. The ancient Egyptians grew Ginger Root and used it both medicinally and in cooking as well.*

Ginger Root is one of the best remedies for nausea; especially motion and morning sickness. The British medical journal Lancet reported ginger more effective than the popular antihistamine drug Dramamine for preventing motion sickness, and unlike the drug, Ginger doesn't leave you feeling sluggish. It can be used in a 2% massage blend, although Ginger teas are both effective and tasty.*

Ginger Root acts as a general tonic for fatigue and as a sexual tonic for impotence. It is also helpful in cases of diarrhea. Ginger Root is a digestive stimulant effective for constipation, loss of appetite, sluggish digestion, and nausea.*

aromatherapy & home uses

Circulation, Muscles, and Joints: arthritis, fatigue, muscular aches, and pains, poor circulation, rheumatism, sprains, strains, etc.*

Digestive System: diarrhea, colic, cramps, flatulence, indigestion, loss of appetite, nausea, travel sickness, parasites*

Nervous System: debility, nervous exhaustion*

Respiratory System: asthma, bronchitis, catarrh, coughs, sinusitis, sore throat*

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. May support and assist the body with arthritis, lethargy, nausea, colds, and flu.*

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.*

INTERNAL

- 2 drops Ginger Root, 1 drop Peppermint, and 5 drops carrier oil in a veggie capsule taken 3 times daily can bring relief from nausea, morning sickness, stomach cramps, etc.*
- Add 1 drop to a teaspoon of honey and stir into warm water for a tasty, effective, and soothing tea.*

TOPICAL

- May apply to the colon reflex points on the feet. Add 10-20 drops to cream or lotion to aid with arthritis, muscle aches, poor circulation, and dispersing bruises.*
- Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.*

responsible cautions

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- Maybe slightly photo-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of the 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 the lid securely tightened.

GRAS Certified

Producing Organ: Root

Extraction: Steam Distillation

Country of Origin: China

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #2

Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: safe when used as directed starting in the 2nd trimester

availability

10ml Bottle



STANDARDS OF QUALITY

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Red Mandarin

Citrus reticulata var. deliciosa

Alexandria Brighton Collection
ESSENTIAL OILS

Therapeutic Properties: Antiseptic, antispasmodic, carminative (flatulence expelling), digestive, bland diuretic, bland laxative, sedative, stimulates the digestive and lymphatic systems, tonifier

In France, it is regarded as a safe children's remedy for indigestion, hiccoughs, etc., and for the elderly since it helps strengthen the digestive function and liver. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Often used for children and pregnant women and is recommended in synergistic combinations with other citrus oils. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Children particularly appreciate the fragrance, which is somewhat like candy. It invites us to play and nourish the child within and to not become overwhelmed by our problems; to live a calm and simple life, and to look at everything through the innocent eyes of a child. It is safe to diffuse during pregnancy, where its cheerfulness can help an anxious new mother-to-be.*

aromatherapy & home uses

Circulation, Muscles, and Joints: Fluid retention, obesity.

Digestive System: Digestive problems, dyspepsia, hiccups, intestinal problems.

Nervous System: Insomnia nervous tension, restlessness.

Skin Care: Acne, congested and oily skin, scars, spots, stretch marks, toner.

suggested usage (10 years & up)

BATH:

- 10 drops Red Mandarin and 10 drops Grapefruit in ½ cup of Dead Sea salt in a hot bath will benefit those suffering from poor circulation, water retention, obesity, and cellulite.

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.
- 10-20 drops of Red Mandarin diffused into the air is an effective remedy for insomnia, nervous tension, and a state of agitation. It is particularly useful for children and pregnant women at bedtime.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired. Use whenever you are feeling anxious, overwhelmed, or stressed and need strength to keep going.

TOPICAL

- Add 10-20 drops to cream or lotion to aid poor circulation, water retention, obesity, and cellulite.
- Red Mandarin has very similar properties to Tangerine Essential Oil – calming, gentle and cheery – but it has a slightly fresher smell. In leg and ankle massages, Red Mandarin can ease fluid retention.
- Use 1 drop neat as a good remedy for acne and skin blemishes.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Although the least photo-toxic of all the citrus fruits, it could still cause some burning in those with very pale or sensitive skin if exposed to sunlight after application.
- Keep out of the 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 the lid securely tightened.

