

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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Letting Go Of Fear

APRIL: BLEND 2 15ml

Fear can paralyze us, create constant worry, cause panic attacks, keep us in a state of anxiety, and prevent us from moving forward to live our best lives. It can ruin families and relationships, destroy our health and cause deadly heart issues. Fear is contagious to others. Fear disguised as over-protection can instill fear in children. Our fight-or-flight response can keep us on high alert at all times, causing muscle and nerve tension. Stress is suspected as a contributing factor in some auto-immune diseases. Severe fear can cause PTSD (Post Traumatic Stress Injury). Alexandria does not call this a disorder because she believes a person's experience of extreme trauma has injured them emotionally and mentally, and should be recognized as such.*

Letting Go of Fear blend has helped many people reduce or alleviate their fears over time to move forward and live productive and successful lives. The best part is that it is not a drug, has no side effects, and is non-addictive.*

uses

topical

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

Letting Go Of Fear Intention

Fear will no longer rule my life. Those things that caused me anxiety in the past are behind me and cannot hurt me today unless I drag them into the present state of my mind. Some things I am afraid will happen tomorrow don't exist today unless I pull them into my today. I am safe, secure, and more vital every day. I will stay in the present moment and not let fear control my life. The present moment is the only place where I can live successfully.

Note: If you suffer severe trauma that is disabling, feel suicidal, or have deep depression leading you to hurt yourself, seek professional help. You can still use your Letting Go of Fear blend, but it should not replace professional mental health services when needed.

- **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 when feeling fearful.*
- **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. Makes a great "monster spray" for kids' rooms.*

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 help cleanse negative beliefs held in your personal energy field.*

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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

Vetiveria zizanioides (Vetiver), Pelargonium graveolens (Rose Geranium); Rosa damascena (Rose), Cymbopogon martinii (Palmarosa), Citrus aurantium var. amara (Neroli), 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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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.
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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 don't 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

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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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Joy

JULY: BLEND 5 15ml

In most businesses, especially sales, July can be a long month. People are thinking about vacations, not work. This is an excellent opportunity to take time with family and your business partners to combine work and play. Know that it's alright to have fun. It is not only okay to balance work and play, it is necessary to experience joy and happiness as they are essential to your well-being.*

This month is the perfect time to take a camping trip with your family and the families of your partners. Or have a backyard barbecue and invite your leaders and their families. Getting to know them and their families personally in a relaxed and fun environment can go a long way toward cementing loyalty and making people feel cared for and a part of something exciting. Rather than giving them a business lecture, let them know how grateful you are to have them with you on this incredible journey.*

The aroma of Joy creates a feeling of optimism and positivity and relieves moodiness and irritability while instilling joyful feelings, often accompanied by child-like laughter.*

uses

topical

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

Joy Intention

Being in a business that can help people change their lives gives me great joy. I am thankful for each and every one who has chosen to come along with me on this adventure. As I inhale Joy Blend, I feel happy, joyful, and enthusiastic for what is to come.

- **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 to feel happy, joyful, and enthusiastic.*
- **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 before social gatherings or meetings to impart happy, positive vibes.*

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 when feeling bogged down or depressed by too many hours of work.*

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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

Citrus sinensis (Sweet Orange), Citrus reticulata (Tangerine), Citrus paradisi (Pink Grapefruit), Citrus reticulata var deliciosa (Red Mandarin), Mentha spicata (Spearmint), Rosa damascena (Rose), Aniba rosaeodora (Rosewood), 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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Stop Self Sabotage

AUGUST: BLEND 6 15ml

This blend can show you how and where you keep making the same mistakes repeatedly, moving from one disaster to the next. Some people have refined self-sabotage to an art form. Many practitioners of self-sabotage tend to blame others for the disasters in their lives, and therefore, never learn from their mistakes. When confronted with a challenging situation, ask yourself if you are fooling yourself about who created the problem.*

With the Stop Self-Sabotage blend, we know we must take a step back, look at a situation objectively, and instead of blaming others for our circumstances, we need to learn from our mistakes and move forward. This blend dissolves remorse and guilt and restores optimism. It helps you make fundamental life changes.*

USES

topical

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

Stop Self Sabotage Intention

Looking back in hindsight, I see an instance where I may have self-sabotaged. I will not blame others, and I release any guilt or remorse I caused myself and others by not accepting blame for my mistakes. By accepting this and making the necessary changes, I am in integrity with myself and others.

