

Living The Aromatic Lifestyle

RECIPES

From The Stillroom



by Alexandria Brighton



The world is going back...
To nature. To our roots. To plant-based remedies.

Prices and availability of products subject to change without notification.

© 2010 Alexandria Brighton; all rights reserved.

No part of this book, including imagery and/or original artworks, may be reproduced or used in any form without express written permission from goDésana, LLC.

© 2011 Green Organics, LLC | © 2012 goDésana, LLC

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.



CONTENTS

- 4 PERSONAL MESSAGE FROM ALEXANDRIA BRIGHTON
- 6 ESSENTIAL OILS 101
- 8 WHY goDÉSANA
- 10 NATURALLY THERAPEUTIC: PURE PLANT INGREDIENTS PROMISE
- 16 HISTORICALLY PROVEN
- 20 RESPONSIBLE CAUTIONS
- 25 SAFETY GROUPS
- 26 METHODS OF USE
- 28 HOW TO USE ESSENTIAL OILS

LIVING THE AROMATIC LIFESTYLE

- 34 IN THE ENTRYWAY
 - 38 IN THE LIVING ROOM
 - 40 IN THE KITCHEN
 - 42 IN THE BEDROOM
 - 44 IN THE BATHROOM
 - 46 IN THE LAUNDRY ROOM
 - 48 FOR THE WHOLEBODY™
 - 50 PERSONAL CARE
 - 56 DAILY CARE
 - 58 GENERAL FIRST AID
 - 64 FIRST AID FOR CHILDREN
 - 68 FOR YOUR PETS
 - 70 AT WORK
 - 72 WHILE YOU TRAVEL
 - 74 AROMATIC SPACE CLEARING
-
- 78 MEMBER REWARDS PROGRAM

WE INVITE YOU BACK TO THE DAYS OF THE STILLROOM

Women as healers and caregivers for their families and communities pre-dates written history.

From time immemorial, women were expected to give birth, nurture, heal, protect, provide for and spend their days steeped in the tradition of the wise women before them; caring for themselves and their families, and quite often, the entire community.

The women's art of healing reached its peak in the early part of the last century, in the time of the Stillroom. The Stillroom was a room separate from the kitchen, but within close proximity, that contained a still.

Unlike the large outdoor stills used for making alcoholic beverages, the Stillroom still was a smaller, simpler version used to distil herbs to extract their essence for use in medication, cosmetics, salves, and other household necessities.

The Stillroom Recipe Book was passed down from mother to daughter.

With the word "recipe" originally referring to a medicinal formula, and a recipe book for the Stillroom may contain everything from medicinal recipes to cough syrups, cosmetics, liniments, perfumes, pomanders, food preservation, jams and jellies, wool dyeing, candle making, and soap making much like some of the favorite recipes passed down from our ancestors are today.

Everything that sustained and added quality of life to the family might be found in the Stillroom Recipe book.

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

Whenever you make a simple herbal recipe, scent a homemade candle, enjoy a potpourri from your own herb garden, make an herbal vinegar or preserve food, you are participating in the preservation of the tradition and the legacy from the long-forgotten Stillroom.

When the stresses of our fast-paced lives make us long for the simpler times, take out your Stillroom recipe book, select a favorite recipe and step back in time.

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

~ Alexandria Brighton





ESSENTIAL OILS

101

Essential Oils are powerful aromatic compounds found in the flowers, seeds, stems, barks, roots, and other parts of plants, and they've provided simple, proven health solutions for thousands of years.

ENHANCE YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH NATURALLY WITH PURE ESSENTIAL OILS FROM GODÉSANA, GUARANTEED TO BE THERAPEUTIC.

Why Do Plants Make Essential Oils?

Essential Oils are the volatile essences extracted from aromatic plants and a true gift from nature. Pure Essential Oils contain the true essence of the plant from which they are derived in the form of chemical constituents that determine an oil's therapeutic value.

These therapeutic constituents are extracted from various parts of the plant, including the roots, stems, bark, seeds, and flowers.

Plants use these natural aromatic compounds in a variety of ways such as attracting bees for pollination, promoting growth, protecting the plant from the environment, and avoiding disease.

When these natural therapeutic constituents are extracted into an Essential Oil, humans can also benefit from these powerful healing and protective compounds.

Researchers have discovered over 1,000 different chemical constituents in Essential Oils with much more yet to be discovered and analyzed.

THE MAKEUP OF THE CHEMICAL CONSTITUENTS FOUND IN ESSENTIAL OILS IS UNIQUE AND CANNOT BE DUPLICATED BY SCIENCE.

In fact, many modern medications are created in an attempt to duplicate some of these natural therapeutic constituents, but the chemical (synthetic) based version have harsh side effects and are not as effective as using the compounds distilled from the plant in the form of Essential Oils.

Pure Plant Health

Essential oils are mankind's first medicine. Shown in Egyptian hieroglyphics and Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years.



*“Thou anointest my head with oil; my cup
runneth over.”*

~ Psalm 23:5



Essential Oils are minuscule in molecular size, which means they are absorbed well through the skin.

Their small molecular size provides them with the unique ability to help with healing and nourishing. However, they do not accumulate in the body over time; they simply offer up their healing properties and then pass on through the body.

Because of science's ability to isolate and synthesize particular constituents, you must be careful to ensure that the Essential Oils you choose haven't been adulterated with isolated or synthetic compounds.

True, unadulterated Essential Oils have been scientifically proven to be anti-infectious, antibacterial, antiviral, antiseptic, antifungal, antiparasitic, and truly life enhancing in every way!*

We believe Essential Oils are a safer and more effective alternative to the use of toxic home cleaners, disinfectants, dangerous over-the-counter medicines and prescriptions and in some cases may even eliminate the need for antibiotic products.* Fun and easy to work with, they are anti-infectious, preventative, and promote physical and psychological well-being.*

LIVING THE AROMATIC HEALING LIFESTYLE OF ESSENTIAL OILS IS GOOD FOR YOU, YOUR CHILDREN, YOUR PETS, AND THE EARTH.

*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.

WHY GODÉSANA

feel the pure plant difference

Alexandria Brighton is an Aromatherapy formulator, educator, and owner of the Brighton Institute of Botanical Studies with over 30 years of experience in the aromatherapy, herbs, and natural remedy world.

Her 300+ Essential Oil, Herbs, Grasses, Minerals, pH Balance Nutrition, and Personal Care Stillroom formulations are highly sought after worldwide and are now available exclusively at goDésana where she is the final word on sourcing pure plant materials from artisan distillers and farmers worldwide.

Alexandria's deeply intuitive nature, spiritual wisdom, and ability to effectively share information set her apart as a cutting-edge formulator and inspiring instructor.

Early on, she discovered she had a particular talent for the formulation of synergistic blends for medicinal, emotional, and energetic healing. She is recognized internationally for her formulations as well as her standards of quality.

The exclusivity of Alexandria Brighton's Essential Oil and Herbal Stillroom Blends availability only at goDésana is the first answer to "Why goDésana?".



goDésana's Exclusive Partner Alexandria Brighton: Internationally-recognized French Medical Aromatherapist, Master Formulator, and Purveyor.

"Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favour compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life."

~ T.A. Edison

You can be one hundred percent (100%) sure that Alexandria's Stillroom formulas are available only at goDésana because she has never released them to anyone but goDésana.

Regardless of who or what company Alexandria has previously formulated for, only she and the laboratory where her Stillroom formulations are blended have ever had the formulas.

In addition to taking care that no company had possession of any of her formulas, a number coding system has always been implemented so that even when they were being blended, the laboratory did not know which formulas were which specific Stillroom Blend.

When Alexandria separated from a company due to quality and ethical concerns, all of her formulas went with her.

In March of 2014, based upon my unconditional belief and trust in the owner and management of goDésana, for the first time in history, I have shared my Stillroom formulations with a company, goDésana.

~ Alexandria Brighton

Pure Plant Remedies

Many who choose Essential Oils from goDésana have experienced:

- Remarkable health improvements*
- Less need for doctor visits*
- Savings on medications*
- Greater vitality and more energy*
- Potent, long-term results*

*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.

The goDésana Difference

The beautiful partnership between Alexandria Brighton and goDésana has opened the door for her to source Essential Oils from artisan growers and distillers that she's never had access to before, thereby allowing the expansion of pristine-sourced Essential Oils previously never available in the larger marketplace.

Equipped with decades of training and experience, along with a truly gifted intuitive understanding of the power of pure Essential Oil and Herbal Stillroom Blends and their natural therapeutic chemical constituents, Alexandria is uniquely qualified in her capacity as a gatekeeper for the quality and efficacy of each goDésana Essential Oil and Blend.

Alexandria personally reads and fully understands what the highly technical gas chromatograph results mean before approving each and every batch of Essential Oil prior to being bottled, labeled, and sold to goDésana customers.

Alexandria is able to read a gas chromatograph and instantly identify that a high level of one particular constituent can mean that the Essential Oil has been synthetically or even naturally spiked with isolated constituents from another Essential Oil.

Having a gatekeeper who knows the nuances between different plant species and who has been trained in reading gas chromatographs, who understands how to read and interpret the results and benefits, AND who has a 'trained nose' – will make all the difference in your Essential Oil experience!

NATURALLY THERAPEUTIC PURE PLANT INGREDIENTS PROMISE

goDésana is raising the bar for the industry with our Pure Plant Ingredients Promise.

- ◆ We promise that all of goDésana's ingredients are minimally processed.
- ◆ Our Essential Oils are from first distillation only, they are never adulterated or rectified, our herbs and grasses are processed with low to no heat temperature.
- ◆ No goDésana products are ever tested on animals, are always free of pesticides, chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.

STANDARDS OF QUALITY

goDésana's products are raw, plant-based functional whole food derived from wild-crafted, pesticide-free, and organic. Our manufacturers and suppliers can certify to our ingredients and to our low- to no-heat processes which maintains the integrity of the raw whole food including nutrients and enzymes.

We insist on only the purest ingredients and the finest manufacturing processes for our bio-available and purposeful formulations. All of our ingredients are guaranteed to be:

- Free of pesticides and chemicals used in the cultivation of any crop
- 1st distillation only
- Free of harmful chemical preservatives
- Free from saccharine and aspartame
- Free from high-fructose corn syrup
- Free of partially hydrogenated oils
- Minimally processed
- Organic and wild-crafted plant life
- Free of additives or extenders
- Gas Chromatograph tested by an independent 3rd party lab
- Cruelty-free; no animal testing or animal products used
- Grown & harvested without slave/child labor
- Free of irradiation or GMO plant materials
- Free of artificial colors, oils, or scents
- Processed using ecological & sustainable practices

THERAPEUTIC-GRADE OR THERAPEUTIC?

Everywhere you look today you see the term 'therapeutic-grade' when talking about Essential Oils.

The term therapeutic-grade in reference to Essential Oils was started by one of the largest Essential Oil companies as a marketing ploy. It's unfortunate for the the consumer, because the fact is there is no such thing as a therapeutic-grade Essential Oil. There are no agencies that 'grade' Essential Oils as therapeutic.

An Essential Oil is determined to be therapeutic based upon the combination and percentages of the chemical constituents that are found naturally in the Essential Oil.

HOW CAN THE CONSUMER KNOW WHAT IS A PURE ESSENTIAL OIL WITH THERAPEUTIC VALUE?

There are many different levels of Essential Oil quality, purity, and therapeutic value, and again, absolutely no regulation available to assist consumers in discerning what is a 'commercial, recreational, or aromatic use' Essential Oil and what is an Essential Oil with therapeutic value.

Having an Essential Oil third-party tested with a Gas Chromatograph for the percentages of chemical constituents and having someone with Alexandria's deep understanding of Essential Oil chemistry to review the results of the testing is the only way to know if an Essential Oil does, in fact, have therapeutic value.

All of goDésana's Essential Oils are Gas Chromatograph tested by an independent 3rd party lab and the Gas Chromatograph results are on file at the corporate office. Every batch is tested multiple times before it's sent out the door to you, our customer.

This ensures that the same amazing Essential Oil reviewed and approved by Alexandria, and then ordered by goDésana, is in fact what ends up in the bottle for you.

goDésana is the only company going to such lengths to ensure that you are getting the highest quality Essential Oils available.



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.



SPECIFIC BOTANICAL SPECIES

Often you will see a company selling Lavender, Thyme, and Eucalyptus Essential Oils without providing the specific botanical species.

When Essential Oils are distilled, the antioxidants, vitamins, minerals, phytonutrients, and therapeutic constituents are 75-100 times more concentrated in the resulting oil than in the plant matter from which it came.*

Due to this intense concentration of therapeutic constituents, designation of botanical species is critical in knowing what unique characteristics are available for safe usage and therapeutic value.

Everyone knows the quotation from Shakespeare's "Romeo and Juliet": 'What's in a name? That which we call a rose by any other name would smell as sweet.'

What's in a name? The answer when dealing with Essential Oils is – everything! When procuring and prescribing Essential Oils, therapists must take care to identify precisely the plants from which they are derived, and this means giving not only the generic and specific names but also specifying, where necessary, the chemotype, variety, etc.

~Aromatherapyfor Health Professionals

Knowing whether you have *Lavendula spike*, *Lavender*, *fine Lavender maillette*, *Lavendula hybrids*, etc, can make a tremendous difference in the end result. For this reason, the specific botanical species is printed on the label of every goDésana Essential Oil.

Alexandria's knowledge and understanding of the differences and subtle nuances in botanical species assist her in making selections and discerning that only the purest Essential Oils are sourced by goDésana for their therapeutic value. This knowledge, Alexandria's "expert nose", and her intuitive wisdom make all the difference in the finished product that shows up on your doorstep.

It takes 5000 tons of rose petals to get 1 gallon of Rose Essential Oil.

That's only 757 5ml bottles!



SPECIFIC PLANT PRODUCING ORGAN

The leaves, stems, roots, rinds, or other “organs” of a single plant can produce markedly different Essential Oils. For example, Cinnamon Oil can be sourced from leaves, bark, or roots, with each resulting Essential Oil having its own distinct properties, safety concerns, and therapeutic value. Therefore, testing to ensure what organ or part of the plant was used for producing an Essential Oil is crucial to properly identifying an Essential Oil.

The Bitter Orange (*Citrus aurantium*) Tree produces three different Essential Oils depending on which part of the plant is used. The flowers of Bitter Orange produce Neroli Oil, the leaves produce Petitgrain Oil, and the rinds of the fruit produce Bitter Orange Oil.

For the most effective therapeutic value and safety, it's vitally important that the producing organ of a plant be identified, and that the resulting Essential Oil be sourced from the part of the plant producing the most effective oil for a particular use.

In addition to country of origin and specific botanical species, the specific plant producing organ is printed on the label of every goDésana Essential Oil.

ADULTERATED ESSENTIAL OILS

We know that the formula for water is H₂O. But when chemists combine the elements of hydrogen and oxygen, they've yet to generate life-giving water. There's something more to the equation.

It's the same with pure Essential Oils. Chemists may be able to isolate and identify specific constituents and add those constituents to a base of pure oil to “enhance” it, but they cannot duplicate the elemental power of the pure Essential Oil distilled from organic or wildcrafted plant material.

Many companies claim to have pure Essential Oils that have not been adulterated, and many of those same companies fail miserably when their oils are tested.

Sadly, current regulations allow commercially produced Essential Oils to be labeled “100% pure” while still being extended by up to 52% with synthetic extenders or an inexpensive carrier oil.

The sad fact is that many Essential Oil companies use synthetic or ‘nature like’ ingredients to enhance the scent, to increase the presence of specific constituents, or just to make the Essential Oil more profitable.

It has become a commonplace practice with some large Essential Oil companies to add constituents that have been extracted from one Essential Oil, usually a less expensive one, to another Essential Oil.

Because the added constituents are originally extracted from an Essential Oil, the now adulterated Essential Oil appears to still be a natural product, making this practice difficult to detect.

