

Copaiba

copaifera officinalis 10ml

We all have cannabinoid receptors found in our brain, organs, tissues, glands, and immune cells. Two types of receptors, CB1 and CB2, are present in many tissues although each is linked to a different action within the body.*

Copaiba oil contains high levels of beta-caryophyllene (BCP), a cannabinoid that interacts directly with the CB2 receptors in our body and may be neuroprotective and have cardiovascular and immune benefits. Beta-caryophyllene is also found, in lower levels, in other essential oils like Black Pepper and Melissa.*

Indigenous tribes in South America have used copaiba in traditional medicine for centuries as a topical wound healer, to stop bleeding, and for skin sores and psoriasis. It has been used as a strong antiseptic and expectorant for the respiratory system, and as an anti-inflammatory and antiseptic for the urinary tract. It was an official drug in the *U.S. Pharmacopeia* from 1820 to 1910.*

The high levels of beta-caryophyllene and its uniquely sweet aromatic profile help Copaiba create a relaxing atmosphere when diffused or applied topically. Copaiba oil is used widely in cosmetic products including soaps, lotions, perfumes, and creams. It can be used following exercise or strenuous activity as a comforting cooldown. Combined with a neutral moisturizer, it makes a great addition to your daily skincare regimen to promote a clear, smooth complexion.*

When taken internally Copaiba is a powerful antioxidant supporting the health of our cardiovascular, respiratory, digestive, nervous, and immune systems.*

USES

aromatic

- **Diffusion:** Diffuse 3 drops up to 15 minutes per hour to create a warm, inviting atmosphere and to ease respiratory issues.*

bath

- **Bath:** Combine 1 drop of Copaiba, 1 drop of Peppermint, and 3 drops of Frankincense with ½ cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a relaxing, rejuvenating bath.*

internal

- **Internal:** ASupport the cardiovascular, respiratory, nervous, immune, and digestive systems by adding 1-2 drops to water, juice, or tea, or encapsulating with a few drops of carrier oil.*

topical

- **Massage/Lotion:** Reduce the appearance of blemishes and promote clean, clear skin by adding to carrier oil or facial moisturizer.*
- **Massage:** Dilute one to two drops with a carrier oil, then apply to desired area for a relaxing massage, especially after workouts or strenuous physical activity.*

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.*

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application methods

Aromatic • Bath • Internal • 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.

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Brazil

Main Chemical Constituents: Beta-caryophyllene

Therapeutic Properties: Bactericidal, balsamic, disinfectant, diuretic, expectorant, stimulant [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 126.]

responsible cautions

- Non-toxic, non-irritant, and 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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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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Stop Self Sabotage

AUGUST: BLEND 6 15ml

This blend can show you how and where you keep making the same mistakes repeatedly, moving from one disaster to the next. Some people have refined self-sabotage to an art form. Many practitioners of self-sabotage tend to blame others for the disasters in their lives, and therefore, never learn from their mistakes. When confronted with a challenging situation, ask yourself if you are fooling yourself about who created the problem.*

With the Stop Self-Sabotage blend, we know we must take a step back, look at a situation objectively, and instead of blaming others for our circumstances, we need to learn from our mistakes and move forward. This blend dissolves remorse and guilt and restores optimism. It helps you make fundamental life changes.*

USES

topical

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

Stop Self Sabotage Intention

Looking back in hindsight, I see an instance where I may have self-sabotaged. I will not blame others, and I release any guilt or remorse I caused myself and others by not accepting blame for my mistakes. By accepting this and making the necessary changes, I am in integrity with myself and others.

- **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 ground your energy, to inspire self-acceptance and courage for change, or before making major decisions to calm your emotions and to give clarity to your mind.*
- **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.*

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, allowing yourself to be renewed with courage and self-acceptance.*

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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

Daucus carota (Carrot Seed), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Cupressus sempervirens (Cypress), Tanacetum annuum (Tanacetum Annuum), Pogostemon cablin (Patchouli), Santalum album (Sandalwood), Cocos nucifera (Fractionated Coconut)

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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Success Mentoring Blends

The Alexandria Brighton Success Mentoring Blends are unlike any blends you may have experienced from any other source.

Alexandria's deep, innate wisdom, intuitive guidance, and energetic sensitivity leads her to create synergistic blends that are far more than "a bunch of oils mixed together" as is so common in the essential oil industry.

The profound energetic and therapeutic properties are far more beneficial than the sum of their parts, offering benefits far beyond the simple applications for which we might use them.

Much like the difference between listening to a recording of a symphony, and the experience of being in the room of that same profound and moving symphonic performance - the subtleties of Alexandria's blends will feed your body, mind, and soul.



