

# High Vibe

FEBRUARY: BLEND 12 15ml

The High Vibe blend helps awaken your vibrant and charismatic nature and gives you enthusiasm and a positive attitude. A happy and social blend, High Vibe will loosen up those who find it hard to socialize with others they don't know. It is social bravery in a bottle.\*

High Vibe is beneficial when you find yourself living in the past or the future. It allows you to awaken your creative, intuitive side and experience all the possibilities present in the now. Life only happens in the now, and some people are missing it. Don't you be one of them.\*

## USES

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days:\*

#### High Vibe Intention

*I have a positive and vibrant nature. When I meet new people, my enthusiasm and optimistic personality attract those who are like-minded and will be a pleasure to work with. I am excited to see what the next 12 months bring.*

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist around yourself to support your enthusiastic, positive personality. Especially helpful for social situations with others you may not know.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray into the environment as desired to bring a positive, upbeat mood. Great for parties!\*

### bath

- **Bath:** Add 5 to 10 drops to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to warm bath water. Soak 10 to 20 minutes to ground you in the present and restore positivity.\*

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## application methods

Aromatic • Bath • Topical

## 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.

## ingredients

*Canarium luzonicum (Elemi), Citrus reticulata (Tangerine), Inula helenium (Inula), Copaifera officinalis (Copaiba), Cistus ladaniferus (Cistus), Tanacetum annuum (Tanacetum Annuum)*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Moon

## female hormone balance blend 10ml

Moon is a balancing, calming, and warming blend to enhance a woman's feelings of physical and emotional intimacy. It helps to balance hormones and aids in relieving mood swings, menstrual cramps, hot flashes, and hormonal headaches.\*

This blend allows a woman to be open and communicative with their partner. Moon also helps women be sensitive to their feminine need to nurture themselves, especially during their "moon time".\*

### USES

#### aromatic

- **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.

#### bath

- **Bath:** Mix 12 to 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.\*

#### topical

- **Massage:** Dilute 10 to 20 drops in 10ml of carrier oil and massage over the lower back and abdomen for relief of menstrual discomfort.\*
- **Massage:** Dilute 10 to 12 drops in 1 ounce of carrier oil and massage over the lower abdomen area to support and vitalize reproductive energy.\*
- **Reflexology:** Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulating the points as you massage in the oil.\*

### topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

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### application methods

Aromatic • Bath • Topical

### 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 2<sup>nd</sup> trimester.

### ingredients

*Pelargonium graveolens (Rose Geranium), Citrus sinensis (Blood Orange), Citrus paradisi (Pink Grapefruit), Lavandula angustifolia (Lavender Vera), Salvia sclarea (Clary Sage), Jasminum grandiflorum (Jasmine), Angelica archangelica (Angelica), Cocos nucifera (Fractionated Coconut)*

### responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Personal Power

MAY: BLEND 3 15ml

Now that you've addressed your prosperity beliefs and how fear can ruin your life, it's time to regain your power. This will help you with the first two issues from month one. You need to have personal power to succeed and be a leader. Yes, you can become a leader!\*

When we know what we need to do and yet can't seem to get around to it, we are either in fear of failing, we convince ourselves not to try, or we are in fear of succeeding and what people might expect from us if we do. Either way, you are not embodying your personal power. If you have worked successfully with Prosperity and Letting Go of Fear Blends, you should be excited about your future possibilities. If, after the first week, you feel any resistance, go back to Month One and repeat it before you move on.\*

This blend has the power of the returning sun. It provides warmth, get-up-and-go, and lightness of spirit. By taking back your personal power, you will become determined, self-motivated, and excited to get on with your life. If you need to take back your personal power, where did it go? There are many ways that this loss can happen. If you were ever dominated by another or bullied, they took away your power. Maybe you were raised to feel that others were better than you and allowed that belief to take away your power. Or perhaps you believe there are more prosperous people than you, so you should know your place and serve or work for them because they have all the power.\*

Even though you may have had one or more people take your power away, we are also very good at giving our power away. Usually we give our power away because we are afraid that someone will leave us, stop loving us, fire us, or maybe hurt us. So we give in and let them control our lives. Guess what? If you take back your power and they leave you, then they were wrong for you. If you get fired, they did you a big favor because you are worth more than that job and can get on with the life you would like to lead. If someone wants to hurt you and you show no fear, the surprise alone will make them think twice. The best part? People are drawn to people who exude confidence and are excited, happy, and living their dream.\*

## uses

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days.\*

#### Personal Power Intention

*I will embody my personal power from this day forward and use it for good. I forgive those who have taken my power whether intentionally or because they have none of their own, and I forgive myself for giving my personal power away. I am in gratitude for reclaiming my personal power and how it is changing my life.*

**Note:** Misuse of your personal power will lead you to disaster. Never try to have power over others. Remember how you felt when others took your power away.