Companies will do this for a variety of reasons, with cost and creating a ‘unique’ product being two of the most common reasons.

Natural or Nature-Like?

Linalyl acetate is often added to Lavender Essential Oil, Ethylvanillin is often added to Peppermint, Methyl salicylate is extracted from Wintergreen Essential Oil and sold as pure Birch Essential Oil, and Linalool or an extracted constituent from Pink Grapefruit is often added to Sweet Orange which is then called Wild Orange.



Another common practice in the marketplace is to subject Essential Oils to a process called rectification (2nd and even 3rd distillation). This is done to artificially inflate amounts of various chemical constituents.

This is commonly done to Peppermint Essential Oil that is grown in the United States to increase the amount of menthol. Peppermint grown in the United States contains a low level of the constituent menthol, and as a result it is not considered to be a therapeutic Peppermint Essential Oil in the world of French Medical Aromatherapy. Companies will redistill (rectify) a second and third time to inflate the mentol to an amount believed to be therapeutic. Alexandria and goDésana consider this adulteration.

goDésana and Alexandria Brighton are dedicated to sourcing only the best Essential Oils from organic and wild-crafted artisan-type farms that span the globe. The quality of oils acquired from these sources is simply not available in the mass production market many other companies use. This is yet another factor that sets goDésana apart from other brands.

ORGANIC ESSENTIAL OILS

If you see the “USDA Organic” or “Certified Organic” seal on food, the item must have an ingredient list and the contents should be 95% or more certified organic, meaning free of synthetic additives like pesticides, chemical fertilizers, and dyes, and must not be processed using industrial solvents, irradiation, or genetic engineering, according to the USDA. The remaining 5% may only be foods or processed with additives on an approved list.

In the marketplace, if a consumer sees the USDA Organic seal on the label of a product, an assumption is made that the product itself is free of pesticides, chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones,

parabens, mineral oil, triclosan, animal products, and is not adulterated. While that may be true in most circumstances, unfortunately with Essential Oils, because the end product is never tested, the USDA Organic seal does not mean the product has therapeutic value.

For an Essential Oil to be certified organic, all handlers in the process from growing to labeling need an organic certification. Certified organic simply means that the facility where the plant is grown, where it is distilled, where it is stored, where it is bottled, and where it is labeled each have their own organic certification. However, the Essential Oil itself does not need to be tested for pesticides, etc.

As long as each handler in the process is certified, an Essential Oil can have the USDA Organic seal without ever having been tested for pesticides etc. unless, of course, the company selling the Essential Oil tests it.

If the company (handler) pouring and labeling an Essential Oil has its organic certification, and they adulterate that oil in some way during the bottling process, they can still put the USDA Organic seal on the oil, and no one would know they were purchasing an adulterated oil since no agency tests the end product.

For example, several companies were recently found to be selling adulterated Vetiver Essential Oil with a USDA Organic seal affixed.

The only way to know for sure that an Essential Oil has not been adulterated is through a Gas Chromatograph.

All of goDesana's Essential Oils are Gas Chromatograph tested by an independent, 3rd party lab to ensure purity, that they are unadulterated, and that they contain the therapeutic value Alexandria has sourced and approved.

ESSENTIAL OILS HISTORICALLY PROVEN

Since ancient times, and as near as we can tell from the beginning of recorded history, the plant kingdom has provided rare and powerful extracts and essences that have long been prized for their beauty enhancing, medicinal, aromatic and therapeutic value.* Many plants have been the basis for herbal and botanical medicines and remedies for thousands of years and are the root of today's pharmaceuticals.

The earliest that we can find evidence of the use of Essential Oils usage occurs in the 3000-2500 B.C. period. Words like "aromatherapy" and "essential oils" were not in use, but there is evidence that civilizations were creating extracts containing oils and resins from aromatic plants during this time period.

Usually, the Egyptians are given credit for being the first to use aromatic extracts for both spiritual and physical well being. But it is believed that Essential Oil-like extracts were also being used in China and India at nearly the same time.

THE INCENSE TRAIL

The Incense Trail - an overland trade route that has been written about and well documented from Palestine south along the western edge of Arabia to areas now occupied by the countries of Yemen and Oman. Interestingly, this north-south route was intersected at Petra, Jordan, by an east-west route that connected India and China with Egypt.

The lucrative trade that moved in all four directions on these routes moved spices, frankincense, myrrh, spikenard, and other aromatics to the Egyptian, Greek, Roman, Indian and Chinese empires between 1000 B.C. and 100 A.D.

EGYPT, EARLY 2000 BC

As early as 2000 BC, the highly evolved Egyptians were using Essential Oils for medicinal benefits, beauty care, spiritual enhancement, and in literally all aspects of their daily life.

CHINA, BEFORE CHRIST

In China, the use of Essential Oils has been traced to before the time of Christ. The oldest surviving medical text in China is Shennong's Herbal, dated at around 2700 BC, and containing information on 365 plants. Shennong was a ruler and cultural hero of China who taught his people the practices of agriculture.



Shennong consumed hundreds of herbs to test their medicinal value. He is said to have discovered tea, and is considered to be the father of Traditional Chinese Medicine, including acupuncture.

Aromatics and perfumes were worn in Egypt by ruling families and the priests. There are numerous hieroglyphics depicting men and women wearing perfumed wax cones that would provide a pleasant scent and moisturize the skin.

Egyptian temple priests, also known as the doctors of the day, employed a variety of aromatic balms, resins, and powders in many different ways for both religious and medicinal purposes. Many pictorials on temple walls show Egyptian royalty using Essential Oils.

GREECE

Hippocrates, considered the father of modern medicine, is reported to have advised that "The way to health is to have an aromatic bath and scented massage every day." He reportedly believed strongly in the medicinal benefit of fumigation with aromatics and used fumigation in the city of Athens to combat the plague.

A contemporary of Hippocrates, Theophrastus, wrote the first known treatise on the scent, titled "Concerning Odors." He inventoried all the Greek and imported aromatic medicines and wrote of ways they could be used.

Commenting on the therapeutic value of natural perfumes, he said: "It is to be expected the perfumes should have medicinal properties in view of the virtues of their spices. The effect of plasters and of what some may call poultices prove these virtues since they disperse tumors and abscesses and produce a distinct effect on the body and its interior parts."

Implicit in this observation is one of the fundamental principles of therapeutic aromatherapy - Essential Oils applied externally affect the internal organs and tissue.

INDIA

In India, Essential Oils have been a core element of the Ayurvedic health care system for centuries.

No one knows how old Ayurvedic medicine is, but it has been practiced for at least 4000 years and is still widely practiced in India today. One of its principal aspects is aromatic massage, where Essential Oils - especially Sandalwood - are used. Ayurvedic literature from 2000 BC records Indian doctors administering oils of Cinnamon, Ginger, Myrrh, Coriander, Spikenard, and Sandalwood to their patients.

The Vedas, the most sacred book of India, mentions over 700 different aromatics and the uses of perfumes and aromatics for religious and therapeutic purpose. Basil is a sacred plant in India, believed to open the heart and mind, bestowing the energy of love and devotion. Sacred to Vishnu and Krishna, it strengthens faith, compassion, and clarity.



ROME

The Romans used aromatic materials with sheer decadence. Oils were used to scent the hair, body, and the bed. The most beautiful oils available were blended by highly skilled perfumers, creating celebrated fragrances that were broken down into three categories: 'ladysmata' (a solid unguent), 'stymmata' (a scented oil) and 'diapasmata' (a powdered perfume).

A prominent Greek physician, the doctor for the Roman army, Pedanius Dioscorides, wrote an impressive reference work on herbal medicine during the first century A.D. Several aromatherapy remedies he discusses are still used today. Quoting him: "Myrrh: "Doth strengthen the teeth and ye gummess", Juniper: is described as "diureticall", Marjoram: is described as "soporific", Cypress: "helps with the flux of the belly (diarrhea) and doth also stanch the blood." Today, we have documented that myrrh is helpful with gum infections; marjoram has some sedative properties, and cypress can be useful in alleviating diarrhea.*



THE BIBLE

Both the Old and New Testament have dozens of references to aromatic plants, with at least 12 Essential Oils being mentioned over 9 times respectively.

By revelation, Moses received recipes for the holy anointing oil and temple incense.

These recipes involved such common aromatics as Cedarwood, Hyssop (Leviticus 14:4), Frankincense, Cinnamon (Exodus 30:23), Onycha (Cistus/Labdanum), and Galbanum (Exodus 30:34) as well as more obscure, aromatics such as Stacte (Myrrh).



Stacte was an ingredient in one of the most sacred temple incense, the Haketoret, discussed in Exodus 30:34. It was to be mixed in equal parts with Onycha (Cistus/Labdanum) and Galbanum, and mixed with Frankincense and made into an incense for burning on the altar of the tabernacle. This incense was considered restricted for sacred purposes honoring Yahweh; the trivial or profane use of it was punishable by exile, as laid out in Exodus 30:34-38 (KJV). Other aromatic herbs mentioned specifically in Old Testament include Myrrh, Fir, Myrtle, and Spikenard.

The New Testament references aromatics, especially the gifts of the Magi at the birth of Christ: Gold, Frankincense, and Myrrh (Matthew 2:11).

Other well-known references include the story of Mary anointing Jesus' feet with Spikenard (Mark 14:3) and mention in the Book of John that Nicodemus, one of the Jewish rulers, brought a hundred pounds of "Myrrh and Aloes" (Aloeswood or Agarwood) to embalm the body of Jesus after his crucifixion (John 19:39). Frankincense and Cinnamon are also mentioned in the Book of Revelation (Revelation 18:13).

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.

EUROPE

During the Middle Ages, the use of aromatics was denounced by the Catholic Church as decadent. By the 1600's, books about Essential Oils grew and became widespread. By the 1800's most of the pharmacopeia of England, Germany, and France were referencing and prescribing Essential Oils for a variety of illnesses.

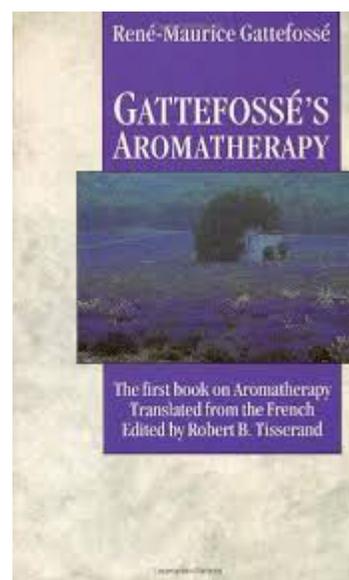
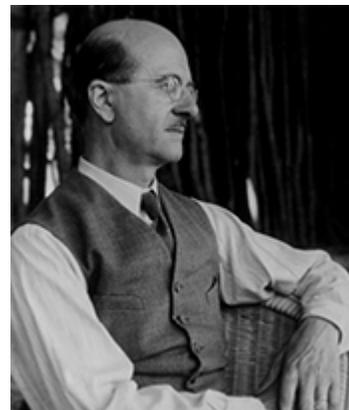
Tuberculosis was common, and workers processing flowers and herbs generally remained disease-free, including from tuberculosis. Believing that Essential Oils in the plants were protecting the workers, the first recorded lab test of the anti-bacterial properties of Essential Oils was performed in 1887.

In 1910, Rene-Maurice Gattefosse, a French cosmetic chemist, had an accident, severely burning his hands and arms in a lab explosion. He extinguished the flames, but as he described it, "Both my hands were covered with rapidly developing gas gangrene." He submerged his burns in a large container of Lavender Oil and reported that "Just one rinse with Lavender essence stopped the gasification of the tissue. This treatment was followed by profuse sweating and healing which began the next day."

Gattefosse continued to investigate the medical use of Essential Oils and treated soldiers in military hospitals during World War I with oils. He coined the term "aromatherapie", the treatment of disease and injury using aromatic Essential Oils.

Jean Valnet, a Parisian medical doctor and army surgeon, who was also a colleague of Gattefosse's, began to use Essential Oils with great success as antiseptics treating war wounds during the Indochina War from 1948 to 1959. After the war, he continued using Essential Oils in his practice, publishing in 1964 the comprehensive text *Aromatherapie*, earning him global recognition.

In the 1980's French MD Daniel Péroël, along with French biochemist Pierre Franchomme, investigated and cataloged the medical properties of over 270 Essential Oils, recommending uses for a clinical environment. Published in French in 1990, the book, *L'aromatherapie exactement*, quickly became the primary resource for dozens of secondary authors writing of the medical benefits of Essential Oils. In England, it is common for doctors to prescribe Essential Oils, distributed through pharmacies. Essential Oils have not only stood the test of time, they have proven their efficacy and effectiveness on every level.



ESSENTIAL OIL

RESPONSIBLE CAUTIONS

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. Remember, Aromatherapy is not to be used to replace proper medical care.

The suggestions in this book are for general use. If you are undecided as to which Essential Oil to use, consult a qualified Aromatherapist who will help guide you in the right direction.

Essential Oils are very powerful and highly concentrated and should only be used in very small amounts. 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.

GENERAL CAUTIONS

Only purchase Essential Oils from a reputable company with documentation on purity. Essential Oils should have a lot number, expiration date, and tamper-proof lid.

Only use high-quality Essential Oils identified by the botanical name and given the chemical variety (ct. chemo-type) of the oil where appropriate.

For example, *Thymus vulgaris* is the botanical name for Thyme. There are two different chemotypes of Thyme commonly sold. Thyme ct. thymol contains phenols and 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.

The majority of Thyme ct. linalool in the marketplace today is a 'nature-like' product not a pure, from-the-plant Essential Oil. For this reason, Alexandria is recommending the use of Palmarosa in place of Thyme ct. linalool.

Keep your Essential Oils away from children, with the caps securely tightened.

Do not expose to heat, light, or the air. Replacing the cap as soon as you finish using the bottle will help to extend the life of your oils. Unnecessary exposure to the air will cause the oils to oxidize and spoil.





KEEP AWAY FROM THE EYES

When using Essential Oils with children and the very elderly, use caution when applying oils to the hands as they may rub them in their eyes. Should any Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.

INTERNAL USE

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

Stick to the recommended doses and suggested usage only. Do not attempt to go above the recommended amounts unless under the guidance of a qualified Aromatherapist.

Do not use Essential Oils orally when pregnant. We know that oils pass through the placenta and the high concentration of Essential Oil molecules will be difficult for the developing child to detoxify as their detox system is not mature or fully functional.

About ten times more Essential Oil molecules will enter the bloodstream when ingested than with application to the skin.

POISONING

Even a 5ml bottle can contain enough Essential Oil for a lethal dose of poisoning if a child were to accidentally drink the bottle. Always keep them out of reach of children with the orifice reducer in place and the lid tightly closed.

Remember, when plants are distilled the resulting oil is 100 times more concentrated than the plant material.





NASAL APPLICATION

The mucous membranes of the nasal passages are known to absorb readily whatever is placed inside, such as the nasal sprays used to administer doses of drugs for various conditions.

Care must be taken when using this method of application. As reported by Penny Price, serious though non-fatal toxicity in children has been reported when applying or injecting Peppermint and/or Eucalyptus Globulus inside the nose.

Due to the seriousness of these cases many professional Aromatherapists recommend that Essential Oils should not be instilled into the noses of children under age six.

DERMAL IRRITATION

Patch testing is advisable, especially when a person is subject to allergies. If an irritation should happen, 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.

Avoid Essential Oils known to cause skin irritation or photo-toxicity on children under six years of age. Dilute appropriately for skin application.

At all times any Essential Oil should be diluted when used on a child with the exception of Lavender, Tea Tree, and Ravintsara on the soles of the feet.

EPILEPSY

Usually no risk unless large quantities are taken such as when Essential Oils are taken internally (orally, rectally, or large doses inhaled using a nebulizing diffuser).

