

SYNERGY BLENDS

Alexandria Brighton Collection
of Essential Oils



SYNERGY BLENDS

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3-CV,11 10ml AromaStix Member: \$32 Retail :\$42 Volume: 24

3-CV,11 is a Terrain Synergy Oil to assist with varicose veins, phlebitis, and hemorrhoids.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Cypress, Myrtle, green; Chamomile, german; and Sesame Seed

- Can be used for an extended period of time; gently roll on the area of concern, twice daily.



4-DS,6 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

4-DS,6 is a Digestive Med-Square Synergy Blend shown to assist with calming gastro-intestinal spasms. Soothes pain due to irritation and acidity.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Basil, sweet; Rosemary ct. verbenone; Peppermint, Dill Weed, and Grape Seed

- Gently roll on the area of concern, twice daily.



2-GP,3 10ml Bottle Member: \$27 Retail :\$35 Volume: 20

General purpose Symptom Synergy Oil to assist with the discomfort of a hangover.

Ingredients: 100% Pure, Certified Organic oils of Juniper Berry and Rosemary ct. 1,8 cineole

- For best results, add 10-15 drops of 2-GP,3 to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and then add to warm bath water. Soak 10-20 minutes. Can also be added to bath gel and used in the shower.



2-GP,6 10ml Bottle Member: \$27 Retail :\$35 Volume: 20

General purpose Symptom Synergy Oil to assist with drowsiness, especially effective when driving.

Ingredients: 100% Pure, Certified Organic and Wild Harvested oils of Clove Bud and Peppermint

- Apply 2 drops on feet (neat) and inhale 1-2 drops from cotton ball or tissue.
- For truck drivers or those driving long distances, apply to a cotton ball and place in vent opening. Refresh as needed.



2-IF,1 10ml Bottle Member: \$38 Retail :\$50 Volume: 30

Purify Symptom Synergy Oil to be used as an anti-infection mouthwash.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Peppermint and Lemon

- Add 2 drops to 200ml of pure water and shake well. Keep tightly closed; should stay good for up to a month.



1 - A Simple Synergy is a single active Essential Oil used for a single specific treatment protocol. Known as “simples” because they are the simplest form of aromatic treatment.

2 - A Symptom Synergy is two complementary and yet opposite active simples, used for a specific symptomology such as pain, mucolytic, and inflammation. The two active essences are intended for a specific purpose or symptom for which they have an affinity.

3 - A Terrain Synergy will contain one active simple, one balancing simple, and one energizing simple. Terrain Synergies are addressing chronic conditions such as hormone imbalance, detoxing the liver, skin problems, and chronic diseases of long standing.

4 - A Med-Square Synergy contains two active simples, one balancing simple, and one energizing simple. This synergy is used for acute treatment in an intensive manner, for a short period of time.

blends key

- IF - Purify Blends
- CV - Cardiovascular Blends
- DH - Digestive Blends
- GP - General Purpose Blends
- MH- Men's Blends
- PD- Pediatric Blends
- SK- Skin Blends
- WH- Women's Blends

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.

5991 Chandler Court, Westerville, OH 43082 • 616.948.4409
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3-IF,1 10ml Bottle Member: \$38 Retail :\$50 Volume: 30

Purify Terrain Synergy Oil to assist with herpes.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Sage, Ravensara ct. 1,8 cineole, Niaouli, Hazelnut, and Grape Seed

- Gently massage on affected areas as needed.



4-IF,1 10ml Bottle Member: \$32 Retail :\$42 Volume: 24

Excellent Med-Square Synergy to assist with colds & flu.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rosemary ct 1,8 cineole, Ravensara ct. 1,8 cineole, Eucalyptus radiata, and Niaouli.

- Apply daily on soles of feet at first sign of symptoms.



4-IF,6 15ml Dropper Bottle Member: \$32 Retail :\$42 Volume: 24

Purify Med-Square Synergy to assist with Shingles.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Ravensara ct. 1,8 cineole, Eucalyptus citriodora, Lavender, vera; and Sesame Seed.

- Apply gently to affected areas, 3 to 4 times per day, until clear.



