

# Eucalyptus Radiata

eucalyptus radiata 10ml

Eucalyptus Radiata is primarily an essential oil for the respiratory system as it has good antitarrhal properties. It is a powerful expectorant and mucolytic with good ability for fluidification. Eucalyptus Radiata has long lasting effects and is particularly indicated for children.\*

Eucalyptus Radiata has good infection-fighting properties for both acute and chronic respiratory infections, and is effective for the flu. Its high content of 1,8 cineole makes it a good choice for diffusion into a room when someone has a respiratory infection.\*

Eucalyptus Radiata is also a cooling essential oil due to its high concentration of 1,8 cineole. This gives it the ability to control a fever.\*

Eucalyptus Radiata is a strong antiseptic, yet it is non-toxic. A good anti-viral and an energizer to the body, it can be very effective in cases of chronic fatigue and immune deficiency.\*

## uses

### aromatic

- **Diffusion:** Eucalyptus Radiata blends well with Tea Tree and the two can be diffused together in a child's room when they are congested and can't sleep. Diffuse for 15 minutes, repeating every 2 to 3 hours.\*
- **Inhalation:** Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.\*

### bath

- **Bath:** Mix 10 to 12 drops in warm water for a soothing, cooling bath to relieve aching muscles.\*

### topical

- **Massage:** Make a chest rub with Eucalyptus Radiata, Tea Tree, and Lavender. Put 5 drops of each into 1 ounce of Grape Seed Oil and massage over the lung area. If there is also ear congestion you can massage a small amount around the ear (do not drop essential oils directly into the ear).\*
- **Feet:** Use Eucalyptus Radiata neat on the tips of the toes (sinus reflex points) and on the pad of the foot (lung reflex points); one drop on each foot for small children, 2 drops for older children and 3 to 4 drops for adults.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

## properties

Organic

**Producing Organ:** Leaves

**Extraction:** Steam Distillation

**Country of Origin:** Australia

**Main Chemical Constituents:** eucalyptol, alpha-terpineol

**Therapeutic Properties:** Antiseptic, antispasmodic, antiviral, balsamic, cicatrizant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycemic, parasiticide, prophylactic, rubefacient, stimulant, vermifuge, vulnerary

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing, with no known contraindications.
- 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

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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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# Gratitude

DECEMBER: BLEND 10 15ml

Gratitude is a blend you should never be without. The more grateful you are for what you have, the more is given to you, whether it be money, health, loving relationships, opportunities, or success in your work.\*

Gratitude helps stave off negativity when times get hard or lean, and things are at their lowest. Gratitude can save the day and keep you from worrying and imagining the worst so that you don't lose what you already have. This blend reminds you of the blessings still being found around you. Be open to miracles and new possibilities.\*

## USES

### topical

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

#### Gratitude Intention

*I am very grateful for the opportunities I have been given. I am blessed with so much that has improved me and my life. And I am excited to be that blessing in someone else's life. Grateful for those who have helped me on my journey and continue to help me and those I will have the opportunity to help.*

- **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 for protection when around anyone whose energy is negative or caustic. Spray around your personal energy field at night to rid yourself of negative energy before sleeping, and again in the morning in preparation for and protection from the daily challenges of life.\*
- **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 to support a shift of inner awareness to all the blessings in your life.\*

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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

*Rosa damascena (Rose), Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Rose Geranium), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus paradisi (Pink Grapefruit)*

## 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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# Rose Geranium

pelargonium graveolens 10ml

It was the French chemist Recluz, who was the first to distill the leaves of Rose Geranium. It has since become an important perfume ingredient and is often used as a substitute for Rose essential oil.\*

While Lavender essential oil is suited to the individual in whom emotions overwhelm the mind, Rose Geranium is for those whose rationality and personal drive deny the place of feeling and impression. Therefore, Rose Geranium helps to reconnect us with our life feeling, to our emotional sensitivity, relaxed spontaneity, and a healthy thirst for pleasure and enjoyment. With this comes a greater capacity for intimate communication – one in which being able to receive and experience is as important as the power to give and express.\*

Rose Geranium is astringent, refreshing, relaxing, and has a lovely aroma. The oil's exotic, floral, and slightly spicy aroma is reflected in its well-known aphrodisiac effect – an effect that relates to its intrinsically sensual, liberating nature. Rose Geranium is ideal for the workaholic perfectionist – for the person who has forgotten imagination, intuition, and sensory experience.\*