DIFFUSER SAFETY

Do not use a diffuser that has a naked flame in the form of a candle around children and pets as they may accidentally knock it over starting a fire.

BLENDING OR REBOTTLING OILS

Make sure that every mixture you make up has a label that tells you exactly what is in it, what you are using it for, and the date the mixture was made.

This prevents confusion when treating different family members and ailments.



PEPPERMINT

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. Peppermint is not recommended for those who are suffering from atrial fibrillation for the same reason.

If you are taking homeopathic remedies, the Essential Oil treatments must be given at least an hour apart to prevent them interfering with the homeopathic treatment, especially when using Peppermint, which should be two to three hours apart.

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.

BIRCH & WINTERGREEN

Topically applied Birch Oil and Wintergreen Oil, which are both high in methyl salicylate, can potentiate the anticoagulant effect of Warfarin, causing side effects such as internal hemorrhage. Similar effect may be possible with other anticoagulant drugs.

Birch and Wintergreen are contraindicated for those facing major surgery, those suffering hemophilia or other bleeding disorders, during pregnancy, while breastfeeding, for young children, and for people with salicylate sensitivity (often applies in ADD/ADHD).

Numerous cases of poisoning have been reported from ingesting Wintergreen Oil; 4 to 8 milliliters is considered a lethal dose for a child. Methyl salicylate can be absorbed transdermally in sufficient quantities to cause poisoning in humans.

Do not take Birch or Wintergreen internally or use them topically.

Only use organic Birch or Wintergreen as these oils are commonly adulterated.

The use of Birch or Wintergreen should be limited to blends that have been formulated by a qualified Aromatherapist.

Please Note: Most known Birch Essential Oil currently in the marketplace is a 'nature-like' product.

OREGANO & THYME CT. THYMOL

Oregano and Thyme ct. thymol are both high in phenols (Carvacrol and Thymol); large doses or continued 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.

Topical application should be diluted to 1% to avoid irritation and patch tested before use on skin. Phenols are skin and mucous membrane irritants.

Do not take Oregano or Thyme ct. Thymol 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 medication for diabetes. It is contraindicated for pregnancy, breastfeeding, and small children.





A WORD OF CAUTION

As aromatherapy has increased in popularity and more and more people have started companies, the availability of Essential Oils has also increased.

More varieties of Essential Oils are becoming available and new and exotic Essential Oils are presented in the marketplace each day.

The majority of these new Essential Oils have little if any known safety data and many are not gas chromatographed so, we are actually blind when using them. Essential Oils with unknown safety data or unknown chemical data should be avoided.

Never use undiluted Essential Oils, especially the “hot” or neuro-toxic Essential Oils over the organs or on the spinal cord. Undiluted Essential Oils are deeply penetrating and can burn and damage many layers of tissue.

Use common sense, aromatherapy is in its infancy and we only have a tiny bit of information on what Essential Oils can do, both positively and negatively in the body.

For example, taking Oregano internally every day may not present immediate issues leading many to believe that this practice is safe. However, years down the road damage to the liver could present itself.

Accumulation of damage is not something that shows up instantly, so you can abuse the use of an Essential Oil such as Oregano for a long time before the damage will show up in the body. Then, it is usually too late to repair the damage. Often it shows up in the reproductive system with damage passed to an unborn child.

*Always, always, error on the side of caution.
Your first obligation is to do no harm.*

ESSENTIAL OIL SAFETY GROUPS

CHILDREN, PREGNANCY & NURSING

Essential Oil blends, because of the smaller percentage of stronger oils and often the addition of a Carrier Oil for dilution, are usually safer than single oils; especially during pregnancy, nursing, and with children or the elderly.*

Safety Group #1

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

Chamomile, roman; Dill Weed, Eucalyptus Radiata, Lavender, fine; Lavender, vera; Mandarin, red; Mandarin, green; Neroli, Niaouli, Petitgrain, Ravintsara, Rose, Spearmint, Tangerine, Tea Tree, Ylang Ylang Complete

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 baby shampoo*
3 to 5 years: 3 drops in ¼ cup Bath Salts*
5 to 10 years: 6 drops in ¼ cup Bath Salts or Clay Vitality*
Pregnancy: Safe when used as directed*

ADDITIONAL USES: Safe when used as suggested on individual product datasheets.*

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, Black Pepper, Chamomile, german; Clary Sage, Cypress, Fennel, sweet; Frankincense, Geranium, rose; Ginger Root, Grapefruit, pink; Jasmine, Lemon, Lemongrass, Lime, Marjoram, sweet; Myrtle, green; Orange, sweet; Palmarosa, Patchouli, Peppermint, Rosemary ct. 1,8 cineole, Rosemary ct. verbenone, Sandalwood, Thyme 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 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 bath salts*
5 to 10 years: 6 drops in ¼ cup bath salts*
Pregnancy: Safe when used as directed starting in 2nd trimester*

ADDITIONAL USES: Safe when used as suggested on individual product datasheets.*

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; Bay Laurel, Cardamom, Carrot Seed, Cedarwood, atlas; Cistus, Coriander Seed, Elemi, Eucalyptus Citriodora, Fir, balsam; Galbanum, Helichrysum, Juniper Berry, Lavender, spike; Melissa, Myrrh, Pine, scotch; Rosewood, Spikenard, Spruce, black; Vetiver

Safety Group #4

Never recommended for children or while pregnant or nursing.*

Angelica Root, Basil, holy; Birch, Cassia, Celery Seed, Cilantro, Cinnamon Bark, Clove Bud, Eucalyptus Globulus, Fir, white; Nutmeg, Oregano, Sage, Tarragon, Thyme thymol, Wintergreen

*Disclaimer: These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, cure, or prevent any disease. This information is provided for educational purposes only.

METHODS OF USING ESSENTIAL OILS

The Essential Oils of plants are biologically active when the airborne molecules are inhaled, stimulating olfactory nerves which in turn stimulate centers of the brain. The molecules may stimulate an immune response after entering the bronchial area and lungs, helping your body fight an infection.

When you inhale Essential Oils from the steam from a simmering pot of Eucalyptus leaves for example, you can help your body dry up mucus secretions, lower inflammation, shrink swollen sinus membranes, and enhance airflow. All of these effects can help you breathe more freely during a cold or hay fever attack.

Try diluting a little Essential Oil such as Lavender ($\frac{1}{4}$ teaspoon), with a fixed oil like Sweet Almond Oil (6 tablespoons) and rub it on the skin. You may notice an immediate boost in your mood. The individual components of the Essential Oil penetrate the skin and the blood vessels, relieving pain and swelling, stimulating blood flow, and bringing healing to the area, and enter the blood, ultimately affecting the brain, nervous system, and organs.

FRENCH MEDICAL AROMATHERAPY

The French, who are leading the world in the area of Medical Aromatherapy, use Essential Oils extensively for treating infections. There, medical schools offer courses in the medical use of Essential Oils and how they are applied for general infections along with respiratory, digestive, urinary, reproductive, and skin infections.

Essential Oils are often used as the primary treatment modality, or, depending on the patient and their circumstances, they may be used in conjunction with standard antibiotics and other medical treatments.

Internationally, natural plant medicines, Essential Oils, and herbal remedies are considered to be safe, comparatively inexpensive, practical to use, quick acting, and effective in assisting the body.

The use of Essential Oils to combat infections is well documented in the medical and scientific literature. The French and other European countries have been researching medical uses of Essential Oils since the 1950's.

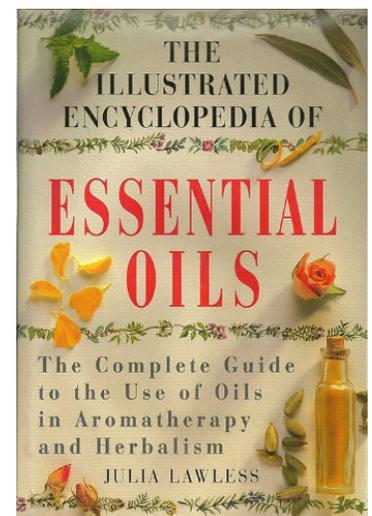
When researchers tested antibiotics and Essential Oils against germs such as E. coli and Staphylococcus aureus, their conclusion was that the Essential Oils were comparable in antimicrobial strength to the antibiotics used in the experiment. One of the main contributing factors to their effectiveness and why they are being considered as antibiotic replacements in certain cases is that germs cannot develop resistance to them.

Essential Oils contain many hundreds of chemical compounds which make them extremely complex substances. Because of this complexity, germs are not able to build up resistance like they can to drugs which are a single ingredient or very simple formulas.

Unlike antibiotics that kill all bacteria, good or bad, Essential Oils are natural substances created by nature to work with little or no side-effects for the overall benefit of the body.

Essential Oils can benefit the body in these important ways:

- Certain Essential Oils have immune stimulating properties, thus supporting the immune system to take action against invading germs. This makes the body a less hospitable place for germs to live and multiply.
- Essential Oils alter the body's chemistry; the pH balance. If the body's chemistry is out of balance, e.g. too acidic or alkaline, other systems of the body have to attempt to compensate.
- Essential Oils act on the body's governing systems, the endocrine system, and the nervous system. These systems control all body functions. When faced with illness or injury, the governing systems act to maintain homeostasis and ensure the body's survival.
- The Essential Oils can also act like the immune cells of the body by killing germs and preventing them from being able to take up residence in the body or being able to multiply and mount a full-scale attack on the body.



HOW TO USE ESSENTIAL OILS

DIRECT INHALATION

Directly from a cotton ball, personal diffuser, or a drop of Essential Oil applied to the palm of the hands and cupped over the nose while inhaling, or inhaled from a tissue.

DIRECT INHALATION

Diffusing Essential Oils into a room using a nebulizing diffuser or a water vaporizing diffuser.

Inhalation through micro-diffusion is one of the fastest and most effective ways of receiving benefits from pure Essential Oils. Micro-diffusion is achieved by means of a nebulizer or water vaporizing diffuser which efficiently diffuses molecules of Essential Oil into the air of an entire room with maximum penetration.

When an Essential Oil is inhaled via the nasal mucosa the constituents have direct access to the central nervous system and are believed to reach the brain via the limbic system.

Inhaled molecules pass down the trachea into the bronchi and from there into finer bronchioles, completing their journey at the microscopic, sac-like alveoli of the lungs, where a gaseous exchange with the blood takes place. These alveoli are extremely efficient at transporting small molecules, like the size of Essential Oil constituents, into the blood, which then carries them to other parts of the body.

As the lungs have a much greater surface area than the nasal epithelium, the amount of Essential Oil that reaches the bloodstream will be increased by the depth of the breathing.

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 being equipped with micro-diffusers and high-quality Essential Oils during the annual cold and flu season.

Essential Oil diffusion also creates an ambiance in a room that can be soothing to the body and mind or intellectually or physically stimulating.

The Japanese, and to some degree here in the U.S., are increasingly using diffusion of Essential Oils into the air of businesses to improve the quality of the life and work performance of their employees.

THROUGH THE SKIN

Essential Oils penetrate the skin through a process known as diffusion. In contrast to sweating, which is an active energy demanding process, the passage of Essential Oil molecules inward through the skin occurs quite passively; the skin cells don't actually pump the Essential Oil constituents into the deeper layers of the skin, they instead sink in naturally.

How much is diffused into the skin depends on the surface area to which the Essential Oil is applied.

The more skin you cover, the greater the dose. Some Essential Oils will effectively assist the body with concerns in very small amounts.

Remember, when you are using a pure Essential Oil that has been sourced according to the makeup of the chemical constituents in the Essential Oil by a qualified Medical Aromatherapist, less is always more.

Constituent molecules of Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. Studies have found that heat and water can enhance the permeability of Essential Oils.



Essential Oils are dynamic, active, and highly sensitive substances that act quickly when applied to the body, diffusing through the skin and penetrating the wall of the blood vessels and body tissues.

Essential Oils absorbed into the body remain active for a period of time, then become metabolized and excreted. Although they do not remain in the body for more than a few hours, they can trigger a healing process within the body that can continue for days or weeks.

MASSAGE

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

Touching or massaging the body with Essential Oils isn't just an epidermal experience. Massage profoundly penetrates into the core of someone's being. Touch, like smell, bypasses the logical mind and plumbs to the depths of the soul.

Touch is part of being human, and an essential part of health and well-being. Massage is a very beneficial and healing way to touch people. A simple head or foot massage can remove all of the strains of the day. Essential Oils applied topically through a massage share their gift of love, nurture, and compassion.

Because the skin is so sensitive to touch it can convey messages to the rest of the body. Which is why a massage is able to support the body with improving gland, circulation, organ, and nerve function while relaxing muscles and sending healing bliss-inducing chemicals to the brain.

Aromatherapy comes into its own in the arena of touch. When Essential Oils are stroked, caressed, and gently massaged into the skin, the nervous system is stimulated, the internal organs are assisted, the senses are aroused, the emotions are soothed, and the spirit soars.

Essential Oils dissolve readily into fat and pass easily into the central nervous system and liver. The brain is very rich in fats; therefore, fat-soluble molecules like Essential Oils will be taken up easily by the brain and remain there for some time.

When using massage with young children always dilute the Essential Oils into a Carrier oil being careful to only use Essentials Oils that are safe for use with children. For newborn to age two years, use no more than 3 to 6 drops of Essential Oil to 60 ml (2 ounces) of carrier oil; up to eight years of age, 8 to 10 drops to 60 ml of carrier oil; and ages eight and above, up to 15 drops Essential Oil to 60 ml of carrier oil.

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



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 Fowers' by Barbara Bobo. What a wonderful way to experience Aromatherapy and the use of Essential Oils.

Fill the bath tub and add 3 drops of an Essential Oil into a bath salt or shower gel for children ages 2 to 8, and 5 to 10 drops for children over 8 and adults. Not only is this a very relaxing experience, but it can relieve aches and pains and it's good for the skin.

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

COMPRESSES

Bites, wounds, arthritic joints, menstrual and stomach pains, headaches, sprains, varicose veins, and sore muscles may all benefit from this easy and efficient application. Compresses can be cold or hot depending on the type of concern you are assisting the body with.

Hot compresses are most often used to treat pain of a chronic nature and are particularly helpful in assisting the body with backaches, menstrual pain, rheumatic and arthritic pain, earache, and toothache. Hot compresses dilate, or open, the blood vessels, bringing more blood to the area.

Hot compresses, along with unscented Dead Sea Salt which is also very good for skin disorders, may also be effective in assisting the body with eczema or psoriasis.

To make a hot compress, fill a large jar with water as warm as you or your child can stand. For a child, use those single Essential Oils and blends that have been determined to be safe for use with the age of the child.

Add 3 to 4 drops of the age-appropriate safe Essential Oil or blend with a tablespoon of bath salt, then add to the water. Put the lid on the jar and shake well to disperse the oil.

Pour the warm water into a large bowl and soak a cotton cloth or cloth diaper in the water, wring out, and lay the cloth over the area to be treated. Wrap with plastic wrap and a heated towel to help to keep the compress warm. When cool, redo the compress following the same procedure.

Increase the Essential Oil to 16 drops for adults.

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

MISTING

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.

Using distilled water in a 4-ounce blue cobalt glass spray bottle, fill the bottle half full of water and add 10 to 12 drops of Essential Oil, then put on the lid and shake well. Then fill the bottle almost to the top with more water, replace the lid and shake again. Shake well before each use.

May be sprayed into a room as an environmental fragrance or sprayed around your head (Caution: keep your eyes closed to avoid getting Essential Oil in your eyes.) as a refreshing pick-me-up. This can be very uplifting when you are over-tired and stressed. You may also use your mister to spray your linens, use a disinfecting mist such as Protector when changing your sheets for dust mites, and to disinfect hotel beds and bathrooms when you travel.

DIETARY SUPPLEMENTS

In some cases, a qualified Aromatherapist may suggest the internal use of GRAS ("Generally Recognized As Safe") Essential Oils for adults who do not have a history of liver problems (phenols contained in some Essential Oils are hard on the liver).