GRAS Certified

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #1

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 tbsp of baby shampoo
- 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

availability

10ml Bottle



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Dill Weed

Anethum graveolens

Therapeutic Properties: Antispasmodic, bactericidal, carminative, digestive, emmenagogue, galactagogue, hypotensive, stimulant, stomachic

Dill Weed p.o. whole plant is one of the most gentle of Essential Oils, being devoid of toxicity, and it can be used from early childhood for all problems to do with the digestive, respiratory, and renal systems. Care must be taken not to use Dill oil produced from the seeds as this oil is too strong for children.*

Dill Weed offers relief from flatulence and helps treat parasites. This oil is beneficial for nervous vomiting and hiccups. It has also proven effective in promoting milk flow in nursing mothers. Dill Weed may benefit juvenile acne resulting from hormonal changes and improper diet.*

Dill Weed possesses decongesting and diuretic abilities as well as antispasmodic action. It is an excellent stimulant and digestive antispasmodic for children who tend to experience vomiting, colic, and nausea with stomach cramps.*

In the West and East, Dill Weed is used as a soothing digestive aid for indigestion, wind, colic, etc., especially in children, for which it is still current in the British Herbal Pharmacopoeia. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 83.]*

aromatherapy & home uses

Digestive System: Colic, dyspepsia, flatulence, indigestion.*

Genito-Urinary and Endocrine Systems: Lack of periods; promotes milk flow in nursing mothers.*

suggested usage (10 years & up)

BATH

- Add 10 drops Dill Weed with 10 drops Roman Chamomile to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to calm and relax.*

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.*

INTERNAL

- Add 1 drop to a teaspoon of honey and stir into warm water to assist with digestive concerns.*
- For diabetics, to assist with balancing blood sugar metabolism, use 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel in a capsule filled with olive oil. Take at night.*
- Not appropriate for internal use in pregnant or nursing women, children, or the elderly.*

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into the environment as desired. For children under 10 and pregnant women, adhere to the topical recommendations on the right for age and number of drops of selected oil (no carrier).*

TOPICAL

- Add 10-20 drops to 1 tablespoon of carrier oil and gently massage clockwise around the abdominal area to relieve hiccups, cramping, flatulence, and upset stomach.*
- Mix 2-4 drops Dill Weed Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of the 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 the lid securely tightened.

GRAS Certified

Producing Organ: Whole Plant

Extraction: Steam Distillation

Country of Origin: USA

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #1

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 tbs of baby shampoo
- 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

availability

10ml Bottle



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Ingredients

Vetiver, Cedarwood, atlas;
Elemi, Frankincense, Lavender,
fine

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Focus For Kids

Many kids commonly have difficulty concentrating on tasks, particularly school work.

Multi-tasking and distractions like surfing the web or instant messaging compete for their attention. With so many potential interruptions, it can be difficult for children to stop and focus on the task at hand.

Focus For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with left-brain, logical thought processes, attention, and concentration.

It helps to keep one present during mental work and may be helpful for attention deficit disorders.

ingredient highlights

- Vetiver, a very grounding and balancing oil emotionally, mentally, and spiritually, is said to affect the nervous system, endocrine (hormone) system, skin, and emotions.
- Cedarwood, atlas is a grounding, calming Essential Oil that is said to combat negativity. Unlike other conifers, Cedarwood, atlas brings instantly uplifting, yet calming effects.
- Elemi Essential Oil stimulates circulation, the secretion of hormones and enzymes from the endocrinal glands, and the discharge of bile and other gastric juices into the stomach. Additionally, it stimulates nervous responses, including those affecting neurons in the brain, the heartbeat, and respiration.
- Frankincense is known for its comforting properties. It is useful for visualizing, improving one's spiritual connection, and helping to overcome stress and despair. Frankincense can promote feelings of mental peace, relaxation, and satisfaction while helping to relieve anxiety, anger, and stress.
- Lavender, fine, with its well-known calming scent, is an excellent tonic for the nerves and anxiety issues. It can be helpful in treating migraines, headaches, depression, nervous tension, and emotional stress. The balancing properties of Lavender, fine can also boost energy and stamina.

suggested usage (10 years & up)

- Inhale, then apply neat under the big toe, then drop or apply neat to the back of neck near hairline. This can be repeated as needed.