How many times have we told ourselves this is it, this is the one... this is the time?

This is the time I get that contract... this is the time I get the promotion... this is the time I will succeed... this is the company where I am really going to be successful!

Then the hard work begins and the rejections happen, and sadly our resolve slowly starts to diminish until the light goes out altogether.

The Success Mentoring Blends have never been needed more than now, when the world is experiencing major energetic and economic crises. Opportunities that give you a real possibility for improving your personal financial situation and providing real security and well-being for yourself and your family don't come along every day.

The Success Mentoring Blends are designed to mentor you through some of the most common and self-limiting beliefs that keep you from the success and abundance you so richly deserve. Not only will this collection help you, but you can use it to mentor and inspire your family, friends, loved ones, and the incredible people who are part of your goDesana organization!

The Success Mentoring Blends are worth more than gold. Now is the right time, goDesana is the company, and the Success Mentoring Blends are the tool to make your dreams a reality.*

**Be Bold • Be Capable • Be Determined • Be Free
Be Intuitive • Be Prepared • Be Wise • Be Worthy**

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Be Worthy

success mentoring blend 10ml

Be Worthy reminds us to take pride in ourselves and our accomplishments, helping us to develop self-worth, high self-esteem, and the ability to act with confidence and dignity.*

Be Worthy teaches us how to develop friendships and to communicate with and support those we work alongside, without jealousy and competition.*

Be Worthy gives us the willpower to hold firm against resistance and not give up when we face rejection. It is representative of personal inner strength and maintaining a steady forward movement through life.*

With this blend, we learn to take pride in ourselves and our accomplishments without becoming egotistical. Be Worthy imparts stamina and the ability to pace ourselves, and can help us handle stress without getting burned out.*

Be Worthy helps us to proceed at a steady yet powerful pace toward our goals. Support your inner strength with this energizing, daring oil.*

uses

aromatic

- **Diffuser:** Diffuse 10-12 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Apply 2 drops to a tissue or your wrists and inhale as needed for strength and confidence.*
- **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 as needed.*

bath

- **Bath:** Add 6 to 12 drops to ½ cup of Pink Himalayan or Dead Sea bath salt and soak in a warm bath to renew your strength and confidence.*

topical

- **Feet & Neck:** Apply 2 to 4 drops to the soles of the feet and 1 to 2 drops across the back of the neck. This can help you to proceed at a steady pace toward your goals without getting burned out.*
- **Massage:** Apply 1 to 2 drops over the solar plexus and awaken your own confidence, self-esteem, and belief in your ability to succeed.*
- **Perfume:** Apply as a perfume. Can be used alone or layered with other Success Mentoring Blends.*

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 2nd trimester at 3% dilution(15 drops/1 ounce).*

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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

Citrus aurantium bergamia (Bergamot), Cupressus sempervirens (Cypress), Cedrus atlantica (Cedarwood Atlas), Juniperus communis (Juniper Berry), Cocos nucifera (Fractionated Coconut)

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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Concentrate

KIDS FOCUS BLEND 10ml

Many kids commonly have difficulty concentrating on tasks, particularly school work. Multi-tasking and distractions like surfing the web or instant messaging compete for their attention. With so many potential interruptions, it can be difficult for children to stop and focus on the task at hand.*

Concentrate is a proprietary blend of essential oils that have been shown to assist and help support the body with left-brain, logical thought processes, attention, and concentration. It helps to keep one present during mental work and may be helpful for attention deficit disorders.*

ingredient highlights

- **Vetiver:** Known for its grounding and balancing effect on the emotions and nervous system.*
- **Cedarwood Atlas:** A grounding and calming, yet uplifting, oil known to combat negativity.*
- **Elemi:** A stimulating oil that can assist with stress, anxiety, and mental clarity while bringing feelings of peace.*
- **Frankincense:** Has been used for centuries to assist with improving mental clarity and memory function.*
- **Lavender:** Well known for its calming effects; helps improve cortisol levels and may reduce symptoms of ADD or ADHD.*
- **Grapeseed:** Contains neuroprotective compounds shown in studies to have a positive effect on long-term brain health.*

uses

aromatic

- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to improve focus and mental clarity.*

topical

- **Reflexology:** Apply 1 to 2 drops neat (undiluted) under the big toe and/or on the back of the neck near the hairline as needed.*

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.*



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application methods

Aromatic • Topical

safety group: 3

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ingredients

Vetiveria zizanioides (Vetiver), Cedrus atlantica (Cedarwood Atlas), Canarium luzonicum (Elemi), Boswellia carteri (Frankincense), Lavandula angustifolia (Lavender Vera), Vitis vinifera (Grapeseed)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Not recommended for use in children under 10 years of age.
- 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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