

# Clay & Tea Tree

deodorant 2.5oz

Sweating is a natural and necessary function of our bodies, and we all do it. Sweating helps control body temperature and assists in detoxifying the body, but when sweat comes in contact with bacteria on our skin body odor is the result.\*

Traditional chemical-laden deodorants often contain aluminum compounds that prevent the body from sweating and tend to block pores. But if we prevent our skin from sweating, bacteria can become trapped and cause even worse body odor. Natural deodorants, on the other hand, help keep the pores open allowing the skin to breathe, and also help kill the bacteria that causes the odor.\*

Our aluminum-free Clay & Tea Tree Deodorant is an incredibly effective, natural formula to nourish and deodorize the skin.\*

This gentle, natural deodorant features Kaolin Clay to absorb moisture and help balance the skin's pH levels combined with Tea Tree Oil for its incredible bacteria-fighting properties.\*

## ingredient highlights

**Kaolin Clay:** With an ability to absorb impurities from deep within the skin, Kaolin Clay can help restore and balance the skin's pH levels. It may also benefit skin issues like irritation, redness, and acne.\*

**Tea Tree:** With scientifically-proven antibacterial and antimicrobial properties, Tea Tree is an ideal alternative to commercial deodorants. It kills odor-causing bacteria quickly and naturally, and may reduce underarm pores. Tea Tree oil is also high in natural astringents that can help reduce perspiration.\*

**Grapeseed Oil:** Extracted from real grape seed, this oil has several important health benefits, and is a good source of essential fatty acids and vitamin E. It's packed with antioxidant benefits to nourish and moisturize skin.\*

**Tapioca Root Powder:** Well-known for absorbing moisture and neutralizing odor, tapioca root powder helps keep underarms dry without aluminum or artificial fragrances, and without clogging the pores.\*

**Castor Seed Oil:** This oil is rich in ricinoleic acid, a monounsaturated fatty acid known for its moisturizing properties and its ability to assist with skin inflammation.\*

## uses

- For external use only. Apply to underarms only; re-apply as needed throughout the day.\*

goDesana

Product Information Page



## ingredients

*Vitis Vinifera (Grape) Seed Oil, Beeswax, Cocos Nucifera (Coconut) Fruit Oil, Maranta Arundinacea (Tapioca) Root Powder, Ricinus communis (Castor) Seed Oil, Kaolin (Rose) Clay, Rosmarinus officinalis (Rosemary) Flower Oil, Mentha piperita (Peppermint) Leaf Oil, Laurus nobilis (Bay Laurel) Oil, Organic Eucalyptus globulus (Eucalyptus) Leaf Oil, Citrus paradisi (Pink Grapefruit) Oil, Ocimum basilicum (Basil) Leaf Oil, Mentha spicata (Spearmint) Leaf Oil, Organic Lavandula angustifolia (Lavender) Flower Oil, Citrus limon (Lemon) Fruit Oil, Zingiber officinale (Ginger) Root Oil, Melaleuca alternifolia (Tea Tree) Leaf Oil, Melaleuca leucadendron cajaput (Cajeput) Leaf Oil, Cinnamomum zeylanicum (Cinnamon) Leaf Oil, Cymbopogon flexuosus (Lemongrass) Leaf Oil, Citrus aurantifolia (Lime) Fruit Oil, Helichrysum italicum Flower Oil, Anthemis nobilis (Roman Chamomile) Flower Oil, Organic Sesamum indicum (Sesame) Seed Oil*

## responsible cautions

- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Keep out of reach of children and pets.
- Store in a cool, dry place.
- Discontinue use if any adverse reactions occur.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Fresh

## bentonite clay tooth cleansing powder 2oz

Fresh mouth. Clean ingredients. Now you can have healthy, clean teeth and gums without artificial flavorings, artificial sweeteners, fluoride, carrageenan, triclosan, and sodium lauryl sulfate. Fresh Tooth Powder refreshes and cleans with powerful calcium bentonite clay, pink Himalayan salt, pure essential oils, and healing herbs.\*

