

# Blood Orange

**citrus sinensis** 10ml

The uplifting and stimulating scent of Blood Orange essential oil is known to have anti-depressant, antiseptic, anti-spasmodic, and aphrodisiac properties. It is a warm, fresh citrus scent - radiant, fruity and tangy.\*

There is some historical evidence that the blood orange hybrid first appeared in Southern Europe around 1850 and was then brought to North America many decades later by Spanish and Italian immigrants.\*

Blood Oranges get their distinctive dark flesh color from the presence of anthocyanins, antioxidant pigments common to many flowers and fruit, but rare in citrus fruits. Anthocyanins, however, are odorless and water-soluble, therefore they do not appear in the essential oil.\*

Blood Orange is very similar to Sweet Orange therapeutically, but its aroma is deeper and more intense.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in 5 minute intervals throughout the day to impart an energizing, uplifting aroma.\*
- **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 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water. While the Blood Orange fragrance is de-stressing you, the salt soak will relieve tension and muscle aches.\*

### internal

- **Tea:** Two drops of Blood Orange essential oil in a teaspoon of honey stirred into a cup of tea taken before breakfast is a good way to start the day and may be especially helpful for those who are concerned with obesity and water retention.\*

### topical

- **Cellulite:** Blood Orange essential oil is solvent and will often be included in blends to assist with cellulite. It can be used with a clay body mask for this purpose very effectively.\*

### 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

Organic

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** Italy

**Main Chemical Constituents:**

*Monoterpenes, mainly limonene*

**Therapeutic Properties:** Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic, carminative, choleric, digestive, fungicide, hypotensive, sedative, stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying

## responsible cautions

- Not generally toxic and has no particular contraindications. It is non-irritant and non-sensitizing; however, for those with particularly sensitive skin, you should be cautious as the limonene content could cause a mild dermatitis.
- Though most citrus have some degree of photo-toxicity, Sweet Orange is relatively safe in that respect. It is still probably a good idea to limit the exposure of skin to the sun when applying this oil.
- 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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# 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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