3-MH,1 15ml Dropper Bottle Member: \$32 Retail :\$45 Volume: 24

Men's Terrain Synergy Oil specifically formulated to assist with fatigue and general feelings of malaise.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Cypress, Sandalwood, Cedarwood, atlas; and Sesame Seed

- Add 8-10 drops in warm bath water.
- Use 10 drops in diffuser, or 10-12 drops with water in 4 ounce spray mist bottle.
- For massage, dilute 5 drops in 5 ml of Grape Seed Oil; apply to feet.



3-MH,3 15ml Dropper Bottle Member: \$32 Retail :\$45 Volume: 24

Men's Terrain Synergy Oil for Prostate Health. Specifically formulated with Essential Oils known to have relaxing and anti-inflammatory properties.

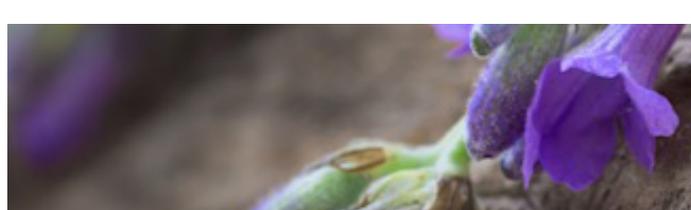
Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, vera; Chamomile, german; and Ocean Pine.

- Apply to the area near the prostate (under scrotum) twice daily.



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2-PD,4 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Pediatric Symptom Synergy Blend to assist with tooth discomfort in children ages 6 and up.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Rosemary 1,8 cineole, Grape Seed, and Fractionated Coconut

- Apply AromaStix to the painful area of the outer jawline. Not for internal use.



3-PD,2 10ml Bottle and 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Pediatric Terrain Synergy Oil to assist with bed-wetting in ages 3 and up.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. linalool, Ravensara ct. 1,8 cineole, Cypress, and Sesame Seed

- Gently massage 8 to 10 drops across the upper back over shoulder blades (bladder meridian) and on the center of the soles of the feet (Wellspring of Life).



3-PD,3 5ml Bottle Member: \$27 Retail :\$35 Volume: 20

Pediatric Terrain Synergy Blend to assist with depression in ages 3 and up.

Ingredients: 100% Pure, Certified Organic and Wild Harvested oils of Dill Weed, Chamomile, roman; and Lemon.

- Add 2-5 drops in warm bath water.
- Use 10 drops in diffuser, or 10-12 drops with water in 4 ounce spray mist bottle.
- For massage, dilute 5 drops in 5ml of Grape Seed Oil; use on back or apply to feet.



3-PD,4 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Pediatric Terrain Synergy Oil specifically formulated for eczema in ages 2 and up.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Melissa, Chamomile, german; Lavender, vera; Sea Buckthorn, and Grape Seed.

- Apply AromaStix to the area of discomfort as needed; not to exceed 2 times daily.



4-PD,1 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Pediatric Med-Square Synergy Blend to assist with detox after the use of prescription antibiotics.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. linalool, Lemon, Dill Weed, Peppermint, and Grape Seed.

- Ages 3 to 5 roll over kidney reflex points of feet.
- Ages 6 and up roll over the kidney area on back and kidney reflex points of feet.
- Use for 7 days following the use of prescription antibiotics.
- Not for internal use.



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4-PD,4 5ml Bottle Member: \$40 Retail :\$52 Volume: 24

Pulmonary decongestant for ENT and lung issues; suitable for ages 3 and up.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Dill p.o. whole plant; Rosemary ct. 1,8 cineole, Lemon, and Thyme ct. linalool

- May be rolled onto the ears, sinus and throat reflex points on the feet, as well as the lung reflex points.
- Can be rolled over the glandular areas of the throat under the ears and on the lung areas of chest and back.
- May be inhaled by rolling onto a tissue and inhaling.



4-PD,10 10ml Bottle And 10ml AromaStix Member: \$38 Retail :\$50 Volume: 30

Pediatric Med-Square Synergy, to assist with colds, flu, and other viruses.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Ravensara ct. 1,8 cineole, Rosemary ct. 1,8 cineole, Euclyptus Radiata, and Grape Seed

- Apply to soles of feet, or dilute with carrier oil for massage.



2-SK,1 5ml Bottle Member: \$ Retail :\$ Volume:

A Skin Symptom Synergy Oil to assist with wound care.

(This blend is available in limited quantities as the exclusive "Try Me" product for October on orders of 100BV or more.)

