

# Sweet Marjoram

origanum majorana 10ml

It is the sweet, nourishing, and balancing quality of Sweet Marjoram that associates Marjoram primarily with the Earth Element. Whenever the Earth Element is depleted or under stress, worry and over-thinking can take hold. There may be, in addition, feelings of real or imagined emotional deprivation – the idea that “no one cares”. Regardless of whether the person is truly isolated or not, they tend to see themselves as lonely and unsupported, easily feeling denied both warmth and affection.\*

Relaxing, warming, and comforting, Sweet Marjoram essential oil addresses itself to each aspect of this psychological picture. It helps to calm obsessive thinking, ease emotional craving, and promote the capacity for inner self-nurturing. In its ancient role as a funeral herb, it can help us to accept any deep loss, especially when combined with oils of Cypress and Rose.\*

As an herb of love, it nourishes the place from where neediness springs, helping to restore our power to give; it is a distillation of Mother Earth’s compassion. Sweet Marjoram is one of the main essential oils that possess an ability to both strengthen and relax.\*

It has very distinct antispasmodic and analgesic properties.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser as needed to assist the body with coughing.\*

### bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to ease sore, tired muscles. May also be very helpful in calming the psyche for a good night’s rest.\*

### internal

- **Internal:** Make a “cough drop” by combining 2 drops of Sweet Marjoram, 1 drop of Peppermint, and 1 drop of Tea Tree. Mix well, place one drop on back of the tongue, and hold for 3 minutes. Follow with ½ teaspoon of honey and swallow.\*

### topical

- **Massage:** Add 5 to 10 drops to 1 tablespoon of carrier oil and gently massage to assist with osteoarthritis.\*

### 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.\*

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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:** Flowering plant

**Extraction:** Steam Distillation

**Country of Origin:** USA

**Main Chemical Constituents:** Terpinenes, terpineol, sabinenes

**Therapeutic Properties:** Analgesic, anaphrodisiac, anti-oxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, tonic, vasodilator, vulnerary

## responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Not to be used during pregnancy.
- 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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# 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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