

# A-Stimulate

DETOXIFICATION BLEND 10ml

In today's fast-paced, fight-or-flight world, adrenal fatigue has become quite common. Many of us are always on the go, never taking the time to truly relax. So whether we're stressed about being late for work or literally running for our lives, our adrenals don't know the difference.\*

In a crisis situation, we get a boost of adrenaline and cortisol to deal with the immediate challenge, then once we're safe, the adrenals re-regulate and our bodies return to normal function. But sometimes when there is chronic stress and worry, the flight-or-fight mechanism never gets switched off and we have a constant flow of stress chemicals taxing the body.\*

Sustained, high levels of cortisol can compromise healthy organs and normal, functioning hormone levels can become destabilized. At this point, we can experience adrenal exhaustion/fatigue and the many symptoms associated with it like weight gain, insomnia, tiredness, depression, food cravings, mood swings, and lack of focus.\*

A-Stimulate is a proprietary blend formulated for the express purpose of stimulating, supporting, and strengthening the adrenal system.\*

## USES

### topical

- Apply topically over the liver or kidney area twice per day. A-Stimulate can be used following antibiotics or other medications, 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.\*

**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.\*

goDesana

Product Information Page



## application methods

Topical

## 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.

## ingredients

*Ocimum basilicum* (Sweet Basil), *Anethum graveolens* (Dill Weed), *Levisticum officinale* (Lovage Root), *Mentha piperita* (Peppermint), *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.

*\*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.*

# C-Stimulate

DETOXIFICATION BLEND 10ml

C-Stimulate is a proprietary blend formulated with essential oils that are known to assist and support the body in detoxing, stimulating, supporting, and strengthening the cellular system.\*

## USES

### internal

- Take 1-2 drops in a veggie capsule 3-4 times per day.\*

### topical

- **Massage:** Dilute to 10% in Sesame Oil and self-massage until the oil is absorbed. Can be applied to the lymphatic points, back and front of chest, and breasts. For more intense use, apply neat (undiluted) up to 4 times a day.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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).\*

goDesana

Product Information Page



## application methods

Internal • 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

*Boswellia carteri (Frankincense), Cymbopogon citratus (Lemongrass), Laurus nobilis (Bay Laurel), Citrus paradisi (Pink Grapefruit), Citrus limon (Lemon), Citrus aurantifolia (Lime), Rosa damascena (Rose), Sesamum indicum (Sesame Seed)*

## 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.

*\*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.*

# L-Stimulate

detoxification blend 10ml

This masterfully formulated proprietary blend features Essential Oils that have an affinity for the lymphatic system; for the express purpose of stimulating, supporting, and strengthening the flow of the lymphatic system. The lymphatic system is one of the most complex networks of our body, but it doesn't get much "press". The primary function of the lymph system is to flush excess toxins, waste, metabolic debris, and infection from our body.\*

A well functioning lymphatic system can mean fewer colds, flu, and illness, clearer, smoother, more radiant skin, and a body that is more firm and toned.\*

## ingredient highlights

- **Bay Laurel** is known to be a powerful stimulant to both the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies, especially when congestion and infection are involved.\*
- **Pink Grapefruit** is a wonderful detoxifying agent as it helps to activate the lymphatic system. It has been shown to increase metabolism, help suppress appetite, dissolve fat, prevent bloating, and reduce water retention\*
- **Lemon** is known for encouraging stimulation and detoxification of the lymphatic system. It helps to remove toxin build-up from the body, increases energy levels, and supports healthy digestion.\*

## uses

### topical

- **Massage:** Apply to lymph sites such as behind the ears, underarms, under breasts, inside elbows, and around groin daily, or as needed, for lymphatic support. Use for on-site application in lymphatic massage, or lymphatic drainage work. Use 21 days each month for general lymphatic support.\*

## topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*

goDesana

Product Information Page



## application methods

Topical

## 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..

## ingredients

*Laurus nobilis* (Bay Laurel), *Citrus paradisi* (Pink Grapefruit), *Citrus limon* (Lemon), *Citrus aurantifolia* (Lime), *Sesamum indicum* (Sesame Seed)

## responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.
- 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.

*\*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.*