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Sage, Cistus, and Sesame Seed

- Apply topically to wound 2 to 3 times per day.



2-SK,2 10ml Bottle Member: \$27 Retail :\$35 Volume: 20

Fungal Care Skin Synergy Blend To assist with fungal care.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Niaouli, Macadamia Nut, and Fractionated Coconut

- Apply topically up to 3 times daily.



2-SK,3 10ml Bottle and 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Abscess Care Skin Synergy Blend to assist with bringing abscesses to a head.

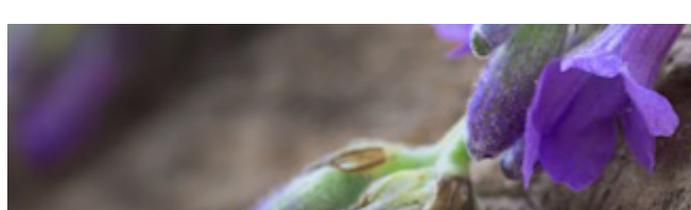
Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Peppermint, and Sesame Seed

- Apply topically to area of abscess 2 to 3 times daily.



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2-SK,5 10ml Bottle Member: \$27 Retail :\$35 Volume: 20

Skin Symptom Synergy Oil to assist with prevention and diminishing of scars and stretch marks.

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

- Apply topically up to 3 times daily.
- Not recommended during first trimester of pregnancy.



2-SK,6 10ml Bottle Member: \$27 Retail :\$35 Volume: 20

A Skin Symptom Synergy Oil to assist with regenerating skin which has suffered burns, even serious burns.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Lavender, vera; Wheatgerm, St. John's Wort, and Sesame Seed

- Apply to affected areas as needed to soothe burned skin.



3-SK,1 15ml Bottle

Terrain Skin Synergy Blend to assist with skin renewal after acne, boils, or after shaving.

(This blend is available in the October Oil Of The Month Club 100BV CYCLE Pack.)

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

- Apply topically two to three times per day.



3-SK,5 15ml Bottle

Terrain Skin Synergy Blend to assist with acne prone or oily skin.

(This blend is available in the October Oil Of The Month Club 100BV CYCLE Pack.)

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, fine; Cypress, Lemon, Grape Seed, and Sesame Seed

- Apply a small amount to skin as needed after cleansing.



3-SK,7 15ml Bottle Member: \$42 Retail :\$55 Volume: 30

Hair Tonic Skin Synergy to assist with thinning and/or damaged hair.

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

- For best results massage into scalp and leave in overnight; shampoo out in morning.
- May also use as a spray of 20 drops to 4 oz distilled water and spray onto damp hair; massage into scalp.
- Test small area of scalp for sensitivity before use.



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4-SK,1 10ml Bottle Member: \$32 Retail :\$42 Volume: 24

Bedsore Care Synergy Blend to assist with the care of bedsores.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Lavender, spike; Niaouli, Lavender, vera; Bay Laurel, and Grape Seed



- Dilute 20 drops in 4 ounces of distilled water and spray over area of sore up to 2 times daily or as needed.
- May also spray onto a pad and apply to the area.
- Discontinue if sensitivity or irritation develops. Patch-test for skin sensitivity, especially in the very elderly.

2-WH,2 10ml Bottle & 10ml AromaStix Member: \$27 Retail :\$35 Volume: 20

Women's Health Symptom Synergy Oil to assist with menstrual cramps, heavy bleeding & PMS discomfort.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Clary Sage, Lavender, fine; Sesame Seed, and Fractionated Coconut



- Roll across lower abdomen and lower back and then gently massage in a clockwise direction.
- A heating pad or hot compress may be applied.
- Use as needed.

3-WH,1 15ml Dropper Bottle Member: \$32 Retail :\$42 Volume: 24

Women's Health Terrain Synergy Oil to assist with toning the breasts.

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



- May be applied to the breasts morning and evening.

Respi Relief 10ml Bottle & 10ml AromaStix Member: \$40 Retail :\$52 Volume: 20

A Terrain Respiratory blend to assist with allergic reactions.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Niaouli, and Ravensara ct. 1,8 cineole



- Diffuse 6 to 8 drops for 15 minutes every 2 to 3 hours as needed.
- Apply over the lung area as well as on the soles of feet.
- Can also be rolled on wrists and inhaled as needed when you feel an allergic reaction beginning.