- **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 to ground your energy, to inspire self-acceptance and courage for change, or before making major decisions to calm your emotions and to give clarity to your mind.*
- **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, allowing yourself to be renewed with courage and self-acceptance.*

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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

Daucus carota (Carrot Seed), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Cupressus sempervirens (Cypress), Tanacetum annuum (Tanacetum Annuum), Pogostemon cablin (Patchouli), Santalum album (Sandalwood), 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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Self Aware

SEPTEMBER: BLEND 7 15ml

Being self-aware is very important to prevent undoing what you have accomplished so far. You must be aware when you may be allowing someone to manipulate you into making poor decisions, or when those close to you are casting doubt in your mind about what you are doing.*

Self Aware helps you immediately realize what is happening before you go down that path with others. The Self Aware blend is also beneficial when you have any mental work to do, like accounting or other business tasks, as it can help you stay focused on your assignment, be accurate, and make fewer mistakes.*

USES

topical

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

Self Aware Intention

I am self-aware. I know when someone steers me away from my healing and success, I move forward. I am also building skills in managing my financial affairs and experiencing greater focus and insight. When inhaling the Self Aware blend while working, I experience less mental fatigue.

- **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 whenever needed to bring clarity and focus.*
- **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, allowing your mind to clear and focus on the next best decision for your path forward.*

goDesana

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application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Ocimum basilicum (Sweet Basil), Citrus limon (Lemon), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Mentha piperita (Peppermint), Pelargonium graveolens (Rose Geranium), Rosa damascena (Rose)

responsible cautions

- Not recommended for use during pregnancy or while breastfeeding.
- Not recommended for use by those taking blood thinners.
- Not recommended for use in children under 10 years of age.
- 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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Gentle Change

OCTOBER: BLEND 8 1.5ml

When you are excited about what you're doing and want others to join you, there are two ways to go about it. The first way will drive even your best friends and family away and harm your relationships. The second way will be a pleasant experience for those who choose to join you, and cause no bad feelings between you and anyone who does not.*

Needless to say, way number one is not successful. Why? Because it involves deception, harassment, and guilting someone while trying to force them to join you. Pushing people to change and see things as you want is pointless. The more you push, the more they resist. This method tells them you are doing this to help yourself, not them, which is another big turn-off. Keep in mind that the only person you can change is yourself.*

So you will change your approach to how you introduce your business and how you work with them. When you gently share your enthusiasm, how much fun you are having, and how much better you feel, they will be interested because you have not asked them to do anything. Usually, because you have piqued their interest, they will ask you about what you are doing. Gift them a sample of something you think would be helpful to them, and this will most likely result in at least a happy customer. Some people need a bit more time than others to decide about joining.*

USES

topical

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

Gentle Change Intention

I know how much these blends can change lives and how much they have changed my life. I will maintain a positive attitude and a strong desire to better the life of my family, friends, and anyone I attract to my group. I let them know we are in this together, and I care as much about their success as I do my own. I lead by example.

- **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 to provide a high frequency energy that inspires unconditional love and gentleness.*
- **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 before meeting with others to calm the emotions and create an environment of peace and cooperation.*

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, allowing yourself to be surrounded by unconditional love and acceptance.*

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Product Information Page



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

Aniba rosaeodora (Rosewood), Rosa damascena (Rose), Lavandula angustifolia (Lavender Vera), Commiphora myrrha (Myrrh), Citrus reticulata var deliciosa (Red Mandarin), (Cymbopogon martinii) Palmarosa, Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Rose Geranium), Jasminum grandiflorum (Jasmine), 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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Compassion

NOVEMBER: BLEND 9 15ml

Compassion is a character trait innate in humans, but not necessarily being used by all humans. There are many ways to express compassion, but we will stick with just these three.*