pregnancy & children

Safety Group #3

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

responsible cautions

- Generally non-toxic, non-irritant.
- Keep out of the reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

availability

5ml Bottle



Alexandria Brighton Collection
ESSENTIAL OILS

Ingredients

Lavender, spike; Ravintsara,
Rosemary ct. 1,8 cineole,
Euclyptus Radiata, Grape Seed

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Tri Remedy For Kids protective blend

The common cold and influenza have similar symptoms, and both are contagious respiratory infections. Although there is no cure for either a cold or the flu, easing some of the associated discomforts can help everyone during a child's illness.*

Tri Remedy For Kids is a proprietary blend of Essential Oils that have been shown to assist and help support the body with colds, flu, and other viruses.*

ingredient highlights

- Lavender, spike, sometimes referred to as Spanish Lavender, is native to Spain, France, Italy, the Mediterranean region, and Northern Africa. It contains a greater percentage of camphor than regular Lavender, giving it stronger analgesic and expectorant properties. It is an excellent choice for easing headaches, muscle aches, pains, and the discomfort associated with arthritis.*
- Ravintsara ct. 1,8 cineole is one of the most versatile and indispensable Essential Oils. It is known to be potent, yet safe and gentle. Ravintsara ct. 1,8 cineole has been used for centuries in fighting infections.*
- Rosemary ct. 1,8 cineole is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis. Its stimulating and uplifting properties are of added benefit when dealing with asthma or other respiratory issues involving a nervous or emotional component.*
- Eucalyptus Radiata is primarily an Essential Oil for the respiratory system. It is a powerful expectorant and mucolytic with good ability for fluidification. It is gentle yet effective for respiratory problems and is easily tolerated by children.*

suggested usage (10 years & up)

- Apply neat to the soles of feet, starting at 18 months of age, at the first sign of symptoms.*

pregnancy & children

Safety Group #2

Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)

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

responsible cautions

- Generally non-toxic, non-irritant.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

availability

10ml Bottle &
AromaStix



Alexandria Brighton Collection
ESSENTIAL OILS



Tooth Relief

soothing blend

Toothaches can have a variety of causes. Tooth decay, a bacteria-induced infection, is one common cause of dental pain. Others causes may include teething, food wedged between the teeth, orthodontic appliances, or a broken tooth.*

Tooth Relief is a proprietary blend of Essential Oils that have been shown to assist and help support the body with tooth discomfort in adults and children.*

ingredient highlights

Lavender, spike, sometimes referred to as Spanish Lavender, is native to Spain, France, Italy, the Mediterranean region, and Northern Africa. It contains a greater percentage of camphor than regular Lavender, giving it stronger analgesic and expectorant properties. It is an excellent choice for easing headaches, muscle aches, pains, and the discomfort associated with arthritis.*

Rosemary ct. 1,8 cineole is excellent with pulmonary congestion and respiratory conditions such as colds, flu, strep, bronchitis, and sinusitis. Its stimulating and uplifting properties are of added benefit when dealing with asthma or other respiratory issues involving a nervous or emotional component.*

Rosemary ct. 1,8 cineole is high in oxides. It's noted to be mucolytic, expectorant, antispasmodic, fungicidal, antibacterial, and antiviral. It is traditionally used for lung congestion, to increase cerebral blood flow, and to decrease chronic inflammation.*

Grape Seed Oil is rich in linoleic acid, an important essential fatty acid for the skin and the cell membranes. It has excellent regenerative and moisturizing properties.*

suggested usage (3 years & up)

TOPICAL

- Apply as needed to the painful area of the outer jawline.*

RESPONSIBLE CAUTIONS

- Keep out of the 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 the lid securely tightened.

ingredients

Lavender, spike; Rosemary ct. 1,8 cineole, Grape Seed, Fractionated Coconut

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #2

Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: Not recommended
- 5 to 10 years: Not recommended
- Pregnancy: Not recommended

availability

10ml AromaStix



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Ravintsara

Cinnamomum Camphora ct. 1,8 cineole

Therapeutic Properties: Antibiotic, antiseptic, antiviral, antibacterial, decongestant, expectorant, febrifuge, prophylactic, stimulant, vermifuge, vulnerary

Ravintsara is distilled from the leaves of Cinnamomum camphora grown in Madagascar. This is a very different species from the camphor trees grown in Madagascar and parts of Asia that are now being called Ravensara.*

