

# Prosperity Challenge

gōDesana

The Prosperity Challenge is more than just a practice - it's an invitation to create meaningful change in your life. Designed to encourage a gradual yet profound transformation, this challenge harnesses the unique properties of powerful essential oils for clearing negativity, centering your energy, and inviting abundance into your life.\*

By integrating these practices into your daily routine, you'll not only create space for positivity and growth but also develop a deeper connection to your intentions. This concentrated period of focus is an opportunity to align with your desires, cultivate a sense of clarity, and welcome the prosperity that's waiting for you.

## what to expect

- Daily rituals that promote clearing, centering, and manifesting.
- Tools and guidance to help you stay committed.
- A mindset shift that opens the door to abundance.
- Stay consistent, remain open, and trust in the shifts that this transformative process can bring. Your journey to a more abundant, centered life begins here.



## helpful tips

### 1. Water Intake

- Stay hydrated throughout the day to support the body in processing and integrating each essential oil's effects.

### 2. Journaling

- Reflect on your experience. Note any thoughts, emotions, or shifts in perspective that arise during this process.

### 3. Intention Setting

- Stay focused on your daily intention, whether it's clearing, aligning, or manifesting prosperity.
- Remember, the essential oils are tools to amplify and align with your purpose.

***Are you ready to say yes to prosperity? Let's get started!***

## daily protocol (days 1 & 2)

### Clear Essential Oil Blend (Purification and Detoxification)

#### Morning (Upon Waking)

- Apply 1 to 2 drops of Clear to the soles of each foot.
- Practice deep breathing for 5 minutes, visualizing stagnant energy leaving your body.

#### Mid-Morning (4 Hours After Waking)

- Apply 1 to 2 drops of Clear along your spine or the back of your neck.
- Spend 5 minutes meditating, focusing on mental clarity, and envisioning a clear, focused mind.

#### Afternoon (8 Hours After Waking)

- Apply 1 to 2 drops of Clear to the center of your chest.
- Take a 10 minute walk outdoors, breathing deeply to release mental and emotional blocks.  
(Outdoor air, rich in electrons, enhances the clearing process.)

#### Evening (12 Hours After Waking)

- Diffuse 3-5 drops of Clear in your space for 20 minutes.
- As you relax, visualize the day's burdens clearing from your mind and body, leaving you feeling light and refreshed.



## daily protocol (days 3 & 4)

### Align Essential Oil Blend (Centering and Balance)

#### Morning (Upon Waking)

- Apply 1 to 2 drops of Align to the solar plexus (just above the navel).
- Breathe deeply, visualizing balance and alignment of your goals within and your effort without.

#### Mid-Morning (4 Hours After Waking)

- Apply 1 to 2 drops of Align to the heart center.
- Spend 5 minutes in quiet reflection, sensing alignment between mind, body, and spirit.

#### Afternoon (8 Hours After Waking)

- Apply 1 drop of Align to each wrist.
- Inhale deeply, allowing a sense of harmony to permeate.

#### Evening (12 Hours After Waking)

- Diffuse 3-5 drops of Align in your space for 20 minutes while you meditate or journal.
- Focus on any realizations from the day and create space for balanced energy flow.



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## daily protocol (days 5, 6 & 7)

### Prosperity Essential Oil Blend (Manifesting and Abundance)

#### Morning (Upon Waking)

- Apply 1 drop of Prosperity the temples.
- Breath deeply, envisioning an energy of abundance flowing through you.

**Note:** Those with sensitive skin may need to dilute Prosperity with a carrier oil like Jojoba or Grapeseed. Do not use too much, and remove any excess to prevent the oil from running down the face or possibly into the eyes. Use one drop and massage it lightly so that it will not drip.

#### Mid-Morning (4 Hours After Waking)

- Apply 1 to 2 drops of Prosperity on each wrist.
- Inhale with the intention of attracting opportunities. Consider affirmations like "I am open to receiving abundance".

#### Afternoon (8 Hours After Waking)

- Apply 1 to 2 drops of Prosperity over the heart.
- Spend a few minutes visualizing what prosperity means to you, focusing on gratitude for current blessings.

#### Evening (12+ Hours After Waking)

- Diffuse 2-3 drops of Prosperity in your space for 20 minutes.
- As you relax, let the aroma create a mindset and environment receptive to wealth.



## daily protocol (day 8)

### Finishing Oil Essential Oil Blend (Grounding and Stability)

#### Morning (Upon Waking)

- Apply 1 to 2 drops of Finishing Oil to the soles of your feet.
- Reflect on the week and how your intentions have shifted.

#### Mid-Morning (4 Hours After Waking)

- Apply 1 to 2 drops of Finishing Oil to each wrist and breathe deeply.
- Ground yourself in gratitude for the journey and the energy you've cultivated.