To take internally, you may take the large "00" vegetable capsules sold at health food stores, remove the top and fill the large bottom section $\frac{3}{4}$ full of olive oil. Next, add 2 drops of Essential Oil and replace the cap. Take 1 to 2 capsules 3 to 4 times per day with food. If you experience stomach irritation, dilute to 1 drop for each capsule.

You can also add Essential Oils to your food (after it has been cooked), or even as a great flavoring in dressings and sauces.

Remember, you should always consult with a qualified aromatherapist before consuming any Essential Oils internally.

FOOT APPLICATION

According to research, each foot has 7,200 nerve endings with every nerve line in the body ending at the feet. In reflexology, the big toe represents the brain and head, the next two toes represent the eyes, and the final two toes represent the ears. The top third of the sole is our chest, the mid third is our stomach and digestive system.

The pores on the feet, especially on the soles of the feet, are thicker than the skin on other parts of your body. When you apply Essential Oils to your feet your legs act like straws drawing the therapeutic chemical constituents quickly into the bloodstream.

Applying Essential Oils to the feet is also safer as the risk of skin irritation and sensitivities is decreased. The skin on the soles of the feet is less sensitive than the skin throughout the rest of the body.

Another reason for foot application is that when using the foot application, Essential Oils will be bypassing the liver and will not accumulate there. Instead of being processed by the liver, the oils reach the lower bronchial capillaries via the circulatory system and the entire organism unprocessed.





NEAT APPLICATION

Very seldom will you use single Essential Oils undiluted or neat.

On occasion, if nothing else is available, you may use them neat on an insect bite, or a bee sting.

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

Essential Oil blends, because of the smaller percentage of the stronger oils and often the addition of a Carrier Oil for dilution, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.



CLEANING & DISINFECTING AROUND THE HOUSE

Most Essential Oils create an environment that is unfriendly to germs and bacteria. Favorites for use around the home include Lavender, Lemon, Peppermint, Tea Tree, Palmarosa, Deep Green, and Protector.

A few drops of Essential Oil may be added to the dishwasher or washing machine to assist with cleaning and disinfecting; Lemon imparts a fresh, clean aroma and is a great disinfectant, and Protector is phenomenal for sanitizing, particularly during flu season.

Plants are capable of transforming the electromagnetic rays from the sun into energetic substance including a major group of compounds, the terpenes.

According to Harborne [1988] more than 1000 monoterpenes and possibly 3000 sesquiterpenes have so far been identified. The phenylpropenes constitute another much smaller but significant group. In Essential Oils most of the components belong either to the terpene group or to the phenylpropenes group.

~Aromatherapy for Health Professionals



FRENCH INTENSIVE METHOD

At the start of any concern, use the French Intensive Method with the selected Essential Oil or blend, chosen method of application, and recommended dilution.

Step 1: Use every 15 minutes for the 1st hour (4x).

Step 2: Then every 30 minutes for the 2nd hour (2x).

Step 3: Then every hour for the remainder of the day.

For example, if you are already sick you can use the French Intensive Method with Tri Remedy. The French Intensive Method with Tri-Remedy should be considered the “big guns” and could be used in place of an antibiotic.*

LIVING THE AROMATIC LIFESTYLE

In the Entryway

Fragrancing the home has become an important trend for interior decorating; it's a way to personalize a space and is as important to people as their color scheme and furnishings.

The scent, above all, impacts how we feel when we enter a space. Often, in our decorating, the entryway gets overlooked. Many come home to an entry with carpet or tile, maybe a stairway or hallway, and little other décor.

The entryway is the first impression we make on those who come to visit. What does yours say about you?

There are no hard and fast rules for which fragrance you choose, the main thing is to surround yourself with scents you enjoy and those that have an uplifting effect on your mood.

Fragrant Room Sprays

To set the ambiance of your home, you can keep an assortment of room fragrance sprays in your entryway. This is a great way to greet your guests when they come to visit.

Change the feel of your home by trying out different sprays; each one imparts its own particular mood into the environment. Try several and see which ones your family enjoys the most.

DIY FRAGRANCE SPRAY

When making Essential Oil fragrance sprays, you will start with Distilled Water and a cobalt blue glass or PET plastic spray bottle. Oil and water don't mix, so you will also need Dead Sea or Pink Himalayan Salt. When you add your Essential Oils to a pinch of salt before adding to the Distilled Water, it disperses the Essential Oil and also helps the scent linger longer in the air. You still should shake the bottle of fragrant spray a bit before you spritz so that the Essential Oil is evenly distributed in the liquid.

- 4 ounces of Distilled Water
- ¼ teaspoon Dead Sea or Pink Himalayan Salt
- 20 drops of Essential Oil

In a 4-ounce blue cobalt spray bottle, mix your favorite Essential Oil(s) and salt, then add to water, taking care to label each bottle with the oil(s) used. You may want to display 4 or 5 bottles in a basket on a table in your entry so they're handy to use when you arrive home or to spray just before guests enter your home.





DELIGHT FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 20 drops of Delight Essential Oil Blend

CHERISHED PLACE FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 20 drops of Cherished Place Essential Oil Blend

CITRUS JOY FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 20 drops of Citrus Joy Essential Oil Blend

COMMUNICATE FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 12 drops of beIntuitive Essential Oil Blend
- 5 drops of I Understand Essential Oil Blend
- 3 drops of Bathsheba Essential Oil Blend

GRATITUDE FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 20 drops of Gratitude Essential Oil Blend

GROUNDING HOME FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 8 drops of Terra Essential Oil Blend
- 8 drops of Cherished Place Essential Oil Blend
- 4 drops of bePrepared Essential Oil Blend

LIGHT CALMING FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 10 drops of Compassion Essential Oil Blend
- 6 drops of Red Mandarin Essential Oil
- 4 drops of Calm Essential Oil Blend

PROSPEROUS HOME FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 8 drops of Cherished Place Essential Oil Blend
- 5 drops of Prosperity Essential Oil Blend
- 3 drops of Letting Go Of Fear Essential Oil Blend
- 2 drops of Stop Self-Sabotage Essential Oil Blend

WISDOM FRAGRANCE SPRAY

- 4 ounces of Distilled Water
- 12 drops of beWise Essential Oil Blend
- 5 drops of Self Aware Check Essential Oil Blend
- 3 drops of Mary Essential Oil Blend

DIY Salt Stone Air Freshener

These beautiful Salt Stone creations can bring a touch of elegance to any room, while gently adding the pure aroma of your favorite Essential Oil or blend to the entryway or any room in your home. They are easy to make and can be refreshed and reused for many months!

MATERIALS NEEDED

- Pink Himalayan Salt Stones
- Essential Oils: 80 total drops of your favorite blend(s)
- Glass Vase or Decorative Container: Any decorative glass container will work to hold your Salt Stone creations.
- Add Essential Oil to stones, place on vase, display, and enjoy.



DIY Essential Oil Reed Diffuser

MATERIALS NEEDED

- A glass container with a narrow opening (check thrift stores)
- 4-5 reed diffusers or bamboo skewers
- 4 ounces of Fractionated Coconut Oil
- 20-25 total drops of your favorite Essential Oil blends

Mix the Essential Oils and carrier oil together in the glass container.

Place the diffuser sticks in the container. It will take a while for the oil to travel up the sticks, so speed up the process by flipping the sticks after several hours.

Continue to flip the sticks every few days to refresh the scent.



DIY Fragrant Potpourri Bowl

Collect several herbal and floral potpourri supplies such as dried roses, dried orange slices, cinnamon sticks, leaves, and spices that would make a decorative display.

MATERIALS NEEDED

- 4 cups of Dried Rose Petals (put fresh rose petals in a paper bag to dry)
- 3 cups of Patchouli Leaves (purchase from herb shop)
- 1 cup of Sandalwood Chips (purchase from herb shop)
- 10 drops of Sandalwood Essential Oil
- 20 drops of Rose Essential Oil (substitute Rose Geranium if desired)
- 10 drops of Patchouli Essential Oil



Place ingredients into a glass or ceramic mixing bowl and add 40 drops of your favorite Essential Oil(s). Place your items inside a clean 1-quart glass jar and store in a cool dark place for 5 to 6 weeks. Shake up the ingredients in the jar at least once a week. When complete, get a ceramic or glass bowl, or a decorative basket and pour your finished potpourri into the bowl, arranging the ingredients in a pleasing way.

Refresh your potpourri when its fragrance becomes weak by adding more Essential Oil and placing it back into the jar for at least a week.

The University of Maryland Medical Center does a wonderful job of explaining how powerful smelling Essential Oils can be:

“The ‘smell’ receptors in your nose communicate with parts of your brain (the amygdala and hippocampus) that serve as storehouses for emotions and memories. When you breathe in essential oil molecules, some researchers believe they stimulate these parts of your brain and influence physical, emotional, and mental health. For example, scientists believe lavender stimulates the activity of brain cells in the amygdala similar to the way some sedative medications work.”

With this in mind, know that you too can create personal blends with your oils that best suit your wellness and home needs. These are our favorite recipes and I am happy to share them with you!

LIVING THE AROMATIC LIFESTYLE

In the Living Room



BLISS ROOM FRESHENER

- 10 drops Lavender, vera Essential Oil
- 4 drops Scotch Pine Essential Oil
- 4 drops Balsam Fir Essential Oil
- 4 ounces of Distilled Water

Mix in a cobalt blue glass or PET plastic spray bottle and spray as desired to freshen the air. Shake gently before use.

CARPET FRESHENING

When you vacuum your home, put a few drops of your favorite Essential Oil on a cotton ball and place it in your vacuum cleaner bag. Gratitude Blend imparts a sweet, uplifting fragrance, or to kill dust mites and germs, add Protector Blend for a more refreshing and stimulating fragrance.

Carpet Refresh

- $\frac{3}{4}$ cup of Baking Soda
- 2 tablespoons Baby Powder
- 16 drops Protector Essential Oil Blend
- 4 drops Tea Tree Essential Oil

Mix well and store in an airtight container. Sprinkle on carpets as desired, leave on 15 to 20 minutes, and then vacuum as usual.

DUST MITE & BUG SPRAY

- 6 drops Eucalyptus Globulus Essential Oil
- 6 drops Scotch Pine Essential Oil
- 6 drops Balsam Fir Essential Oil
- 4 ounces of Distilled Water

OR

- 20 drops Protector Essential Oil Blend
- 4 ounces of Distilled Water

Mix in a cobalt blue glass or PET plastic spray bottle and use to spray pillows, upholstered furniture, curtains, etc. Shake well before use. Test in an inconspicuous spot and do not spray on fabrics like silk that can water-spot.

FOREST BREEZE WOOD POLISH

- 1 ounce Coconut Oil
- 3 drops Balsam Fir Essential Oil
- 3 drops Scotch Pine Essential Oil

Mix in a cobalt blue glass or PET plastic spray bottle and shake well before use. Spray lightly onto a soft cloth and use to polish wood surfaces. You may also add 4-8 drops of Prosper Blend. When using the wood polish, you will be creating an energy of prosperity in the room. Charity Blend or Delight Blend would also be a good choice.

INSECT & MICE REPELLENT

- 4 ounces of Distilled Water
- 20 drops of Peppermint Essential Oil
- 4 drops of Lemongrass Essential Oil

Mix in a cobalt blue glass or PET plastic spray bottle and spray where signs of insects or rodents are present. Shake well before use.

MAILING OUT CHECKS AND PAYING BILLS

- 10-12 drops Prosper Essential Oil Blend
- 4 ounces of Distilled Water

Mix in a cobalt blue glass or PET plastic spray bottle and use to lightly mist your checks and bills before mailing to attract prosperity.

PAINTING WALLS

- 10-12 drops Essential Oil Blend
- 1 gallon of paint

For an office or business, add Prosper Blend to the paint to attract success. For a child's room, use Gratitude Blend or Delight Blend. For the master bedroom, use Charity Blend or Calm Blend.

DIY Natural Carpet Cleaner

To clean carpets without toxic chemicals use hot water, your favorite natural soap, and Essential Oils only. Not only does it clean well, it leaves your home smelling good! Use Prosper, Cypress, Lemon, or Lemongrass for their antibacterial properties.

Add 1 teaspoon of soap and 13 total drops of Essential Oils per tank of hot water. Shampoo the carpets as usual. You can also use this formula to clean your car upholstery.



LIVING THE AROMATIC LIFESTYLE IN THE KITCHEN

SIMMERING POTPOURRI FOR THE HOLIDAYS:

- ¼ pound Star Anise, whole
- 3 ounces Allspice, whole
- ¼ pound Nutmeg, whole, crushed with a nutcracker
- ½ pound Cloves, whole
- ½ pound Cinnamon chips or small sticks, broken
- ½ pound Orange Peel, dried
- 10 drops Cinnamon Essential Oil
- 10 drops Clove Bud Essential Oil
- 10 drops Sweet Orange Essential Oil

Mix ingredients and put into a glass jar with lid for one month. Package 1 or 2 cups in a decorative tin or jelly jar with instructions to put ¼ cup of mix in a sauce pan and simmer for fragrance.

Purchase ingredients from an herb shop; this makes a beautiful, fragrant mix that you'll want to give as gifts.

Handling Raw Meats

Rinse meats in water with 4 to 6 drops of Lemon Essential Oil added to sanitize the meat without giving it a bad taste.

Dish Washing

Add 1 or 2 drops of Protector Blend or Tea Tree to the dishwasher. When hand-washing dishes, add a couple of drops in the dish water, or to a non-antibacterial liquid dish soap, add 1 or 2 drops per ounce of soap. Stir or shake well to mix, use soap as usual to wash dishes.

Countertop & Cutting Board Spray

In 4 ounces of distilled water, add 10 to 12 drops of Protector Blend and shake vigorously to mix. Use as a disinfectant spray for countertops and on cutting boards, both particularly good place for E-coli and other pathogens carried in raw meat to grow.

Refrigerator Cleanser & Deodorizer

When cleaning the refrigerator, add 5 to 10 drops of Lemon and/or Protector Blend to the water to deodorize and sanitize the interior.



Mop Water

Add 20 to 30 drops of Eucalyptus globulus per gallon of mop water, or if using a Swiffer style mop, make up a spray bottle of Eucalyptus globulus using 10 to 12 drops per 4 ounces of distilled water, and spray mop cloth to sanitize.

Deodorizing & Sanitizing Waste Containers

A strong mixture of 20 drops Eucalyptus globulus or Protector Blend added to a 4 ounce glass spray bottle filled with distilled water makes a great sanitizing spray.

Insects & Ants In The Kitchen

Spray or drop Peppermint or Cedarwood where the ants are crawling and at entry points.

Flies & Mosquitoes

Spray Rose Geranium around the area; 10 to 20 drops in a 4 ounce glass spray bottle filled with distilled water. Flies in particular will respond well to Rose Geranium.

Woodgrain Countertops

In a 4 ounce glass spray bottle, mix 20 to 30 drops of Lemon Oil to 4 ounces distilled water to clean and polish. Lemon Oil will enhance the scent of the kitchen and deodorize.



LIVING THE AROMATIC LIFESTYLE IN THE BEDROOM

“Fragrance is a natural extension of clothing. It can instantly make a sweater into an old friend.”

~ Patrick Gottelier
Fashion Designer of Artwork

Fragrant Lingerie

For sensuously fragranced lingerie, apply 5 to 6 drops of either Rose Geranium, Ylang Ylang Complete, Sandalwood, Rose, or a blend such as Gratitude or Charity to a cotton ball and place it in your lingerie drawer. Make sure the cotton does not come into contact with the fabrics.

Scented Drawer Liner

Add a few drops of Lavender, Gratitude Blend, Charity Blend, or your favorite Essential Oil to blotter paper and place under the drawer liner for scented clothing. Refresh when needed.

