

Monthly Blends for Women

Moon

Ingredients: *Geranium, rose; Orange, blood; Organic Grapefruit, pink; Lavender, fine; Mandarin, green; Jasmine*

Moon is formulated with Essential Oils are known to be balancing, calming, and warming to enhance a woman's feelings of physical and emotional intimacy. It can assist and support the body to balance hormones and may aid in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches. Moon helps you be sensitive to your feminine need to nurture yourself, especially during your "moon time". Although formulated primarily for women, men can benefit from Moon's emotional sensitivity and openness to better communication*



BATH

◆ Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Moon's aphrodisiac benefits.

- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester
- ✦ 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 or Clay Vitality



INHALATION

◆ Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- ◆ Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.
- ◆ Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.
- ◆ Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- ◆ For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.
- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)
- ✦ 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
- ✦ Healthy Individuals 10+ years - 15 drops per 2 tsps of carrier oil or 2 quarts of water



Availability

5ml Bottle



Safety Group #2

RESPONSIBLE CAUTIONS

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

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.

goDésana
feel the pure plant difference

*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.

461 E Pike Street • Morrow, OH 45152
614.948.4409
www.goDesana.com

Moon Relief

Ingredients: *Clary Sage, Lavender, fine; Sesame Seed, Fractionated Coconut*

Moon Relief is formulated with Essential Oils known to assist and support the body with menstrual cramps, heavy bleeding & PMS discomfort.*

Clary Sage Essential Oil, one of the primary ingredients in Moon Relief, is known to be particularly effective for regulation of menstrual cycles and cramping associated with menstruation. Well known for women's health issues in part because of the esters and phytoestrogen it contains, Clary Sage is also known to assist the body with the symptoms of menopause. Young women dealing with menstrual pain have found relief, even more so than acetaminophen could provide.⁽¹⁾ Women with dysmenorrhea found similar relief.⁽²⁾ In childbirth, where pain is often exacerbated by anxiety and stress, Clary Sage, Lavender, and Jasmine exhibit strong pain relieving results in a safe, easily administered manner. In fact, when a midwifery practice implemented the use of these oils both topically in a carrier oil and via diffusion, the use of pain relieving opioids use decreased significantly.⁽³⁾ As women reach menopausal years, the use of antidepressants begins to increase dramatically, and Clary Sage may help to ease this stressful transition of life, reducing cortisol levels and exhibiting an antidepressant-like effect.^{(4)*}

Lavender Essential Oil, the other main ingredient in Moon Relief, has effective anti-inflammatory properties that can lead to better blood flow and fewer cramps. It is also effective in treating migraine pain, soothing anxiety, and helps alleviate painful menstruation. Additionally, Lavender has a psychological effect on the moodiness associated with anxiety during menstruation. Lavender has long been known to promote feelings of relaxation while lifting the mood, and promoting more restful sleep for those dealing with insomnia.⁽⁵⁾ It is also suspected that Lavender can help calm the body so that hormone levels balance naturally. A cold compress with one drop of diluted Lavender Essential Oil can help reduce discomfort in the perineum during menopause.*



BATH

● Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation.

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



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.
- For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

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



Availability | 10ml Bottle

Safety Group #3

RESPONSIBLE CAUTIONS

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

Standards of Quality

All ingredients in goDesana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible. Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

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Surrender

Ingredients: *Clary Sage, Lavender, vera; Jasmine, Jojoba*

Surrender is a female hormone supportive blend especially useful for women during childbirth. It is primarily for women, at any stage of life, and can assist with surrendering to all things womanly. Surrender can help women get in tune with their emotions and also helps balance hormones at the emotional level so they are more stable. During pregnancy and childbirth, Surrender helps release any fear surrounding labor, delivery, and becoming a mom. It can assist women with all challenges and help them to become more self-accepting.

Many women operate daily in a state of low anxiety or worry, also called generalized anxiety, that may blossom into full-blown panic attacks, phobias, or anxiety disorders during times of psychological stress or biological change like menopause. From the time a female reaches puberty until about the age of 50, she is twice as likely as a man to have an anxiety disorder. This can be attributed, in part, to differences in brain chemistry. In women, the brain system responsible for the "fight or flight" response is activated more readily than in men, and stays activated longer due in part as a result of the action of estrogen and progesterone.⁽⁶⁾



BATH

- ◆ Thoroughly mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Surrender's aphrodisiac benefits.
- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester
- ✦ 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 or Clay Vitality



INHALATION

- ◆ Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.



TOPICAL

Essential Oils pass through the skin's epidermis and are carried away by the capillary blood circulating in the dermis. The more skin you cover, the greater the dose. Very seldom will Essential Oils be applied neat or undiluted.

- ◆ Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.
- ◆ For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.
- ✦ Pregnancy - Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce)
- ✦ 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



Availability

5ml Bottle



Safety Group #2

RESPONSIBLE CAUTIONS

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

1. <http://www.ncbi.nlm.nih.gov/pubmed/21949670>
2. http://pubget.com/articles/elasticsearch_show/22435409
3. <http://www.ncbi.nlm.nih.gov/pubmed/11033651>
4. <http://www.ncbi.nlm.nih.gov/pubmed/24802524>
5. <http://umm.edu/health/medical/altmed/herb/lavender>
6. <http://umm.edu/health/medical/altmed/condition/anxiety>

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