First and foremost, motivate others. Many people find motivation to be something they struggle with, and in turn, they find it challenging to take action. Not taking action is like pulling over on the side of the road, not knowing what you are waiting for. With your help and the help of your group, encouraging words and positivity can uplift someone's spirit and get them back on the road.*

Second, say encouraging words. The world we live in today is absorbed by negativity. For many, it seems that nothing they do is right or working out for them. Instead of dwelling on everything they are doing wrong, use your words to tell them what they are doing right and encourage them to continue working toward their goals.*

Third, nurture your relationships. Nurture relationships by taking time to listen to others. Sometimes, a relationship can be built and nurtured simply by listening. You can contribute to the conversation using your encouraging words, but try to not take over the conversation; if you do, you are no longer listening. It's easy to be the only person talking, and it's much more difficult to hear the contributions of others. Listening builds a strong sense of caring and trust.*

uses

topical

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

Compassion Intention

I forgive myself for the times I may have been unkind in action or spoke unkindly without compassion to myself or others. I understand that unkindness destroys relationships, and encouraging words of kindness build long-lasting relationships. As I compassionately lift up others, I raise myself up, and we all succeed.

- **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 to release resistance to expanding the aspect of yourself that wants to open more fully to giving and receiving love.*
- **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 enhance emotional balance and support loving compassion for yourself and others.*

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Product Information Page



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

Pogostemon cablin (Patchouli), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Simmondsia chinensis (Jojoba), Cananga odorata (Ylang Ylang Complete), Salvia sclarea (Clary Sage), Santalum album (Sandalwood), Lavandula angustifolia (Lavender, vera), 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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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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Hope

JANUARY: BLEND 11 15ml

We've all heard the sayings, "It's always darkest before dawn", "Every cloud has a silver lining", or "Without the storm, there is no rainbow".*

Hope is a unique blend that lets us focus on the rainbow and not the storm. When we focus on the darkness, the cloud, or the storm, we see ourselves as victims, and it can feel impossible to find our way out of the storm.*

Hope lets us focus on the good that is about to come. The Hope blend is your very own silver lining; your reminder that this too shall pass. One thing you can always count on in life is that nothing ever stays the same.*

uses

topical

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

Hope Intention

I acknowledge that what I see as a setback or loss may be an opportunity for something better. I refuse to see myself as a victim, and with the support of the Hope blend, I will move forward to success. I will never give up. I will never surrender my dream.

- **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 mist around yourself to help restore harmony and move forward in faith.*
- **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 bring harmony and hope. Great for meetings!*

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 bring peace hope when feeling hopeless.*

goDesana

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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

Commiphora myrrha (Myrrh), Nardostachys jatamansi (Spikenard), Santalum album (Sandalwood), Rosa damascena (Rose), Lavandula angustifolia (Lavender Vera), 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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High Vibe

FEBRUARY: BLEND 12 15ml

The High Vibe blend helps awaken your vibrant and charismatic nature and gives you enthusiasm and a positive attitude. A happy and social blend, High Vibe will loosen up those who find it hard to socialize with others they don't know. It is social bravery in a bottle.*

High Vibe is beneficial when you find yourself living in the past or the future. It allows you to awaken your creative, intuitive side and experience all the possibilities present in the now. Life only happens in the now, and some people are missing it. Don't you be one of them.*

USES

topical

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

High Vibe Intention

I have a positive and vibrant nature. When I meet new people, my enthusiasm and optimistic personality attract those who are like-minded and will be a pleasure to work with. I am excited to see what the next 12 months bring.

- **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 to support your enthusiastic, positive personality. Especially helpful for social situations with others you may not know.*
- **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 bring a positive, upbeat mood. Great for parties!*

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 ground you in the present and restore positivity.*

goDesana

Product Information Page



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

Canarium luzonicum (Elemi), Citrus reticulata (Tangerine), Inula helenium (Inula), Copaifera officinalis (Copaiba), Cistus ladaniferus (Cistus), Tanacetum annuum (Tanacetum Annuum)

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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