For Insomnia

If you have trouble sleeping, add a drop or two of Lavender to a tissue and slip it inside your pillowcase.

You can also make up a glass spray bottle with 10 to 12 drops of Lavender to 4 ounces of distilled water, and lightly mist the sheets before bed.

Lavender can also be put in a diffuser. The Essential Oil blends of Lavender Frankincense and Calm would also be relaxing for use in the bedroom to promote restful slumber.

Changing The Sheets

Mix 10 to 12 drops of Protector Blend to 4 ounces of distilled water in a cobalt glass spray bottle and mist the mattress to disinfect and kill dust mites.

Scented Breeze

On a nice warm evening or during a Spring day, you might add a mist of Gratitude (20 drops in 4 ounces of distilled water) to your curtains, and as the breeze blows through it will carry the fragrance throughout the bedroom.

In the early 1900's it was fashionable for the aristocracy to have scented gloves, fans, shawls, slippers, and bed linens. It has been recorded that the Empress Josephine's wardrobe was so strongly scented, the fragrance remained in her apartment long after she had departed. English women of nobility prized the shawls imported from India packed with Patchouli leaves.



The shawls were deeply fragranced, and highly sought after. Fragrance has always had a strong appeal for use in our wardrobe, and even today designers recognize the emotional ties fragrances bring to clothing and household linens.



Closet Mold

If you live in an area that is humid and experience mold in your closets, spray the area as needed with a mixture of 24 drops of Protector Blend to 4 ounces of distilled water. This will both kill the mold and prevent mold and mildew from returning. Refresh as needed.

Cedarwood Drawers

Cedarwood is used in closets and trunks to protect clothes from insects. If you don't have Cedarwood lined drawers, you can spray a strong mixture of Cedarwood (10 to 12 drops per ounce of distilled water, best made up in 2 ounce size) inside your drawers and cover with drawer liner to keep oil away from clothing.

To Help You Relax & Fall Asleep

You can add a drop of Lavender to the collar of your pajamas to help relax and prepare you for sleep. You can also add Lavender to a room diffuser.

Note: Do not use Calm Blend on clothing as the blue color of the oil may stain.

Refreshing Citrus Linen Spray

- 4 ounces of Distilled Water
- 10 drops of Grapefruit Essential Oil
- 10 drops of Orange Essential Oil

Sensuous Linen Spray

- 4 ounces of Distilled Water
- 5 drops of Ylang Ylang Complete Essential Oil
- 5 drops of Rose Geranium Essential Oil
- 5 drops of Sandalwood Essential Oil
- 5 drops of Charity Essential Oil Blend

Geranium Linen Spray

- 4 ounces of Distilled Water
- 10 drops of Rose Geranium Essential Oil
- 5 drops of Lavender Essential Oil

Lavender Linen Spray

- 4 ounces of Distilled Water
- 15 drops Lavender Essential Oil

Cold and Flu Linen Spray

- 4 ounces of Distilled Water
- 15 drops of Palmarosa Essential Oil
- 5 drops of Eucalyptus globulus Essential Oil

When in bed with the flu, spray bedding to kill germs and to lift your spirits; Palmarosa is very uplifting.



Bath

Add 5 drops Lavender and/or Gratitude Blend to a handful of unscented bath salt or powdered milk, and add this to your bath water; Cleopatra was famous for her milk baths.

After soaking in this wonderful aromatic bath, apply after bath body oil (20 to 30 drops of Lavender, Charity Blend, Gratitude Blend, or your favorite Essential Oil mixed with 4 ounces of Grape Seed Oil which is a very good antioxidant).

Room Freshener

Diffuse 6 to 10 drops of Lavender Chamomile into room, limiting diffuser to 15 minutes.

Tooth Brushing & Toothbrush Care

Add 1 drop Tea Tree Essential Oil to the toothbrush before brushing. When you finish, work another drop of Tea Tree into the bristles to prevent germs from taking up residence in your toothbrush.

LIVING THE AROMATIC LIFESTYLE IN THE BATHROOM

Cleaning The Toilet

Add 15 to 20 drops of Protector to a 4 ounce spray bottle, fill with distilled water, and shake well to mix. Spray toilet fixture and seat, then wipe clean. When you are finished, you can lightly mist the seat and allow to dry; this helps prevent germ growth.

Disinfectant Bathroom Hand Soap

Purchase non-antibacterial liquid hand soap, unscented if possible. Add 15 to 20 drops of Protector and stir or shake to mix. Place at the bathroom sink for use in place of a commercial antibacterial soap.

Cleaning The Shower

Use your strong Protector disinfectant spray (see Cleaning The Toilet) to clean the shower floor and sides to prevent any germs from spreading from one family member to the next. This is very important if one has Athlete's Foot. This will also help to prevent mold and mildew from developing.



Mouthwash

- 3 drops Clove Essential Oil
- 8 ounces Distilled Water

Combine in glass bottle and shake well. Use to freshen mouth and breath as you would any mouthwash. Do not swallow.

After Shaving Skin Soother

- 2 ounces Facial Toner
- 10 drops Lavender Essential Oil
- 5 drops Tea Tree Essential Oil

Mix Essential Oils with favorite facial toner and use after shaving. Follow with 1-2 drops of Frankincense Essential Oil if desired.

LIVING THE AROMATIC LIFESTYLE IN THE LAUNDRY ROOM



Washing Clothes

Add 6 to 8 drops of Eucalyptus Globulus or Protector in the washing machine as it fills with water. This will dispense the Essential Oil into the machine to act as a disinfectant.

Drying Clothes

Place clothes into the dryer, take a dry wash cloth or other soft cloth and apply 2 to 6 drops of Lavender, Gratitude, or your favorite Essential Oil and throw in before starting the dryer to add a fresh, fragrant and natural scent to clothes. For stronger fragrance, toss in as your dryer starts the cool down phase of the cycle.

Geranium Ironing Spray

Mix 10-20 drops Rose Geranium in a 4 ounce bottle with distilled water and use to spray your ironing, or add an ounce to the steam iron to impart a wonderful fragrance to your clothes.



Washing Stinky Socks & Tennis Shoes

Add 20 to 24 drops of Eucalyptus Globulus or Protector to the wash as the water is filling for a very inexpensive but effective deodorizer and disinfectant.

When Someone Is Sick

Laundry from those who are sick will be particularly contaminated; you should add 20 to 24 drops of Protector to the washing machine. This will disinfect, especially if mucus or vomit is on the laundry. All articles of laundry from a sickroom should be washed together and not mingled with regular household laundry, particularly dishtowels and washcloths.

Laundry With Athlete's Foot

To prevent Athlete's Foot from recurring, or to help shorten healing time, all contaminated socks and tennis shoes should be washed using Use Eucalyptus Globulus or Protector as described above.

LIVING THE AROMATIC LIFESTYLE FOR THE WHOLEBODY™

GET TO THE ROOT OF YOUR PAIN

The WholeBody™ System is a collection of 7 Essential Oils formulated to work with the systems of the body that are most likely to experience discomfort, pain, or imbalance.

With deaths from over-the-counter and prescription medications on the rise, the mainstream use of Essential Oils is making its way back to the medicine cabinets of people worldwide.

The beauty of the WholeBody™ Collection is that it's a simple, quick, and life-transforming way to introduce people to independently certified, pure, therapeutic Essential Oils and their ability to assist with pain relief and restoring balance to the body.

Not only do Essential Oils work more effectively, they are safer and far less expensive than costly over-the-counter and prescription pain medications. And most importantly, there's no need to be concerned about negative side-effects!

Our body, by design, recognizes what will harm us and what will heal us.

Just like our body recognizes that a hot stove will burn us, it recognizes the therapeutic chemical constituents found in the WholeBody™ System of Essential Oil blends.

First Touch: Align

Align is used to create a receptive environment for the remaining six WholeBody™ blends, and may help to allow physical relaxation and release of tension being held in the muscles. This blend is a true preparatory blend for any form of bodywork; it helps restore the body and bring it back into balance after strenuous exercise.

Second Touch: Osteo

Osteo is used to communicate with the skeletal system. Formulated to address nearly any form of discomfort, it contains Essential Oils historically known for their anti-inflammatory, anti-spasmodic, anti-pain, and anti-hematoma properties. Whether chronic or acute, this blend is a favorite among many people with long suffering conditions like rheumatism, arthritis, and gout. Osteo is also helpful to those who have broken a bone or may have had surgeries to the bones.

Third Touch: Sensory

This powerful blend strengthens, supports, and acts as a tonic to nourish the nervous system, the most important system for body-wide communication. Sensory contains Essential Oils historically known to reduce inflammation and assist vascular dilation, as well as supporting relief from neuralgia, nervous exhaustion, and stress-related disorders.

Fourth Touch: FlexAble

FlexAble is used to support and communicate with the muscular system. There are three primary oils in this blend; Balsam Fir, Black Spruce, and Sweet Marjoram. Black Spruce has traditionally been used as a key ingredient in massage blends for muscle spasms and discomfort as well as general strains and sprains. Sweet Marjoram, one of the gentlest of all Essential Oils, is particularly helpful when anti-spasmodic properties are necessary such as with sore muscles and cramping.

Fifth Touch: Connect

Connect is used to support and communicate with the tendons, cartilage, and connective tissues of the body. Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it's intended to do!



Sixth Touch: Circulate

Circulate supports and communicates with the circulatory system, and is formulated with pure Rose, Sandalwood, and other Essential Oils known to have an affinity for the heart-center, cardiovascular, and circulatory systems. When we experience states of anger, it affects our entire circulatory system and especially the heart; the sweet smell of Ylang Ylang Complete in this blend is a balm for anger, allowing calm and balance to return.

Seventh Touch: Clear

Clear is used to communicate with the emotional system of the body. While Align is a preparatory blend to support bodywork of all kinds, Clear is the final touch. This blend is very supportive in easing anxiety, stress, and any other strong emotions that may be present. Clear is very uplifting and is the perfect ending for any type of hands-on therapy.

LIVING THE AROMATIC LIFESTYLE FOR PERSONAL CARE

Brushing Your Teeth

Add a drop of Tea Tree Essential Oil to the toothbrush. When you finish, work a small drop of Tea Tree into the bristles to prevent germs from taking up residence in your toothbrush.

Mouthwash

Put 1 drop of Peppermint Essential Oil and 1 drop of Tea Tree Essential Oil or 3 drops of goDésana Organics Mouth Rinse Blend into an 8 ounce glass bottle and fill with distilled water. Shake vigorously to mix and use to freshen mouth and breath as you would any mouthwash.

Tooth Brushing Blend #1

- 2 tablespoons bentonite clay powder
- 2-4 tablespoons Distilled Water
- 4 drops Tea Tree Essential Oil
- 10-15 drops Mouth Rinse Blend
- ¼ teaspoon Dead Sea Salt Fine
- 5 drops Liquid Stevia (optional)

Mix clay powder and water, add Essential Oils, then add salt. Store in a 1 ounce glass jar.

Tooth Brushing Blend #2

- 10 drops Tea Tree
- 2 drops Peppermint Essential Oil
- 1 ounce organic Coconut or Sesame Oil

Mix in PET bottle, label, and shake well before using. Apply 1 to 2 drops to toothbrush as you would toothpaste.

Peppermint Tooth Scrub

- 1-10 drops Peppermint Essential Oil
- ½ cup Baking Soda
- 1 teaspoon Himalayan Pink Salt (fine)
- Distilled water

Mix Baking Soda and Himalayn Salt in airtight container, then add Peppermint Oil to desired flavor level. Add water, stirring after each addition, until desired consistency is achieved. Dip wet, clean brush in mixture, or scoop onto brush, and begin brushing.

Rashes & Skin Problems

Add 15 drops Tea Tree and 6 drops Lavender to 1 ounce of moisturizing cream. Apply gently to affected area.

Perfume Oil

Gratitude, Charity, Ylang Ylang Complete, or any combination of your favorite single oils can be used as a perfume by diluting 20 to 30 drops in 10ml of Jojoba oil. Apply to pulse points and on neck.

Chapped Hands & Dry Skin

Add 40 to 50 drops of Lavender to 4 ounces of hand & body lotion. Apply as needed.

Acne-Prone Skin Cleansing Mask

- 1 tablespoon bentonite clay powder
- Distilled Water
- 15 drops Tea Tree Essential Oil

To one heaping tablespoon of clay powder, add just enough water to make a thin paste. Add Tea Tree Oil to this mixture and stir well. Apply to face with small brush, and leave until dry. Wash gently with warm water and facial cleanser.





Essential Oil & Mineral Enhanced Bath Gel

Add the following variations of Essential Oils to any body wash to create your own shower gels. Add ingredients to a 4 ounce blue cobalt plastic bottle, and shake well before using. Apply gel directly to washcloth for shower or bath, or add directly to the water for bathing.

Relaxation Bath Gel (good before bed)

- 3 ounces Body Wash
- 30 to 40 drops Calm Essential Oil blend

Uplifting, Sensual Bath Gel

- 3 ounces Body Wash
- 30 to 40 drops Charity Essential Oil blend

Cold & Flu Bath Gel

- 3 ounces Body Wash
- 20 drops Adult Wellness Essential Oil blend

Women's Hormone Balancing Bath Gel

- 3 ounces Body Wash
- 10 drops Rose Geranium Essential Oil
- 5 drops Clary Sage Essential Oil
- 10 drops Lavender Essential Oil

After Shaving Skin Soother

Add 10 drops of Lavender and 5 drops of Tea Tree to 2 ounces of facial toner. Use after shaving. Follow with 2 drops of Frankincense if desired.

Essential Oil & Mineral Enhanced Facial Toner

Facial toner can be enhanced by adding Essential Oils that are specific for mature, dry, or prematurely aging skin; oily and acne-prone skin; or skin prone to redness and inflammation. Mix together in a 4 ounce cobalt plastic bottle, and apply after cleansing, following toner instructions.

Mature Skin Facial Toner

- 3 ounces Facial Toner
- 15 drops Lavender Frankincense Blend
- 3 drops Sandalwood Essential Oil

Oily, Acne-Prone Skin Facial Toner

- 3 ounces Facial Toner
- 15 drops Tea Tree Essential Oil
- 5 drops Cypress Essential Oil
- 5 drops Lavender Vera Essential Oil

Red, Inflamed Skin Facial Toner

- 3 ounces Facial Toner
- 15 drops Lavender Frankincense Blend

Carrot Seed Facial Mask

- 3-5 drops Carrot Seed Essential Oil
- Bentonite clay mud

Mix Carrot Seed Essential Oil with clay mud and apply to face. Let dry, rinse with lukewarm water, and finish with moisturizer.

Honey & Lemon Facial Mask

- 1-2 tablespoons organic, raw Honey
- 2-3 drops Lemon Essential Oil

Mix honey and Lemon Oil and apply to face. Let sit 15-30 minutes and then wash off with warm water and a washcloth using a gentle, circular motion. Finish with your favorite moisturizer.

Note: Lemon Essential Oil is photo-toxic, so avoid direct sun exposure for 24 hours after using this mask.

Lemon Body Butter

- 6 tablespoons Coconut Oil
- ¼ cup Shea Butter
- 1 tablespoon Argan Hair & Body Oil
- 6-8 drops Lemon Essential Oil

Melt the Coconut Oil and Shea Butter by putting the oils in a bowl that is placed in a pan of hot water. Add the remaining ingredients and mix well. Cool until the mixture solidifies and transfer to a clean container. Can be whipped with a kitchen mixer for a fluffier, more luxurious appearance.

Mature Skin Wrinkle Cream

Add 10 to 15 drops of Frankincense to 1 ounce of facial moisturizer. Apply to skin in the morning and as a night cream before bed.

Stretch Marks

Add 50 drops of Lavender Frankincense Blend to 4 ounces of Grape Seed Oil. Apply over the area 2 to 3 times daily.