The composition of Ravintsara is simple, without a specific compound which makes its smell. The aroma of Ravintsara is very characteristic and combines the freshness of the 1,8 cineole with the gentle warmth of the alcohols and the dynamism of the eugenol.*

Ravintsara, like true Lavender and Rosemary Verbenone, can be used, and even proves effective, for ailments which do not on the face of it, fall within the province of its specific virtues. Ravintsara is an indispensable Essential Oil, and is, without a doubt, the most versatile.*

Whether used internally or externally, for serious complaints or benign problems, it acts rapidly and effectively. Ravintsara is an excellent antiviral agent, particularly for flu. Ravintsara is also very effective in cases of shingles and herpes. It is a nerve tonic as well as a mental and physical stimulant; it revitalizes people suffering from physical and nervous fatigue. Ravintsara, particularly active even in low doses, acts to its full extent as a "terrain" treatment. An exceptional Essential Oil, it is non-toxic, and therefore suitable for everyone. It has a great potential for action at the psychological level.*

aromatherapy & home uses

Immune System: Colds, flu, pneumonia, infectious diseases.

Nervous System: Nervous exhaustion, shingles.

Respiratory System: Specific for pneumonia, bronchitis, colds, coughs.

Skin Care: Acne, inflammation, rashes.

suggested usage

BATH:

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

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.*

MISTING

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

TOPICAL

- To support the immune system, mix 20 drops Ravintsara with 1 tablespoon carrier oil.*
- For shingles, mix 10 drops Ravintsara, 10 drops Lemon, and 10 drops Roman Chamomile in 1 tablespoon carrier oil and apply to affected area 1-3 times daily.*
- Adults: Apply 3-6 drops to each foot, reapplied each hour until symptoms dissipate, then 4x daily till symptoms have been gone for 2 days.*

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Avoid in allergic skin conditions.
- 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.

Producing Organ: Young leafy twigs

Extraction: Steam Distillation

Country of Origin: Madagascar

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

pregnancy & children

Safety Group #1

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 tblsp of baby shampoo
- 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

availability

10ml Bottle



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WholeBODY

Alexandria Brighton Collection
ESSENTIAL OILS

ALIGN | 1st TOUCH

Used as the "First Touch" to create a receptive environment for the remaining seven WholeBody blends.

Align may help to allow physical relaxation and release of tension being held in the muscles. May support a deep relaxation of the myofascial that holds the muscles to the spine and other joints, thus allowing the whole body to straighten and realign.

"This is structural alignment in a bottle. It is great as a foundation oil to be used before other Essential Oils due to its ability to relax and prepare the body to assimilate other oils more effectively." - Alexandria Brighton

wholebody system

Apply 2 to 3 drops just below the big toe. Gently massage into the muscles along the foot reflex spine or using the AromaStix, starting just below the big toe, then roll down along the foot reflex spine. Apply to both feet. Follow with Osteo or suggested WholeBody Blend from your completed WholeBody Assessment.

suggested usage

BATH

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm 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 soak, add 8 to 12 drops of your chosen WholeBody™ System blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- To ease sore muscles, muscle injuries, and sprains, add 8-10 drops of Align and 4-6 drops of Circulate.
- To restore balance to your emotions, add 8-10 drops of Align and 4-6 drops of Lavender Chamomile.

COMPRESSION

- Gently massage 5-6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.

INHALATION

- Rub 2 drops of your chosen WholeBody™ System blend in palms of both hands; cup hands over face and nose and inhale deeply.
- Diffuse 10 drops of your chosen WholeBody™ System blend in 15 minute increments throughout the day.

TOPICAL

- Apply to the feet and/or spinal area before a chiropractic alignment or a massage.
- Mix 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- Apply 3-5 drops to the soles of each foot to assist the body with tension and inflammation.
- For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine.

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.

QUALITY ASSURANCE

All oils from goDesana 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 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.

ingredients

Fir, balsam; Spruce, black; Frankincense, Rosewood, Tanacetum annuum, Fractionated Coconut

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 - not recommended
- 5 to 10 years - not recommended
- Pregnancy - not recommended

Bath

- Infant to 3 months - not recommended
- 3 months to age 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

5ml Bottle
10ml Bottle
AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil

