

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 2nd 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

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.

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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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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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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 Intuitive

success mentoring blend 10ml

Be Intuitive reminds us to honor that mysterious "gut feeling" or "instinct" that often, in retrospect, turns out to be right. Be Intuitive lets you know it is time to come into your own power; a time of trusting your intuition and instincts.*

This blend can help you to develop self-motivation, to bring success and leadership into your life. It can give you intuitive awareness of your own personal power.*

You must try out your skills and talents, and develop and use them to your advantage. You must stretch yourself and not be afraid to move to the next level. When options are whittled down and one is stuck at a crossroads, getting in touch with your intuition can help.*

The essential oils in this blend support your will to act aggressively and the intuitive awareness to jump on opportunities when they present themselves.*

Learning how to separate the wheat from the chaff, so to speak, is difficult, but intuition can be developed. Support your inner voice with this powerful blend.*

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 sense of personal power.*
- **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 you need awareness of your personal power and the ability to express it.*

topical

- **Feet:** Apply 2 to 4 drops of Be Intuitive blend to the soles of the feet for courage and inspiration to move forward.*
- **Massage:** Apply 1 drop to the Solar Plexus area for strength of will and for the right use of your personal power.*
- **Massage:** Apply 1 or 2 drops to the heart area to remember to act from the heart when expressing your personal power and to not overpower those you live and work with.*

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 • 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

Thymus vulgaris ct. thymol (Thyme ct. Thymol), Cymbopogon flexuosus (Lemongrass), Juniperus communis (Juniper Berry), Chamaemelum nobile (Roman Chamomile), Melaleuca alternifolia (Tea Tree), Laurus nobilis (Bay Laurel), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Thyme thymol may cause skin irritation, dilute if individual sensitivity occurs.
- 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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After-Bite

OUTDOOR BLEND AromaStix

After-Bite is designed for topical application to assist with the itching and swelling that develops around the area of an insect bite.*

When scratched repeatedly, a bite area can bleed and the skin can become abraded, allowing infection to enter the bite. After-Bite disinfects, heals wounds, and promotes detoxification of the toxin injected by the insect.*

Many commercial insect repellents contain DEET, Picaridin, or IR3535, and are toxic. They're also not recommended for small children or those with compromised immune systems.*

Natural repellents, on the other hand, are a much safer and more effective alternative. After-Bite contains no added chemicals of any kind; just 100% pure essential oils.*

ingredient highlights

- **Patchouli:** Highly effective for keeping insects at a healthy distance. It also has great antiphlogistic and antiseptic properties, so in the event that you are bitten by an insect, it can help to take down the inflammation as well as protect the bite from developing an infection.*
- **Lavender Vera:** Helps immensely when it comes to insect bites. With its antiseptic properties, it will help destroy germs that have the potential for infection while soothing the itch and speeding up the healing process.*
- **Vetiver:** Has high anti-inflammatory properties, so it's found to be very soothing, and can calm several types on inflammation. It also contains cicatrizant agents which help with the reduction of scars and dark marks sometimes left behind after a bite.*
- **Sweet Basil:** A great oil for insect bites as it calms and reduces inflammation, reduces itching, and helps to destroy germs that could lead to an infection.*

uses

- Roll After-Bite over the surface of the bite area including all swollen and itchy areas. May be applied as needed to reduce itching, reduce swelling, and promote healing.*

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application methods

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

Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Picea mariana (Black Spruce), Citrus aurantium var. amara (Neroli), Vetiveria zizanioides (Vetiver), Ocimum basilicum (Sweet Basil), 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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