Scalp Stimulating Hair Rinse

Add 1 drop Peppermint to your cream rinse and apply as usual, being careful not to get any into your eyes.

Teen Acne

At first sight of a developing blemish, apply Tea Tree neat (undiluted) from the bottle. Continue frequent applications until the blemish is gone.





Makeup Remover

- 15 drops Carrot Seed Essential Oil
- 10 drops Frankincense Essential Oil
- 5 drops Rose Geranium Essential Oil
- 1 oz carrier oil

Mix Essential Oils with carrier oil and shake well. Apply a few drops to a cotton ball and use to remove makeup.

Detox Deodorant

- 1 tube natural Lip Balm
- 3½ teaspoons natural baby powder (neutralizes pH & body odor)
- 1 teaspoon bentonite clay mud (adds extra wetness protection by whisking away sweat & pulling toxins from skin)
- 5 drops L-Stimulate Blend (optional but highly suggested as it is a powerful lymphatic system stimulant)

Remove lip balm from tube and melt in a double boiler over very low heat. Once melted, add the other ingredients and mix thoroughly while still on the double boiler. Pour into 1 ounce glass jar with lid and label.

To apply, simply rub your finger on the top of the paste and scoop out a small amount to rub on your underarms. The past will “melt” right into your skin and absorb rather quickly.





Brown Sugar Peppermint Lip Scrub

- 4 tablespoons Brown Sugar
- 3 tablespoons organic Coconut Oil
- 2 tablespoons Honey
- 2-4 drops Peppermint Essential Oil

Mix ingredients and store in an airtight, glass container. Use to exfoliate and soften lips as desired.

Soft Hands One Minute Manicure

- ½ cup of Carrier Oil
- ½ cup Dead Sea or Pink Himalayan Fine Salt
- ½ cup Sugar
- 10 drops Lemon Essential Oil
- 10 drops Lime Essential Oil

Mix ingredients and store in a glass jar. Use whenever you wash for your hands for an invigorating, nourishing scrub. Twenty (20) drops of Grapefruit can be substituted for the Lemon & Lime if desired.

Lemon Peppermint Foot Scrub

- 1 cup Pink Himalayan Salt (fine)
- ½ cup carrier oil
- 8 drops Lemon Essential Oil
- 8 drops Peppermint Essential Oil

Mix all ingredients and store in an airtight container. Rub into wet feet using your hands or a pumice stone, paying extra attention to heels and especially rough spots. Rinse with warm water and apply hand & body lotion.

Salt Body Scrub

- ½ cup of Carrier Oil
- 1 cup Dead Sea Salt Fine
- 20 drops of your favorite Essential Oil
- Optional: bits of dried herb like mint, rosemary, etc.

Mix ingredients together and store in a glass or PET plastic container. Stir before use.



Invigorating Bath Salts

- 1 cup Dead Sea Salt
- 10 drops Geranium, rose
- 6 drops Orange, sweet
- 6 drops Petitgrain

Mix ingredients and store in a glass jar. Can be added directly to water, or put into muslin bags and tossed into the bath as the tub fills.

Relaxing Bath Salts

- 1 cup Dead Sea Salt
- 10 drops Geranium, rose
- 10 drops Lavender, fine
- Optional: ½ cup Rose petals

Mix ingredients and store in a glass jar. Can be added directly to water, or put into muslin bags and tossed into the bath as the tub fills.



DAILY USE

L-Stimulate For Lymphatic Support

- Use as an application for foot reflexology.
- Use for on-site application when doing lymphatic massage, or lymphatic drainage work.
- Apply to feet as desired.
- Self-apply to lymph sites such as behind the ears, underarms, under breasts, inside elbows, and around groin daily, or as needed, for lymphatic support.
- When additional support of the immune system is needed, use daily for gentle massage of family members.

A-Stimulate For Adrenal Support

- Apply topically over the liver or kidney area twice per day. A-Stimulate can be used following antibiotics, other drugs, drug and alcohol poisoning, during times of extreme stress, or for daily adrenal care. Use for 10 days, then wait 10 days before using again.
- Kidneys hold emotional fear, and when afraid the adrenals become hyper-active causing both nervous energy and exhaustion.



Basic Daily Liver Care Protocol

Routine liver care is an important step toward achieving optimal health. The following protocols can be used, in conjunction with L-Stimulate and A-Stimulate, utilizing the following monthly schedule:

- Days 1-21: Basic Liver Care Protocol
- Days 22-31: Rebuild & Renew Liver Care Protocol
- Days 1-31: L-Stimulate
- Days 1-10: A-Stimulate
- Days 20-30: A-Stimulate

The Basic Liver Care Protocol is intended for daily use three weeks of each month. It should be done first thing every morning as part of your daily routine.

- 1 tablespoon (or more) of freshly-squeezed lemon juice
- 1 drop goDésana Organics Peppermint Essential Oil
- 1 drop goDésana Organics Lemon Essential Oil

Mix Essential Oils with lemon juice in a glass container and drink. Twenty (20) minutes later, drink 2–4 cups of filtered water. For best results take on an empty stomach, 30 minutes prior to eating breakfast.



Variation of The Basic Daily Liver Care Protocol

To the juice of 1 freshly squeezed lemon, add:

- 1 drop Lemon Essential Oil
- 1 drop Peppermint Essential Oil
- 1 drop Carrot Seed Essential Oil

Mix Essential Oils with lemon juice in a glass container and drink. Twenty (20) minutes later, drink 2–4 cups of filtered water. For best results take on an empty stomach, 30 minutes prior to eating breakfast.

Note: Do not use non-PET plastic cups or containers with Essential Oils; glass is best.

Rebuild & Renew Liver Care Protocol

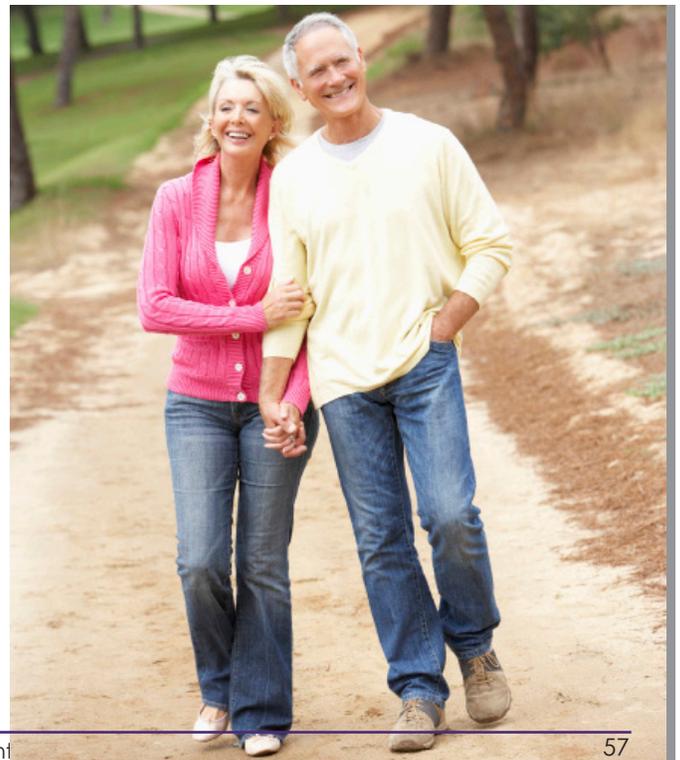
The fourth week of each month, you will switch from the Basic Daily Liver Care Protocol to one of the following HepaDetox applications. All options are best done first thing in the morning, on an empty stomach, before eating or drinking anything else. Be sure to drink plenty of fresh, filtered water each day to assist your body in removing toxins.

Option 1: Add 1-2 drops of HepaDetox to a veggie capsule along with Olive Oil or carrier oil and take on an empty stomach first thing every morning.

Option 2: Apply 1-2 drops of HepaDetox to the liver reflex area of the right foot once per day, and massage until absorbed.

Option 3: Apply 1-2 drops of HepaDetox directly over the liver once per day, and massage until absorbed.

Option 4: Add 1-2 drops of HepaDetox to the juice of ½ to 1 whole organic lemon and drink once per day. Wait 20 minutes and then drink 2-4 cups of fresh, filtered water.



LIVING THE AROMATIC LIFESTYLE FOR GENERAL FIRST AID

Athlete's Foot

Apply Tea Tree neat from the bottle on affected area. Add 10 to 12 drops in a foot bath or soak.

Wash socks and tennis shoes as instructed in the Laundry Room chapter. Follow guidelines for disinfecting tub or shower found in the Bathroom chapter.

Bee Stings

- 1 drop German Chamomile or
- 1 drop Helichrysum or
- 1 drop Lavender, fine or
- 1 drop Tea Tree

Any of the above Essential Oils can be applied, neat, directly to the sting location. Do not combine or use more than one of the recommended Essential Oils.

Cuts, Burns, Scrapes & Splinters Cleansing Blend

- 10 drops Lavender Chamomile Blend
- 10 drops Tea Tree
- 5 drops Ravensara
- 5 drops Palmarosa
- 5 drops Eucalyptus radiata
- 2 ounces Baby Shampoo/Body Wash

Mix in PET bottle, label, and shake well before using. Add 3 to 5 drops to wet washcloth or hands and lather. Gently wash wound or cut and allow to air dry. Store in a dark, cool place. Appropriate for use with children over the age of 1 and the elderly.

Fever

- 6 drops Eucalyptus radiata
- 1 pint of lukewarm water

Mix well and pour into glass bowl. Give the patient a sponge bath with the Eucalyptus water.

Topical Allergic Reactions

Apply bentonite clay mud with 1 drop of Lavender Essential Oil to the affected area and let sit until it's almost dry. As the mud dries it will help to draw out toxins and soothe the allergic reaction.

Minor Cuts, Burns, Bruises Scrapes & Splinters

After washing, follow with 1 to 2 drops of Wound Care Essential Oil Blend and a bandage if appropriate or necessary.

Wound Care Ingredient Highlights

Wound Care Essential Oil Blend is formulated to assist the body with wounds. Its powerful combination of Cistus, Sage, and Sesame Seed provides a potent healing synergy for minor wounds.

- Cistus (Rose Of Sharon) Essential Oil has anti-hemorrhagic, anti-inflammatory, antiviral, antibacterial, and immune supportive properties that make it ideal in healing wounds, diminishing bruising, and reducing inflammation.
- Sage long been valued in traditional medicine. It has been shown in studies to inhibit infections with strong antimicrobial and antifungal properties. Sage is a powerful anti-inflammatory and assists with healing by increasing blood circulation.
- Sesame Oil is known as a natural healer for wounds and burns. It has strong anti-inflammatory and antioxidant properties. Sesame's excellent emollient properties make it a good choice for healing skin abrasions.



Digestive Disorders

Peppermint is a fast acting remedy for the stomach, intestines, and gall bladder, and is particularly suited to painful spasms. Add one drop to a teaspoon of honey, dissolve in lukewarm water, and sip slowly. Not for children under 2 years of age.

Mental Fatigue & Lack Of Energy

Inhalation of Focus Blend or Peppermint is very stimulating to both mind and body. Awareness helps to prevent mental fatigue while increasing the ability to concentrate and retain information. Because both of these are stimulating, do not use at bedtime as you may be unable to fall asleep.

Sore Throat Or Cough

When you first notice a tickle in your throat, apply 1 drop of Tea Tree to your little finger and lick it off. Swish it around to mix with saliva, and then swallow it slowly to allow it to coat your throat. Repeat this every 5 minutes and you should notice improvement with 3 to 4 applications.

Egyptian Style Bath For Tired Feet

Fill a bowl with smooth pebbles or marbles, warm water, and sea salt to which 10 drops of Tea Tree and 3 drops of Peppermint have been added. Soak your feet and roll the soles of the feet across the pebbles to stimulate the reflex points. This dates back to the time of Cleopatra.

Winter Anti-Depressive Synergies

Use 10 to 15 drops of Charity, Gratitude, or Delight, or mix a blend of 6 drops Sweet Orange, 5 drops Balsam Fir and 1 to 2 drops Cinnamon for a warm and sweet holiday fragrance. Use in your favorite Essential Oil diffuser to lift spirits during dreary, cold Winter months.

Relaxing Blend For Rambunctious Children

Add 2 to 4 drops of either Calm Blend or Lavender Frankincense Blend salt or powdered milk for a bath; or place 2 drops on a tissue and tuck it into their pillowcase before bed. Either of these blends could be diffused into the environment during the day if necessary.

Muscle Aches & Pains

Add 30 to 40 drops of Trauma Relief Blend to 4 ounces of carrier oil. Mix well and apply as needed to the affected area.

Stuffy Nose

Mix 1 to 2 drops of Peppermint Essential Oil in a teaspoon of organic honey, and suck the honey from the spoon. The Peppermint molecules will go to the back of the throat and into the nasal passages, decongesting them. Not for children under 2 years of age.

Burn Care

goDesana Burn Care Blend is specially formulated to assist with regenerating skin which has suffered burns, even serious burns. Apply to affected areas as needed to soothe burned skin.

Burn Care Blend Ingredient Highlights

- Carrot Seed is a great essential oil choice when dealing with most skin problems. It contains effective disinfectant and antiseptic properties that can heal skin infections and wounds.
- Lavender, vera has many antiseptic and analgesic properties that make it ideal for burn relief. It can assist with healing the burn, reduce the risk of scarring, and easing the pain.
- Wheatgerm Oil contains high amounts of Vitamins D and E, both of which are beneficial in skin health and treating scars.
- Sesame Seed Oil is rich in Vitamin E along with antibacterial properties, making it a good treatment for cuts, wounds, and burns. It promotes healing and reduces the probability and appearance of scars.

Curling Iron Burn

Apply Lavender, neat, from the bottle to the burn. Hold and ice pack over the area until cold. Repeat the Lavender application as needed.

Muscle Aches & Pains Dead Sea Salt Soak

Add 20 drops of Trauma Relief Blend to one cup of Dead Sea Salt, mix well, and add to a hot bath. Soak for 20 minutes, adding more hot water if necessary.

Sore Or Aching Joint Compress

Make a warm compress by mixing 16 ounces of very warm distilled water with 30 drops of Trauma Relief Blend. Mix well, pour into a glass bowl, soak a towel and apply to the joint area, and then cover with plastic wrap and a warm towel. Reapply when the compress gets cold; continuing the compress applications for 20 minutes. For best results apply twice a day.

Congestive Allergic Reactions

The Essential Oils in both Respi Relief and Respi Relief For Kids have been shown to be effective for relieving hay fever and other airborne, allergy-type symptoms that result in sneezing, runny nose, watery eyes, and so on. Follow suggested usage guidelines on the label and datasheet of each product.

Heat-Related Illness

For fast, cooling relief when overheated, apply diluted Peppermint Essential Oil to the back of the neck or soles of the feet. This is especially nice before hiking to help keep the feet cool and comfortable.

In the event of heat exhaustion, seek prompt medical attention. Symptoms of heat exhaustion include profuse sweating, weakness, nausea, vomiting, headache, lightheadedness, and muscle cramps.





Before Sun Blend

- 4 drops Geranium, rose
- 4 drops Lavender, fine
- 4 drops Carrot Seed
- 2 ounces Hand & Body Lotion
- 2 ounces of any combination of carrier oils
- 1 ounce Zinc Oxide Powder

Mix in PET bottle, label, and shake well before using. Use as a lotion before sun exposure.

After Sun Blend

- 10 drops Lavender Chamomile Blend
- 5 drops Rose Geranium
- 1 ounce Grape Seed Oil

Mix in PET plastic bottle, label, and shake well before each use. Apply after sun exposure.

Sun Protection Oil

- 2 tablespoons organic Coconut Oil
- 1 tablespoon organic Shea Butter
- 1 tablespoon organic Avocado Oil
- ½ teaspoon organic Sesame Oil
- ½ teaspoon organic Aloe Vera Gel
- 30 drops Carrot Seed Oil

Melt the Coconut Oil and Shea Butter by putting the oils in a bowl that is placed in a pan of hot water. Add the remaining ingredients and mix well. Pour the oil into a clean jar or bottle and let the mixture cool down.