As an anti-inflammatory essential oil, Rose Geranium may be compared to Lavender and German Chamomile, and is indicated for gastritis, colitis, psoriasis, and eczema. It can also be used for skin concerns such as acne, impetigo, and athlete's foot.\*

## USES

### aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to balance mood.\*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic spray bottle, shake well and mist into the environment as desired.\*

### bath

- **Bath:** Add 10 to 20 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to relieve stress, tension headaches, and premenstrual symptoms.\*

### internal

- **Internal:** Add 4 drops Geranium and 4 drops Juniper Berry to a veggie capsule with carrier oil. Take 1 capsule 2 to 3 times daily to assist with healthy kidney and bladder function.\*

### topical

- **Massage:** Use 1 to 2 drops on the Sacral Chakra to assist with balancing hormones and premenstrual symptoms.\*
- **Lotion/Massage:** Mix with your favorite beauty products to moisturize and nourish skin and hair.\*
- **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.\*
- **Skincare:** Apply 1-2 drops, neat, to assist with small cuts and wounds.\*
- **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 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 2nd trimester.

## properties

Wildcrafted

**Producing Organ:** Leaves and flowering branches

**Extraction:** Steam Distillation

**Country of Origin:** Egypt

**Main Chemical Constituents:** citronellol, geraniol, linalol

**Therapeutic Properties:** Antidepressant, anti-hemorrhagic, antiinflammatory, antiseptic, astringent, cicatrizant, deodorant, diuretic, fungicidal, hemostatic, stimulant (adrenal, cortex), styptic, tonic, vermifuge, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 190.]

## responsible cautions

- Non-toxic, non-irritant, and generally non-sensitizing; possible contact dermatitis in hypersensitive individuals, especially with the Bourbon type.
- 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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# Spearmint

**mentha spicata** 10ml

Many consider Spearmint to be a milder, gentler form of Peppermint. Although their properties are similar, the two oils are slightly different chemically, with Spearmint having lower amounts of menthol. Because of this it is not quite as intense, and therefore better suited for use with children and the elderly, and yet is equally as effective.\*

The antispasmodic properties of Spearmint make it ideal for children's digestive needs such as nausea (motion sickness), hiccups, flatulence, constipation, and diarrhea.\*

Spearmint's antispasmodic benefits also serve well to open up and refresh the respiratory pathways. It can be inhaled to assist with decongesting sinus problems and respiratory infections. Spearmint is less stimulating than Peppermint and is relaxing and uplifting. It is better than Peppermint for evening use to avoid potential insomnia. It is also useful in treating mental fatigue, depression, and tension headaches.\*

Spearmint has proven antibacterial and antifungal topical applications for skin infections, cleansing the pores, and refreshing the skin. It is relaxing to muscles and nerves, which can relieve spasmodic coughs, abdominal aches, and muscles cramps, and is a mild diuretic. It is also been shown to be effective as an insecticide and keeps away mosquitoes, ants, flies, moths, etc.\*

## USES

### aromatic

- **Diffusion:** Diffuse 5 to 10 drops in a cool mist essential oil diffuser for 15 minutes per hour as needed to create a calming environment.\*
- **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:** Mix 8 drops Spearmint and 10 drops Petitgrain in ½ cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a cooling, emotion-calming bath.\*

### topical

- **Massage/Lotion:** Mix 4 drops of Spearmint, 8 drops of Tangerine, and 4 drops of Neroli per tablespoon of carrier oil or lotion for a relaxing massage oil with a wonderful aroma.\*
- **Massage:** Apply 1 to 2 drops on the temples to relieve headaches and calm the mind.\*
- **Massage:** Apply a few drops mixed with carrier oil to the chest and back to assist with respiratory relief or applied over the abdomen for digestive relief.\*
- **Teeth/Gums:** Apply 1 drop neat (undiluted) to relieve sore gums and teeth.\*

### topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 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 • Topical

## safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

## properties

*Wildcrafted*

**Producing Organ:** Leaves & Flowering Tops

**Extraction:** Steam Distillation

**Country of Origin:** USA

**Main Chemical Constituents:** L-carvone, dihydrocarvone, phellandrene

**Therapeutic Properties:** Anesthetic (local), antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, decongestant, digestive, diuretic, expectorant, febrifuge, hepatic, nerve, stimulant, stomachic, tonic

## responsible cautions

- Not recommended for use when taking homeopathic remedies.
- Non-toxic, non-irritant, 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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