

# Cedarwood Atlas

**cedrus atlantica** 10ml

Cedarwood Atlas appears repeatedly in the Bible, and according to the Song of Solomon was used to build Solomon's temple. It came to symbolize abundance, fertility, and spiritual strength. The name cedrus originated from the Arabic word kedron, meaning "power".\*

Cedarwood Atlas can help to give us immovable strength in times of crisis. Steadying the conscious mind, it helps us to resist the sudden events and powerful emotions that threaten to undermine our confidence and morale. It can "buck-up" the ego when we feel alienated or destabilized – when we find ourselves, for example, suffering from "culture shock" in a foreign country or in a strange situation. The oil's virile woody-balsamic aroma is one that helps us to take a negative or threatening situation, and transform it into an experience from which we can derive strength and wisdom.\*

Cedarwood Atlas essential oil is strengthening and a powerful tonic for both the kidneys and spleenpancreas; it may assist the body with general lethargy, nervous debility, lower backache, and poor concentration.\*

Cedarwood Atlas is decongesting for the lymphatic system and encourages drainage and stimulates the breakdown of accumulated fats. Mildly diuretic in action, it may be used for excessive weight gain, cellulite, and edema. The decongestant nature of the oil combined with its anti-infectious properties make it helpful when assisting the body with genito-urinary and respiratory concerns.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 10 minutes per hour for a grounding, calming environment.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply to calm and ground in times of stress.\*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle. Shake well and mist into the environment as desired for a cleansing, calming effect.\*

### bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm water for a soothing, relaxing bath.\*

### topical

- **Massage/Lotion:** Add to hand & body lotion or the carrier oil of your choice, adhering to recommended dilution guidelines. Use for a soothing massage.\*
- **Shampoo/Skincare:** Add 15 drops to 1 ounce of carrier oil to improve oily skin, acne, dandruff, and seborrhea of the scalp.\*

### 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 • 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:** Wood sawdust

**Extraction:** Steam Distillation

**Country of Origin:** Morocco

**Main Chemical Constituents:** Atlantone, caryophyllene, cedrol

**Therapeutic Properties:** Antiseptic, antiputrescent, antiseborrheic, aphrodisiac, astringent, diuretic, expectorant, fungicidal, mucolytic, sedative (nerous), stimulant (circulatory), tonic

## responsible cautions

- Not recommended for use 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.

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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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# Seeing The Big Picture

JUNE: BLEND 4 15ml

On your way to being all you can be, you must see the bigger picture and think outside the box. Enjoy the personal freedom you are creating by taking back your power. Set goals and go beyond limitations. Own your personal power, envision your perfect life, and accomplish anything.\*

Most people who criticize are stating how they feel about their own life. If they believe a better life is impossible for themselves, they can't see a better life for you. No matter what anyone says negatively to discourage you, remember that is just their opinion and it doesn't need to become yours unless you choose it.\*

People who want you to think small are not helpful to be around. They may think they are helping, but they can make you doubt yourself. Associate with people who support your dream. It may not be their dream, but they will offer you positive help and support.\*

## USES

### topical

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

#### Seeing The Big Picture Intention

*I will honor my dream and work toward it. I believe in myself and know that I can make my dream come true. Having a dream gives purpose and excitement to my life like I have never experienced before. I am building a dream team of like-minded individuals and together we will change many lives including our own. "Team work makes the dream work."*

- **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, close your eyes, and mist around your body to find the freedom of thought to dream big, and use your increased analytical thinking to form a solid plan to turn your dreams into reality.\*
- **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. Especially helpful during meetings when "seeing the big picture" is needed to further collaborative efforts.\*

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## application methods

Aromatic • 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

*Helichrysum italicum (Helichrysum), Commiphora myrrha (Myrrh), Cymbopogon citratus (Lemongrass), Citrus limon (Lemon), Mentha spicata (Spearmint), 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 goDesana

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 Prepared

success mentoring blend 10ml

Be Prepared teaches you how to plan ahead and to love yourself enough to gather the goods, ideas and relationships that support you and your goals. It helps you maintain the balance between gathering and giving which is essential to the flow of energy in your life.\*

Be Prepared lets you live beyond fear, knowing that you will always be guided to prepare yourself and have all your needs met. With today's uncertain financial times and looming economic crisis it is wise to be prepared.\*

Let Be Prepared become your mentor for preparedness, gathering what you need and reserving something for the future. This blend will help connect you to the rhythms of the Earth and your body, and you will know what you will need for the "lean times" when you will have to depend on your reserves. You must become aware of where you are leaking energy by negative thought and worry as well as what situations and people drain your energies leaving you unprepared to handle the stresses in your life.\*

With Be Prepared you can feel safe, secure, and provided for. You can connect to a Higher Power, trusting in your ability to manifest what you need in the material world.\*

## uses

### aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.\*
- **Inhalation:** Apply 2 drops to a tissue and inhale as needed to overcome negative thinking and restore optimism.\*
- **Misting:** Mix 10 to 12 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist around your body to create a "feelgood" energy of optimism, joy, and openness to abundance. This positive energy will attract what you need in life.\*

### bath

- **Bath:** Add 10 to 12 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and soak in the warmth and joy of success. The Be Prepared bath is both calming and stimulating; great when the spirits need to be revived and optimism restored.\*

### topical

- **Feet:** Apply 2 to 4 drops of to the soles of the feet to connect to the Root Chakra, our center for manifesting what we need in the material world.\*
- **Massage:** Apply 1 drop to the Solar Plexus area, your center of willpower, to instill determination and action towards your success.\*
- **Massage:** Apply 1 or 2 drops to the heart area to remember to act from the heart to remind us to love and care for ourselves by meeting our needs now and in the future.\*

## topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

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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

*Jasminum grandiflorum (Jasmine), Citrus paradisi (Pink Grapefruit), Citrus reticulata (Tangerine), Zingiber officinale (Ginger Root), Citrus sinensis (Sweet Orange), Cocos nucifera (Fractionated Coconut)*

## responsible cautions

- Non-toxic, non-irritating 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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# FlexAble

soothing blend 10ml

Formulated to support and communicate with the muscular system, FlexAble contains three primary oils - Balsam Fir, Black Spruce, and Sweet Marjoram - that each have powerful analgesic and anti-spasmodic properties.\*

"Perfect blend for sore and strained muscles, rheumatic pain, and anti-spasmodic benefits. This blend is a true therapeutic blend for all forms of bodywork, injuries and healing." ~ Alexandria Brighton

## USES

### aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.\*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed.\*

### bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or sports workouts.\*

### topical

- **Massage:** For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.\*
- **Massage:** Apply 3-5 drops to the soles of each foot to assist with restless leg syndrome and the pain caused by neuropathy.\*

### 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 • Topical

## safety group: 3

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## ingredients

*Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Simmondsia chinensis (Jojoba), Origanum majorana (Sweet Marjoram), Pinus pinaster (Ocean Pine), Pinus sylvestris (Scotch Pine), Abies sibirica (Siberian Fir), Cocos nucifera (Fractionated Coconut Oil)*

## responsible cautions

- 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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