Sunburn Relief

Make a mister spray bottle using 1 ounce of distilled water, 1 ounce of Apple Cider Vinegar, and 20 to 30 drops of Lavender Essential Oil. Shake well, and spray burned area frequently.

Bug Pro-Tech (DEET-Free)

This is a gentle but very effective blend with several seasons of successful use to its credit. Safe for those of all ages, it's in a base of hypoallergenic Grape Seed Oil with no toxic chemicals added. Naturally non-toxic and gentle on the skin, the Grape Seed oil base helps it stay on the surface of the skin longer than water-based products.

Bug Pro-Tech Ingredient Highlights

- Eucalyptus citriodora has a high citronella content, making it a fantastic natural insecticide. The scent is believed to confuse insects, making it difficult for them to find a host.
- Tea Tree has been found to be an effective insect repellent. It has a strong and distinctive smell while containing terpenes that repel insects. Tea Tree can also be helpful, as it is anti-fungal and antiseptic, if you are too late in applying as a natural repellent.

Lightly spray areas of exposed skin and spread evenly with hands. Do not spray directly onto the face; spray on hands and rub on face, being careful not to get too close to the eyes or in the mouth. Repeat as needed every 3-4 hours or if you notice a mosquito landing on your skin. Can also be sprayed into the environment to repel insects while outdoors. For Pets: Spray lightly on hands and then apply to animal's coat. Do not use on cats.

After-Bite

After-Bite Blend is designed to assist with itching and swelling that develops around the area of an insect bite. After-Bite disinfects, heals wounds, and promotes detoxification of the toxin injected by the insect.

After-Bite Ingredient Highlights

- Patchouli is highly effective for keeping insects at a healthy distance. It also has great antiphlogistic and antiseptic properties, so in the event that you are bitten by an insect, it can help to take down the inflammation as well as protect the bite from developing an infection.
- Lavender, fine helps immensely when it comes to insect bites. With its antiseptic properties, it will help destroy germs that have the potential for infection while soothing the itch and speeding up the healing process.

Roll After-Bite over the surface of the bite area including all swollen and itchy areas. May be applied as needed to reduce itching, reduce swelling, and promote healing. Non-toxic and safe for all ages when used as directed.

After application of After-Bite, apply a small amount of bentonite clay mud on location. This will assist with drawing out toxins injected by the insect.



Ticks

Marjoram, sweet will assist with drawing out the tick. After the tick has been removed, apply, ONE of the following Essential Oils directly on location, then cover with Clay Vitality Cleansing Mud. Rinse after 10 minutes, and repeat every 10 minutes for one hour.

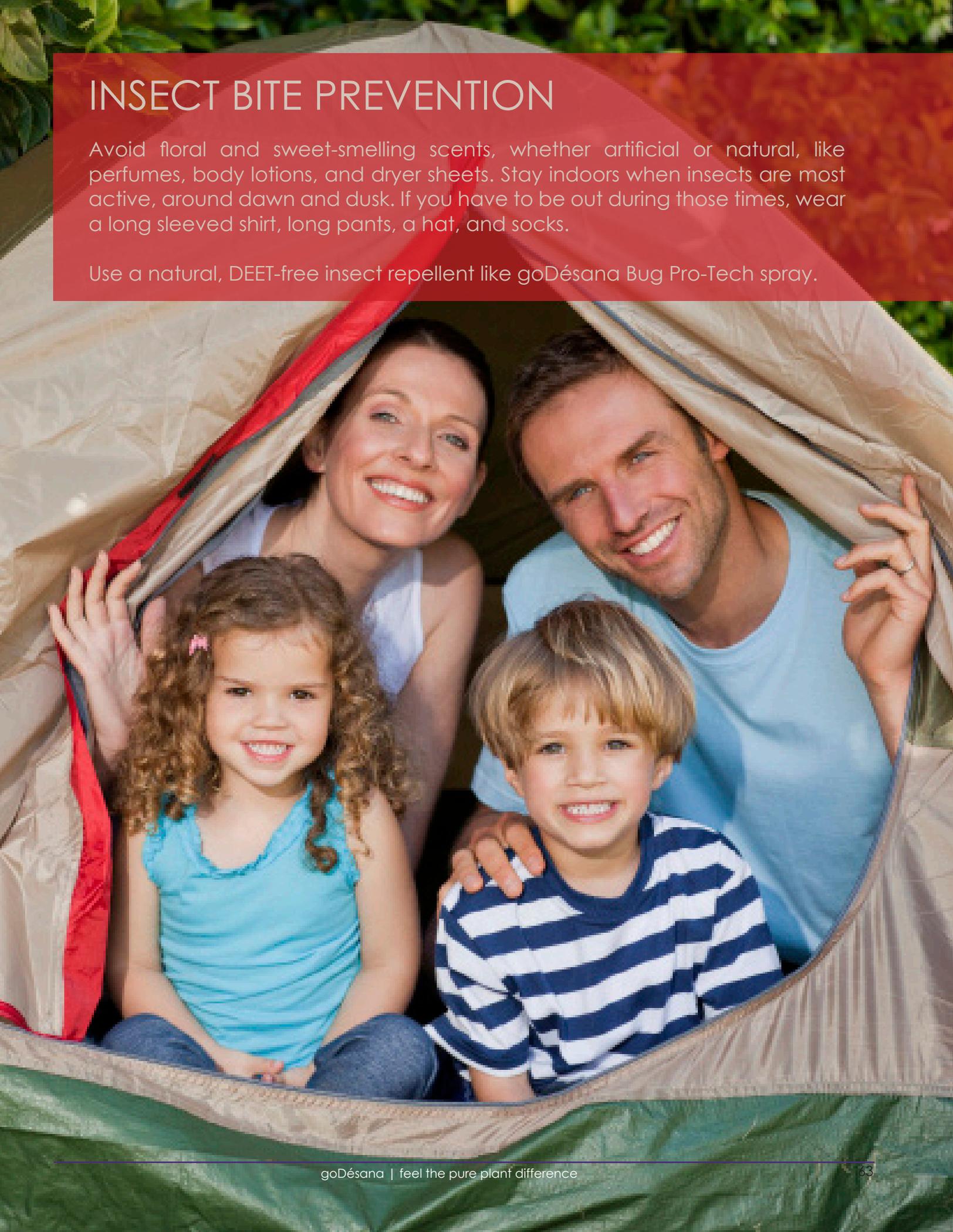
- Lavender Oregano Blend
- Ginger Root
- Tea Tree

Refer to the individual datasheets for each of the above oils for age appropriateness.

INSECT BITE PREVENTION

Avoid floral and sweet-smelling scents, whether artificial or natural, like perfumes, body lotions, and dryer sheets. Stay indoors when insects are most active, around dawn and dusk. If you have to be out during those times, wear a long sleeved shirt, long pants, a hat, and socks.

Use a natural, DEET-free insect repellent like goDésana Bug Pro-Tech spray.





LIVING THE AROMATIC LIFESTYLE FIRST AID FOR CHILDREN

Children, the elderly, and those with debilitating diseases need special attention in the use of Essential Oils. Some Essential Oils are hard on the liver and not appropriate for these groups of people.

These recipes are designed to be non-toxic and well tolerated by children. Please refer to the safety information at the front of this book for further precautions.

Kids' Monster Spray

When your loved one is afraid at night, mix up a spray bottle using 10-15 drops of Lavender Chamomile Blend or Red Mandarin in 4 ounces of distilled water.

Explain that monsters do not like your "monster spray", and have them go with you while you spray under the bed, in closets, behind doors, or wherever they think monsters might be. Assure them monsters will not come close, that only beautiful angels are attracted to the sweet smell of monster spray.

Cradle Cap

Combine 5 drops of Lavender Chamomile Blend with 1 ounce of Grape Seed Oil. Gently massage a small amount of this blend into scalp, carefully loosening the scale.

Insect Bites

Apply After-Bite Blend or Lavender Chamomile Blend neat (direct from the bottle) onto the bite. Repeat as needed.

Calming Bath

Mix 2 drops (baby) or 5 drops (toddler) of Lavender Chamomile Blend into a tablespoon of dried milk, and swish the mixture into the water. Be careful not to get water into the child's eyes.

Room Freshener

Diffuse 6 to 10 drops of Lavender Chamomile Blend into the child's room, limiting diffusion to 15 minutes.

Baby Laundry

Add 6 to 8 drops of Lavender Chamomile Blend to the rinse cycle, or place on a washcloth and insert into the dryer.



Stomach Ache & Colic

Add 2 drops Lavender Chamomile Blend, 1 drop of Ginger Root, 1 drop of Red Mandarin, and 1 drop of Sweet Marjoram to ½ ounce of Grape Seed Oil (1 ounce for children under 1 year of age) and massage the abdomen in a circular clockwise motion. This mixture can also be applied to the stomach and intestinal reflex points on the feet, using 2 to 4 drops of the blend for each foot.

After Sun Oil

- 10 drops Lavender Chamomile Blend
- 5 drops Rose Geranium
- 1 ounce Grape Seed Oil

Mix in PET plastic bottle, label, and shake well before each use. Apply after sun exposure.

Stuffy Cold Diffuser Blend

Diffuse 3 drops of Lavender Chamomile Blend, 5 drops of Eucalyptus Radiata, and 3 drops of Lemon into the room while your child is sleeping.

Cuts & Scrapes

Mix 6 drops Lavender Chamomile Blend, 4 drops Tea Tree, 4 drops Palmarosa, and 1 ounce of Grape Seed Oil. Gentle apply to the wound site as needed.

Measles & Chickenpox

Mix 2 drops of Lavender Chamomile Blend, 1 drop Rose Geranium, 1 drop Lemon, and 1 teaspoon of Grape Seed Oil. Put in a warm bath while water is running to disperse into the water. Let child soak for 10 to 15 minutes, keeping water warm.

Sleep Difficulties

Mix 20 drops of Lavender Chamomile Blend and 10 drops of Red Mandarin, label, and store in a cobalt blue bottle. Diffuse 6 to 10 drops into the room, or place 1 to 2 drops on a tissue and tuck inside the pillowcase. You may also add 6 drops of this blend to 1 ounce of Grape Seed Oil and use for a bedtime back massage.

Influenza & Pneumonia

Apply 2 drops (1 drop for newborn) of Ravintsara Essential Oil to the sole of each foot over the lung reflex points (pad of foot right beneath toes) 3 to 6 times a day, for up to 4 days.

Temper Tantrums

Mix 4 drops of Lavender Chamomile Blend, 4 drops of Red Mandarin, and 2 drops of Ylang Ylang Complete. Diffuse as needed, or mix 3 to 6 drops of this blend with dried milk and put into a warm bath, taking care to not allow water to get into the child's eyes.

Nausea & Vomiting

Mix 4 drops of Ginger Root Essential Oil with ½ ounce of Grape Seed Oil. Rub gently in a clockwise direction over the stomach. One drop of Ginger Root may also be inhaled from a tissue.

Diaper Rash

Mix 6 drops Lavender Chamomile Blend, 4 drops Tea Tree, 2 drops Ravintsara, and 1 ounce of Grape Seed Oil. Apply with a cotton ball to the affected area, repeating at each diaper changed as needed.





Head Lice (Do not use on infants under age two)

Mix 4 drops Lavender Chamomile Blend, 4 drops Eucalyptus Radiata, 4 drops Palmarosa, and 2 tablespoons baby shampoo. Apply to hair being careful not to get any into the eyes, leave on 10 minutes, and then wash out. Comb hair with a fine-toothed comb, repeating as needed.

Basic Immune Tonic

Mix 6 drops Lavender Chamomile Blend, 6 drops of Kids Wellness Blend, and 1 ounce Grapeseed Oil. Shake well, and use twice weekly for body oil as part of a preventive health maintenance program. One drop of each of the two blends (Lavender Chamomile and Kids Wellness) could also be applied neat (directly from the bottle) to the sole of each foot.

Athlete's Foot

Mix 4 drops Lavender Chamomile Blend, 10 drops Tea Tree, and 6 drops of Palmarosa. Blend, label, and store in a cobalt blue bottle. Apply neat to the infected area of the foot. You may also use 6 to 10 drops in a pan of warm water for a foot soak; soak in water for 10 minutes.

First Aid Washing Blend

Mix 10 drops Lavender Chamomile Blend, 10 drops Tea Tree, 5 drops Ravintsara, 5 drops Palmarosa, 5 drops Eucalyptus Radiata, and 4 ounces of distilled water in a cobalt blue spray bottle. Shake well, spray onto wound or cut, allow to air dry, and use a bandage when appropriate.

Anti-Infectious Room Spray (Great for sickrooms)

Mix 5 drops Palmarosa, 5 drops Tea Tree, 10 drops Lemon, 5 drops Eucalyptus Radiata, and 4 ounces of distilled water. Spray this into the room, or omit the water and put the Essential Oils into a diffuser and diffuse into the room.

Exam Stress Blend

Mix 1 drop Palmarosa, 1 drop Ravintsara, 2 drops Lavender Chamomile Blend, and 10 ml Grapeseed Oil. Mix well and store in a cobalt bottle with orifice reducer lid. Massage into neck, back, and shoulders to help relax and to give you strength.

Umbilical Cord Blend

Mix 1 drop Tea Tree or 1 drop Myrrh with 1 ounce of Grapeseed Oil. Label and store in a cobalt blue glass bottle with orifice reducer. Use a cotton swab to apply a few drops daily in and around the newborn's belly button. Repeat 2-3 times per day at diaper change. Begin using this blend the day of birth.

LIVING THE AROMATIC LIFESTYLE FOR YOUR PETS

Tick, Mosquito & Flea Bites

Whether you or your pet has been bitten, ticks, fleas and mosquitoes carry dangerous diseases. Apply Tea Tree neat from the bottle as soon as you notice the bite. Continue intensive treatment of bite by reapplying frequently. If your dog has a tick attached to its skin, apply Tea Tree to the tick until saturated. The tick will be able to be removed in just a minute or two. Continue to apply Tea Tree neat to the bite frequently to prevent infection and disease.

Calming An Overactive Pet

Make a cobalt spray bottle containing 4 ounces of Distilled Water, 10 drops of Sweet Marjoram, 10 drops of Lavender, fine; and 5 drops of Sweet Orange. Shake well before use. Lightly mist your pet's bedding or the air around your pet, using caution to not spray any into their eyes. You can also blend the three oils into an ounce of Grape Seed Oil instead of the water, apply a small amount to your palms, and rub through their fur. Caution: Cats have extremely sensitive skin, this may not be an appropriate application for them.

