

# Pink Grapefruit

**citrus paradisi** 10ml

Pink Grapefruit Essential Oil has anti-depressive properties and an incredible fragrance that makes it a good choice to add to a perfume blend. It is uplifting as a diffuser oil and blends well with citrus, florals, and especially with Sandalwood essential oil.\*

Pink Grapefruit is a very refreshing oil helpful in combatting depression and fatigue. It is cooling, cleansing, decongesting, and can be beneficial for the liver and a sluggish lymph system.\*

Further, the pleasing aroma has laboratory-confirmed appetite reducing effects. Adding a drop of Pink Grapefruit to drinking water gives a refreshing zing that also has wonderful cleansing properties.\*

Like many of the citrus oils, Pink Grapefruit, has a unique "fat dissolving" characteristic. Pink Grapefruit is famous for reducing cellulite and can be used with a favorite carrier oil.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in 5 minute intervals throughout the day to assist with mood elevation, lethargy, and appetite reduction.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.\*

### bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist the body in easing cellulite and water retention. Also helpful to lift the spirit and revive the body.\*

### internal

- **Water:** Add 1 drop to water in a glass, stainless steel, or PET plastic bottle and drink for its decongesting properties; helpful to the liver and lymphatic system. Using 2 drops in bottled water may also support a healthy metabolism.\*

### topical

- **Facial Cleanser:** Add 5 drops of Pink Grapefruit and 5 drops of Lemon to 2 ounces of Grapeseed Oil. Apply as a cleanser for oily and acne prone skin.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*
  - **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 • 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 2<sup>nd</sup> trimester.

## properties

*Wildcrafted*

**Producing Organ:** Rind

**Extraction:** Cold Expression

**Country of Origin:** USA

**Main Chemical Constituents:** Limonene, cadinene, paradisiol

**Therapeutic Properties:** Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 123.]

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing, non-phototoxic. It has a short shelf life – it oxidizes quickly.
- 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.*

# Seasons of Success



The Seasons of Success oil blends assist in overcoming negative emotions and beliefs that limit you from thoroughly enjoying success and happiness.\*

From the first day of Spring, and following the natural cycle of creative energy, each unique blend reflects the energy of a specific month of the year. We start with the Spring Equinox, a time of planting and creating. We then move to the Summer Solstice, a time of nurturing what you have created. From there we enter the Fall Equinox, a time to harvest what you created and nurtured, ending the Seasons of Success line with the Winter Solstice, a time of reflection and review of what you have accomplished and making plans for the future.\*

Even though the blends reflect the months of the year with a natural flow of energy, you do not have to wait until Spring to start your pathway to success; you can start any time. The blends contain the energy that naturally occurs in the month they were created. Start by using the blend created for the current month.\*

You probably know that if you want to change a habit, you need to practice a new way of thinking consistently for at least 28 days for it to stick. With these fantastic blends and the intention that goes with them, you have a partner on your success journey to creating a new you. If used as intended, at the end of twelve months you should be a happier person in every area of your life; family, health, financial, and business relationships. As with anything, you will get out of it what you are willing to put into it; time, dedication, and, most of all, an unwavering commitment to your success.\*



## spring Prosperity • Letting Go Of Fear • Personal Power

Here, we have outflowing energy giving us inspiration and freedom from limitation. This is where we experience the power of discovery and the birth of new projects. This is the period of the Earth's natural cycle when the energy to initiate a start-up, or start over, naturally supports your efforts. Using the three blends coinciding with the three months of Spring, you can align with this natural energy.\*

## summer Seeing The Big Picture • Joy • Stop Self Sabotage

Summer is the definition of joy, fun and the inner child. The good weather gives us optimism and is a great time to "see the bigger picture". Sunlight always helps us feel like we can accomplish anything we set our mind to. Take your inner child out to play and when you return to work you will be happier and more effective than ever. Keep in mind, your business partners will follow the example you give them.\*

## fall Self Aware • Gentle Change • Compassion

We generally associate Fall with harvest time, cooler nights, shorter days, and pumpkin pies. At this point you can reflect on your family, friends, partners, and loved ones who have joined you on this journey. You have worked through the first six emotional blends and increased your potential for emotional healing and success while guiding others to do the same. In Spring, you planted the first seeds of emotional healing and success, and in Summer you nurtured those seeds into a robust and self-empowered circle. It is now time to consider what comes next. It is important to remember that people don't always do what you say, they do what you do. The blends for Fall will help you refine how you move forward to even more significant emotional healing and success for everyone.\*

## winter Gratitude • Hope • High Vibe

The season of Winter is where you gain wisdom from the experience you had in the seasons before, and start anew with that experience embodied. It is about the gathering of energy to begin preparing for a new beginning and a return to the season of Spring to start the cycle afresh. Winter represents letting go of the old and accepting new opportunities with a chance to do things differently come Spring. If you need to end some relationship or project or cleanse and purify your life of any negativity that no longer serves your highest good; now is the time.\*

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# Hope

**JANUARY: BLEND 11** 15ml

We've all heard the sayings, "It's always darkest before dawn", "Every cloud has a silver lining", or "Without the storm, there is no rainbow".

Hope is a unique blend that lets us focus on the rainbow and not the storm. When we focus on the darkness, the cloud, or the storm, we see ourselves as victims, and it can feel impossible to find our way out of the storm.\*

Hope lets us focus on the good that is about to come. The Hope blend is your very own silver lining; your reminder that this too shall pass. One thing you can always count on in life is that nothing ever stays the same.\*

## uses

### topical

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

#### Hope Intention

*I acknowledge that what I see as a setback or loss may be an opportunity for something better. I refuse to see myself as a victim, and with the support of the Hope blend, I will move forward to success. I will never give up. I will never surrender my dream.*

- **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 mist around yourself to help restore harmony and move forward in faith.\*
- **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 harmony and hope. Great for meetings!\*

### 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 bring peace hope when feeling hopeless.\*

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## application methods

Aromatic • Bath • 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

*Commiphora myrrha (Myrrh), Nardostachys jatamansi (Spikenard), Santalum album (Sandalwood), Rosa damascena (Rose), Lavandula angustifolia (Lavender Vera), Cocos nucifera (Fractionated Coconut)*

## responsible cautions

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