#### Afternoon (8 Hours After Waking)

- Apply 1 to 2 drops of Finishing Oil over the heart, allowing a sense of stability and integration to sink in.

#### Evening (12 Hours After Waking)

- Diffuse 3-5 drops of Finishing Oil in your space for 20 minutes, setting the intention for balance and continuity in the days ahead.



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# Clear

balance blend 10ml

Clear is formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners, and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.\*

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, the Elemi will revitalize and refresh you, and the Black Spruce will anchor and strengthen you."

~ 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 just to unwind.\*

### topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.\*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.\*

### 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.

## ingredients

*Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Pelargonium graveolens (Rose Geranium), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Rosa damascena (Rose), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus reticulata (Tangerine), Copaifera langsdorffii (Balsam Copaiba), Tanacetum annuum (Tanacetum Annuum), Cocos nucifera (Fractionated Coconut)*

## 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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# Align

balance blend 10ml

Align, the first blend in our WholeBody Collection, is one of our top-selling products, and a personal favorite of our formulator, Alexandria Brighton. This unique blend, carefully crafted by Alexandria herself, features the grounding and refreshing scents of Black Spruce, Frankincense, and Tanacetum Annuum.\*

Known as "structural alignment in a bottle," Align helps relax the body and prepare it to absorb other essential oils more effectively, making it an ideal foundation oil for your wellness routine.\*

Align's soothing yet invigorating scent is just what you need on those challenging days when extra support is essential. Whether you're tackling difficult tasks or navigating tough conversations, let its comforting aroma help you center yourself and tap into your inner strength. You can do hard things!\*

## uses

### aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day to support confidence and assist with challenging projects or conversations.\*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed for a quick, uplifting confidence boost.\*

### 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, or to relax before bed.\*

### topical

- **Massage:** For topical use mix 8 to 10 drops of Align and 4 to 6 drops of Trauma Relief and apply directly to areas of concern.\*
- **Massage:** To restore balance to your emotions add 8 to 10 drops of Align and 4 to 6 drops of Lavender. May be added to your favorite massage oil or lotion and used as a relaxing, whole-body moisturizer.\*
- **Reflex Points:** Apply to feet and/or spinal area before a chiropractic alignment or a massage. Can also be applied to the soles of the feet before bed to promote relaxation.\*

### 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.

## ingredients

*Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Boswellia carteri (Frankincense), Aniba rosaeodora (Rosewood), Tanacetum annuum (Tanacetum Annuum), Cocos Nucifera (Fractionated Coconut Oil)*

## responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing.
- The blue color of this blend could potentially discolor clothing or bedding.
- 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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# 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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# Finishing Oil

grounding blend 10ml

The intention of Finishing Oil is to provide a blend to seal or "finish" the space clearing process.\*

This comforting and soothing formulation is a beautifully synergistic blend of oils which have been used since ancient times to enhance environments of peace and reverence, imparting the most positive of energies.

This blend is the finishing touch in the Space Clearing process, following the transmutation of negative energy in an area with Cherished Place.

Use Finishing Oil by creating a misting spray, then "seal" doors, windows, and other entrances to retain the positive energy you have generated while reaffirming the intention to release any and all energies which are negative.

Finishing Oil promotes an atmosphere of relaxation, peace, and calm while encouraging harmony and all that is good and pure.\*

## ingredient highlights

- **Frankincense:** With a well-documented ability to soothe emotions, Frankincense encourages a deep sense of calm without making you sleepy and helps you feel grounded.\*
- **Cedarwood Atlas:** With a mild sedative effect that can have a calming effect on the body and mind, Cedarwood Atlas is well known for its both its ability to deodorize indoor environments and encourage more restful sleep.\*
- **Sandalwood:** Shown to contain a naturally-occurring compound, santanol, that promotes relaxation and can reduce anxiety and stress levels.\*

## USES

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for up to 15 minutes per hour throughout the day as desired.\*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Lightly spray around doors, windows, your personal environment, and/or other areas where you wish to promote and preserve positive energy and feelings of peace.\*

### environmental

- **Hard Surfaces:** Finishing Oil is the final step in the space clearing process after clearing with Protector or Dragon Fire, then creating a foundation of positive energy with Cherished Place. Finishing Oil is used to "seal" in the positive energy around exterior doors, window frames, and vents. Do this by applying a drop of Finishing Oil to the forefinger and spreading it along each side of the door frame, window frame, or vents.\*

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## application methods

Aromatic • Environmental

## 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

*Boswellia carteri (Frankincense), Simmondsia chinensis (Jojoba), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Canarium luzonicum (Elemi), Nardostachys jatamansi (Spikenard), Santalum album (Sandalwood)*

## responsible cautions

- Use only as directed.
- 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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