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Close your eyes and mist around your body any time you feel unsure of yourself.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray into the environment as desired to support your self-confidence and personal power.\*

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## application methods

Aromatic • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Vetiveria zizanioides* (Vetiver), *Cinnamomum zeylanicum* (Cinnamon Bark), *Cedrus atlantica* (Cedarwood Atlas), *Cinnamomum zeylanicum* (Cinnamon Leaf), *Cocos nucifera* (Fractionated Coconut)

## responsible cautions

- Dilute before applying topically.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Prosperity

MARCH: BLEND 1 15ml

The first blend of Spring combats and eliminates the central negative beliefs and emotions that prevent us from success, happiness, and living up to our full potential. Until we believe we can be prosperous and overcome the fear of moving forward, we will handicap ourselves from getting the most out of our lives.\*

People have many varied, and usually negative, feelings about their ability to be prosperous. Of course, we all want to be successful, but somewhere along the way we begin to doubt our ability. Maybe it was a parent who told us we would never amount to anything, or perhaps no one in our family had an opportunity for higher education and so resigned themselves to a dead-end job that depresses their soul. Or maybe you have felt too afraid to take the first step to a new you. This blend has hundreds of testimonies behind it.\*

## uses

### topical

- **Wrists:** Apply 2 to 4 drops to wrists and inhale as you repeat the following intention each day for 28 days:\*

#### Prosperity Intention

*I believe I will be prosperous in all areas of my life and will not listen to any negativity regarding my ability to do so. I am in command of my destiny, and no one can prevent success except myself.*

- **Feet:** Apply 2 to 4 drops on bottoms of big toes on each foot. Because the soles of the feet are commonly less sensitive than other areas of the body due to their thicker skin, essential oils can generally be applied to the feet without irritation, and are quickly absorbed into the body.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*
- **Massage/Lotion:** Add a few drops to unscented/perfume-free lotions, creams, and massage oils. Patch-test before applying to large areas.\*

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 5 to 8 minutes per hour as desired, throughout the day.\*
- **Body Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist around yourself as desired.\*
- **Room Spray:** Mix 15 to 20 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and spray surroundings such as drapes next to an open window, or on upholstery in the work or home office (use caution on delicate fabrics). Mist on purse, wallet, bills, mail, money, and all places where the attraction of money is desired.\*
- **Car Freshener:** Put 2 to 3 drops on a cotton ball and tuck in the air vents of your car. When the heater or air conditioner is used, the scent will be released to freshen your vehicle's interior.\*

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## application methods

Aromatic • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Pogostemon cablin (Patchouli), Citrus sinensis (Orange, sweet), Cinnamomum zeylanicum (Cinnamon Bark), Zingiber officinale (Ginger Root), Picea mariana (Spruce, black), Myristica fragrans (Nutmeg)*

## responsible cautions

- Dilute before applying topically.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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# Transform

uplifting blend 10ml

Transform is spiritually energizing and supportive. It assists with the release of emotional patterning or traumatic experiences that are stored on a cellular level in our limbic system.\*

This blend gives us the needed push and courage to let go and release old beliefs and open ourselves to new beliefs, allowing us to make needed adjustments during times of change.\*

In times of change, fearing the unknown territory of transformation, we may choose to remain in our all-too-familiar state of suffering. Transform supports and moves us to open up to our own personal transformation and changes, particularly in areas where we know changes need to be made yet we are hesitant to take action.\*

This blend acts as a catalyst to move us into taking the positive actions necessary to create the life we've only dreamed of.\*

## uses

### aromatic

- **Diffuser:** Diffuse 10-12 drops in a cool mist essential oil diffuser.\*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before using. Close your eyes and mist around your body to create a relaxing, balancing environment.\*

### bath

- **Bath:** Add 12 to 15 drops to ½ cup of Pink Himalayan or Dead Sea salts and dissolve in warm water for a relaxing, transformational bath.\*

### topical

- **Massage:** Apply 1 to 2 drop to the solar plexus to support your willpower.\*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.\*

## topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Salvia officinalis (Sage), Abies balsamea (Balsam Fir), Picea mariana (Black Spruce), Canarium luzonicum (Elemi), Salvia sclarea (Clary Sage), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Nardostachys jatamansi (Spikenard), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Pelargonium graveolens (Rose Geranium)*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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