Pet Odor Spray

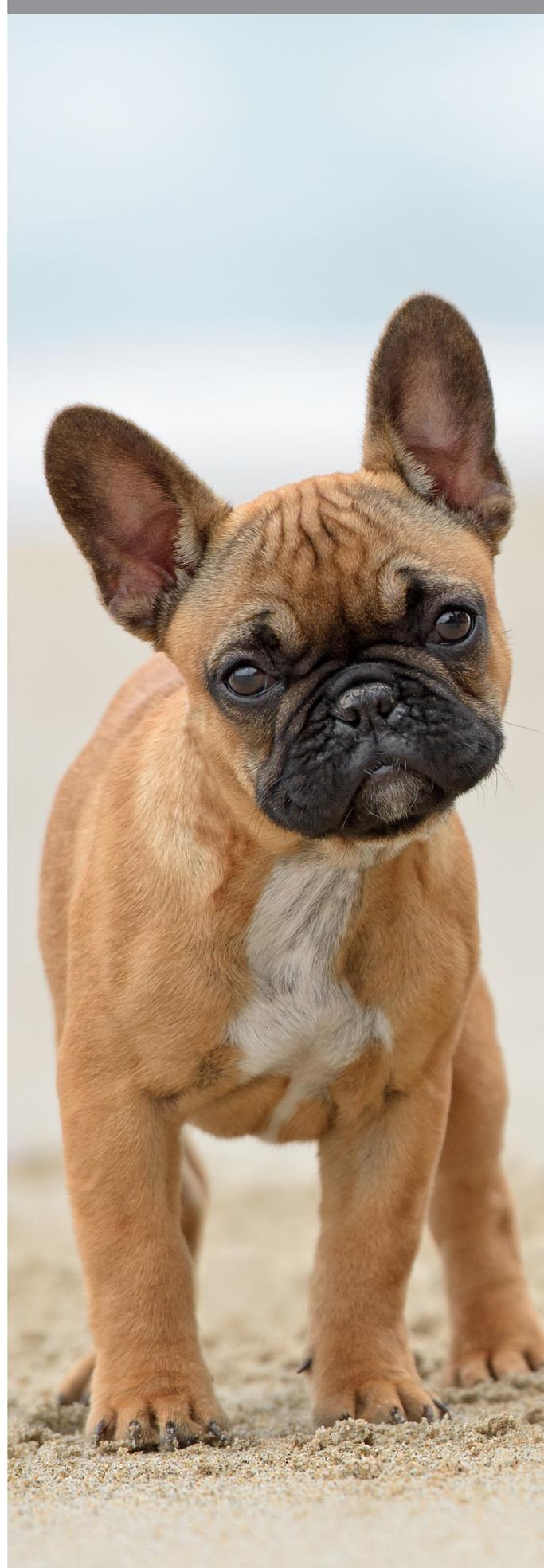
Make a strong spray using 20 drops of Protector to 4 ounces of Distilled Water, and shake well before using. For pet mistakes on carpeting, clean the area and then spray well to disinfect.

Dog Repellent

Mix a spray bottle with 20 drops of Rose Geranium and 4 ounces of Distilled Water. Shake well, and spray on areas such as carpet where your pet has had an accident to deter them from using the area again. This can also be sprayed on furnishings to keep pets off if desired. Note: Do not spray fabrics such as silk that may be prone to water spotting.

Cuts Or Bites

If your pet gets cuts, scrapes, or is bitten by another animal, you can use Tea Tree neat (undiluted) on a piece of gauze. You can also make up a spray of 20 drops of Tea Tree to 2 ounces of Distilled Water and spray the area, being careful not to get any spray into your pet's eyes.





Pet Beds & Bedding

Deodorize and sanitize your pet's bed by spraying lightly with a spray of 10 drops of Tea Tree mixed in 4 ounces of Distilled Water; shake well before using. If you wash your pet's bedding in the washer, add 10 to 12 drops of Protector to your washer as the water is filling.

Changing The Cat Litter Box

Rinse out the litter box and spray with disinfectant spray of Protector (see Pet Odor instructions), let sit for 5 to 10 minutes, and then rinse thoroughly. Cats are sensitive to many Essential Oils, so make sure the litter box is rinsed thoroughly. When it is dry, fill with litter as usual.

LIVING THE AROMATIC LIFESTYLE AT WORK

Space Clearing Your Office

Just as walking into a freshly cleaned house makes us feel good physically, a space that has been cleared of stagnant energy makes us feel good emotionally. When business slows down and people become irritable or negative, you will know its time to freshen the environment.

Space Clearing has been successfully used in the realty industry to help sell very expensive properties in places like New York and San Francisco. By periodically Space Clearing your work place, you will not only enhance the mood and invigorate the sales, but you will not feel as emotionally drained at the end of the day. People will remember how it felt to be in your space and look forward to their next visit.

Please see the instructions at the end of this book titled "How To Space Clear Your Home".

For Mental Fatigue Or Drowsiness

Rosemary is one of the best known Essential Oils for boosting concentration and memory. Make a 4 ounce spray mister bottle with 12 drops of Rosemary Essential Oil and distilled water, or use 12 drops of Focus Blend. Focus contains Rosemary along with other Essential Oils known to help prevent mental fatigue and provide mental clarity. Focus can also be diffused in the office, limiting exposure to 15 minutes every 4 to 6 hours.

For Increased Accuracy At Work

When tested in Japan, Lemon Essential Oil diffused in work areas helped computer operators make less mistakes as it helps with mental clarity. Lemon can be diffused, or a 4 ounce spray mister can be made with 12-15 drops of Lemon and distilled water for misting into the environment. If unable to diffuse, place 2 drops on a tissue and inhale.





To Increase Sales

It has been found that people will linger longer in spaces that have pleasing fragrances. At work, fragrance should be a background and not overpowering. Subtle, soft, and non-intrusive Essential Oils can elevate moods and put people into a receptive state of mind.

Diffuse or mist into the air oils such as Prosper, Charity, Delight, Grapefruit, Orange, Lavender, or your favorite fragrance. Create a spray mister by adding 10-15 drops of your preferred Essential Oil or blend to 4 ounces of distilled water in a cobalt blue plastic bottle. Shake well before each use.

At work, fragrance should be a background and not overpowering. Subtle, soft, and non-intrusive Essential Oils can elevate moods and put people into a receptive state of mind.

LIVING THE AROMATIC LIFESTYLE WHILE YOU TRAVEL



RESTAURANT WATER

When you are out to eat, add 1 drop of organic Lemon (or your favorite citrus) oil to the restaurant water. Not only does it protect against pathogens that might be present in the water, but your companions will want to know what you're doing. This is one of the simplest and most effective marketing tools.

Improve your health and your business, one sip at a time!

Nausea Or Motion Sickness

Apply 1 drop of Peppermint or Ginger Root to a tissue and inhale. You could also put one drop of Peppermint in a 16 ounce bottle of water, shake well, and sip.

Public Restrooms

Carry a small 2 ounce spray bottle containing 20 drops of Protector to 2 ounces of distilled water. Shake well and use to spray toilet seats and door knobs. Can also be used to spray shopping cart handles.

Hotel Beds

When you arrive in your hotel, turn down the bed and mist with a mixture of 20 drops of Protector to 4 ounces of distilled water, shaking well before use. Mist the sheets and pillows to disinfect the bedding and kill dust mites.

Airplane Seats

Use the same Protector spray as per hotel beds to lightly mist airplane seats and armrests. This is best done before those around you take their seats.

Jet Lag Inhalation

Place 2 drops of Peppermint Essential Oil on a tissue and inhale as needed, adhering to Peppermint safety precautions.

For Stressful Situations

To ease stress, place 2 drops of Lavender, fine Essential Oil on a tissue and inhale as needed.

Sightseers' Foot Recovery Oil

Blend 4 drops Peppermint with 2 ounces of Grape Seed Oil and massage onto the feet. Elevate feet and relax for a few minutes.

Jet Lag Bath

To relax and go to sleep in different time zone

- 8 drops Lavender, fine Essential Oil
- 4 drops Clary Sage Essential Oil
- 4 drops Rose Geranium Essential Oil
- 1 cup Dead Sea Bath Salt

Fatigue Relief Bath

- 6 drops Peppermint Essential Oil
- 6 drops Eucalyptus Radiata Essential Oil
- 6 drops Lemon Essential Oil
- 6 drops Rosemary ct. 1,8 cineole
- 1 cup Dead Sea Bath Salt





Space Clearing Precautions

Essential Oils are safe and effective yet very powerful. Please adhere to the following precautions, and you will have a very positive and enjoyable experience with your space clearing.

- Hold your mister at arms' length before misting. Do not allow mist to get into your eyes or those of your children or pets. If you should experience burning of eyes, stop and rinse them out with a few drops of Grape Seed Oil. Wipe with a clean cloth.
- Do not spray blends directly onto furniture, clothing, curtains, or other fabrics that might stain or water spot.
- Do not spray blends onto devices such as televisions, computers, stereos, or other electrical appliances.

AROMATIC SPACE CLEARING

Space clearing your home or office is one of the easiest and most beneficial wellness practices. Every home has what is known as predecessor energy; this is the residual energy left in your home by anyone who has ever stayed there for any period of time. We'd never think of leaving our floors or furnishings unclean for years and years, yet this is what happens environmentally when a building is not periodically space cleared. On an energetic level, you are living with the energy of everyone who has ever occupied your home.

Emotions, particularly angry or negative feelings, are powerful energies that can embed themselves in the walls, floors, and furnishings of a home. If previous occupants were unhappy or experienced financial distress, bankruptcy, or loss of income, then that energy will still linger in the home, affecting your family's financial health and well-being.

Essential Oils are etheric and work very well in the environment to transform negative and stagnant energy into positive, vital energy. Essential Oils clean the air as well as the energy, and create a positive, high-energy environment.



Space Clearing Supplies

- Protector Essential Oil Blend
- Dragon Fire Essential Oil Blend
- Cherished Place Essential Oil Blend
- Gratitude Essential Oil Blend
- Finishing Oil Essential Oil Blend
- 4 Cobalt Blue PET Plastic or Glass Bottles {4oz}
- 1 Gallon of Distilled Water

Make a spray bottle of each, except for the Finishing Oil, which will not be used as a spray. Use 12 to 15 drops each for the Protector, Dragon Fire, and Cherished Place bottles, and 20 drops for the Gratitude bottle.

This is the first complete collection of Essential Oil formulas designed specifically for use in space clearing. The cleansing blends contain Essential Oils of Sage, Pine, Juniper, and many other plants that have traditionally been used as smudging herbs. The use of Aromatherapy in place of smudging gives you a cleaner, smoke-free method of accomplishing the same result.

AROMATIC SPACE CLEARING

Space Clearing Instructions

Before you begin your space clearing you should prepare yourself; you need to be in a calm and focused mood. If you are anxious, upset, or otherwise feeling out of sorts, you need to regain your calm before you start.

When ready, close your eyes and take in three deep breaths through the nose, releasing them slowly through the mouth, while visualizing your body relaxing with the exhalation of each breath.

Once you are in a calm and relaxed mood, take the Gratitude mister and with your eyes closed, 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 to the body, but a protective mist you're applying to your energy field and you do not need to spray it directly onto your body. Once this is completed you are ready to begin.

Caution: Do not skip this protection process; space clearing can shift large amounts of negative energy that you will pick up into your own energy field unless you have sealed it with the Gratitude before you begin.

1. Find something to use as a fan; you may choose to use a hand fan, an 8½" by 11" piece of cardboard, or if you have a special ceremonial fan you prefer that is acceptable. You need the fan to move the mist through the environment.
2. Before you actually begin misting, form a clear intention of what you're doing in your mind. You need to stay focused on the intention to clear your space as you are misting; don't let your mind wander. It is important that you are space clearing with intention.
3. Once you have a clear intention, go through your environment and open all the doors to cupboards, drawers, closets, ovens, dishwashers, etc. You don't want to leave residual stagnant or negative energy inside the closed storage areas of your home.
4. Beginning at your front door, holding your mister of Protector (use Dragon Fire if there has been trauma or violence like a bad divorce, death, assault, or bankruptcy) at arms' length and mist into the air; one spray toward the ceiling, one spray at chest level, and one lower toward the floor.
5. When you've completed the room your front door enters into, move through the house clockwise until you have finished every room.

Leave everything open until you have completely finished space clearing. It is also helpful, if the weather permits, to open a window or two.

Take your fan and use large sweeping motions to disperse the mist through the environment as far as you can reach while standing in one spot.

Continue misting and fanning around the room clockwise, making sure that you use your fan to move some of the mist into closets and drawers.

When you come to the bedrooms, you may want to strip the bed and lightly mist the mattress as the energy of everyone who has ever slept on your bed is embedded in your mattress. Protector also helps to eliminate dust mites.

Don't forget basements and attics if they are being used or have been used in the past.





6. When you have completed the cleansing, pause, and set your intention for the blessing with Cherished Place.

You will mist starting at the front door as before. As you are misting and fanning, speak your intention for each room into the mist and a powerful and positive supporting field of energy will be created with your intention.

An example would be to say "I bless this kitchen that it will be a place to nourish my family with good food and conversation, bringing our family closer together as we share our meals, and the abundance of good food will represent our ever increasing prosperity and joy." Or, "I bless this bedroom of my son or daughter, _____, that he or she will rest peacefully here, growing strong, healthy, and full of self-confidence, and will always feel our love and protection, allowing _____ to reach his or her full potential."

You are building a foundation of positive energy for your home, so make sure at this stage you stay focused on your intention.

7. Once the space clearing and blessing has been completed, you are ready to do the sealing. Take your finger and get a drop of the Finishing Oil and use it to seal each and every window, door, vent, or any other exit place in your home. You only need to seal the doors, windows, and vents that go outside; doors between rooms are not sealed.

This completes your aromatic space clearing. To keep your home environment sparkling clean and energetic, use the Protector as you did before once or twice a month just to prevent a heavy buildup of bad energy. You may also use it if there has been an argument, if a negative person has visited your home, someone has been sick, or any other indication that the energy level is slipping.

About twice a year you need to do the complete space clearing and blessing again. This is similar to spring cleaning your environment.

Apply the drop of oil to the top, each side, and bottom of the windows. At the door, seal the top of the door, just above the door lock, and just below the lock or door knob, whichever is lower. Seal the vents the same as the windows, by applying one drop of oil to the center of the edges all the way around.

One place that you may not be aware of needing to seal is mirrors. Mirrors are a gateway or access point for psychic energy, and need to be sealed as if they were a window; in the center of the top of the frame, one drop on each side, and again at the bottom of the frame.

8. Finally, we need to address another area where good energy can leak out and negative or stagnant energy can get in, and that is the drains. In China, it is believed that much of our good fortune and luck can be lost down bathroom drains and toilets.

Fill a glass pitcher or jar with distilled water and add 9 drops of Finishing Oil per 32 ounces of water, stirring clockwise with a wooden spoon or other non-metal utensil.

Pour about 1 ounce down each drain, including the toilets, to seal the good energy from going down the drains and prevent unwanted energies from coming in through them.



Receive more the longer you participate.

Receive Member Rewards Program points for free products with every order!

Our Member Rewards Program (MRP) rewardd you for consistently purchasing your favorite goDésana products. using our convenient Auto-Delivery program. The longer you participate, the more MRP product points you receive. Starting with your first order, you receive 5% of the Business Volume of your order as MRP product points.

How much can I receive?

| 1-3 Months | 4-6 Months | 7-9 Months | 10-12 Months | 13-15 Months | 16+ Months |
|------------|------------|------------|--------------|--------------|------------|
| 5% | 10% | 15% | 20% | 25% | 30% |

To Receive

Preferred Wholesale Customers must have 20 BV in product purchases every 31 days to maintain Member Rewards Program (MRP) percentage level and accumulated points. Product Consultants must have 30 BV in Qualifying Business Volume every 31 days to maintain Member Rewards Program (MRP) percentage levels and accumulated points.

Terms & Conditions

- No limit to the amount of points you can earn
- No limit to the amount of points you can redeem
- No limit on the full-price products that can be purchased with points
- Member Rewards Program (MRP) points have no cash value and are non-transferable
- MRP point redemption orders have no Business Volume for active status or earning qualification purposes
- Previously accrued MRP points and MRP percentage levels are cancelled on inactive accounts
- Not all products are available for purchase with MRP points

FOR MORE INFORMATION

Name _____

Phone _____

Consultant ID# _____

Web Address _____



754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
goDesana.com

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.

PURE PLANT INGREDIENTS PROMISE

goDésana is raising the bar for the industry with our Pure Plant Ingredients Promise. We promise that all of goDésana's ingredients are minimally processed. Our Essential Oils are from first distillation only, they are never adulterated or rectified, our herbs and grasses are processed with low to no heat temperature. No goDésana products are ever tested on animals, are always free of pesticides, chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products. Our products provide you with the guarantee of independently tested and certified pure, unadulterated Essential Oils and plant-based herbal and nutritional formulas guaranteed to be therapeutic.'

