

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 2nd 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.

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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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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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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 Determined

success mentoring blend 10ml

Be Determined encourages us to adapt to our surroundings and be the best we can be at whatever we choose to do. It can teach us to build and work towards our dreams, even if they seem impossible.*

With this essential oil blend, we are reminded that we must act on our dreams and work to make them a reality. Envisioning and planning are not enough, you must take action and never give up.*

Be Determined supports our ability to build and work toward our dreams, creating a strong sense of security and a knowledge of what needs to be done to succeed, as well as how to go about doing it.*

With this blend, you will be determined take action towards your dreams and have the resolve to apply physical effort to their manifestation. Accomplish your goals with this assertive, invigorating oil.*

USES

aromatic

- **Diffuser:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Apply 2 drops to a tissue and inhale when you need to increase your left- and right-brained mental ability.*
- **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 when making your plan of action. Mist into the environment to help keep you on track. If you lose a dream you have built, mist Be Determined for the strength and determination to build again.*

bath

- **Bath:** Mix 6 to 12 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and add to a warm bath. Soak while allowing the waters of inspiration to give form to your dream-building plans.*

topical

- **Feet:** Apply 2 to 4 drops Be Determined blend to the soles of the feet for courage to move forward.*
- **Massage:** Apply 1 to 2 drops on the solar plexus area for strength of will and to overcome fear of taking action.*
- **Massage:** By applying 1 drop to the Third Eye area you can 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.*

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

Nardostachys jatamansi (Spikenard), Zingiber officinale (Ginger Root), Pinus pinaster (Ocean Pine), Picea mariana (Black Spruce), Abies balsamea (Balsam Fir), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Non-toxic, non-irritating, 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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Dragon Fire

cleansing blend 10ml

Dragon Fire is a proprietary blend uniquely formulated with carefully selected, highfrequency Essential Oils. This powerful blend targets negative energy of the most profound, insidious, and damaging nature to transmute that energy into lifeaffirming, life-enhancing energy.*

This blend contains Dragon's Blood oil made from the resin of the Daemenorops Draco B.L., a palm growing in the marshy regions of Southwest Asia. Dragon's Blood resin has long been used as incense in India to neutralize negative energies. Dragon's Blood gives this formula power to remove the most insidious of negative energies. Designed specifically for use in areas where there has been a divorce, bankruptcy, violence, or death.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Put 1-2 drops on a tissue, cotton ball, or your hands and inhale as needed.*
- **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. Can be used whenever you are feeling anxious, overwhelmed, or stressed and need strength to go on. Especially helpful if you've been in situations or around people who are challengins to you or are particularly negative. Use in rooms or areas affected by trauma, violence, divorce, death, etc. to clear negative energy. Follow with a misting spray of Cherished Place to infuse positive energy.*

topical

- **Massage:** Use 1 drop on the Crown, Heart, Solar Plexus, or Root Chakra when feeling overwhelmed.*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply and layer 2 to 4 drops of essential oils on pulse points to create your own personalized signature scent.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).



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application methods

Aromatic • Topical

safety group: 3

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ingredients

Pogostemon cablin (Patchouli), Nardostachys jatamansi (Spikenard), Salvia officinalis (Sage), Daemonorops draco blume (Dragon's Blood), Juniperus communis (Juniper Berry), Pinus pinaster (Ocean Pine), Cymbopogon martinii (Palmarosa), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Boswellia carteri (Frankincense)

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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