### ingredient highlights

**Bentonite Clay:** Montmorillonite (Bentonite) Clay is a form of volcanic ash that is antibacterial and anti-inflammatory. It is a rich source of trace minerals like calcium, iron, copper, and zinc. When Bentonite Clay gets wet, it expands, changes its electrical charge to a negative charge, and becomes like a big sponge that can absorb toxins. It also has an alkalizing effect that is beneficial for the health of teeth and gums.\*

**Pink Himalayan Salt:** This all-natural salt is estimated to contain as many as 84 trace minerals that are naturally anti-inflammatory and antibacterial. Brushing with Pink Himalayan Salt can assist in removing bacteria from the teeth and gums, which helps in preventing the buildup of plaque and tartar.\*

**Peppermint Essential Oil:** This tried-and-true remedy has been used all around the world for more than a thousand years. It kills bacteria and fungus, both of which can cause infections in the mouth or lead to the development of cavities. Peppermint oil is especially effective against anaerobic bacteria, which love a low-oxygen environment such as the spaces between teeth or below the gum line where cavities can form and thrive. Studies have shown that peppermint oil is more effective in reducing cavities than many of the active chemical ingredients used in commercial mouthwashes.\*

**Clove Essential Oil:** Used in traditional Indian and Chinese medicine for centuries to relieve tooth pain, modern clinical research has indicated that clove oil can relieve tooth pain and bad breath, as well as help reduce gum disease. Clove oil also has the natural ability to restrict the development of bacteria and can help fight mouth and throat infections.\*

**Spearmint Essential Oil:** An excellent antifungal and breath freshener. Studies show that using spearmint and/or peppermint oil for oral hygiene can help delay the process of gum disease and gingivitis. It is believed by some to have the ability to assist with toothaches as well.\*

### USES

- Wet toothbrush. Dip in powder and brush as you normally would. Rinse.\*

gōDesana

Product Information Page



### ingredients

*Extra Fine Montmorillonite (Bentonite) Clay, Extra Fine Pink Halite (Pink Himalayan Salt), Eugenia caryophyllata (Clove Bud) Essential Oil, Cinnamomum zeylanicum (Cinnamon) Essential Oil, Thinopyrum intermedium (Wheatgrass) Juice Powder, Mentha spicata (Spearmint) Essential Oil, Citrus sinensis (Sweet Orange) Essential Oil, Mentha piperita (Peppermint) Essential Oil, Citrus paradisi (Pink Grapefruit) Essential Oil*

### responsible cautions

- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Keep out of reach of children and pets.
- Store in a cool, dry place.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Organic Hair & Body Bars

paraben-free. vegan. phthalate-free.

## Clean & Moisturize From Head To Toe.

*Emerge renewed, with nourished skin, shiny hair, and a calm, relaxed mind.*

Treat yourself to spa-quality bathing with our luxurious all-in-one hair & body bars. After just one use, you'll wonder how you ever lived without them. The rich, creamy lather rinses clean while nourishing hair and skin with luxurious softness. The gentle plant-based cleansers lift dirt and oil without over-drying or irritation. Give your hair and skin the spa treatment you deserve!\*

### Cassia & Clove

Our luxurious, handcrafted organic Cassia & Clove bar will invigorate and beautify your hair and skin. Cassia & Clove combine to give this bar a subtle yet spicy aroma. The organic ground cloves and oatmeal in this bar provide gentle cleansing along with skin-healing exfoliation that may help the appearance of fine lines and wrinkles. Perfect for all skin & hair types.\*

### Charcoal & Cacao

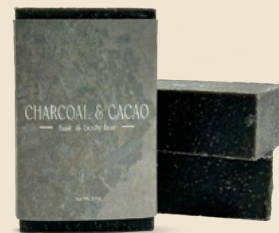
Our luxurious, handcrafted organic Charcoal & Cacao bar will detox and beautify your hair and skin. Activated Charcoal and organic Cacao strengthen hair follicles while removing toxins, oils, and pollutants. Added Plantain Leaf and Cocoa Butter moisturize hair bringing luster and shine to every strand. Perfect for all skin types and great for shaving too!\*

### Geranium & Clay

Our luxurious handcrafted organic Geranium & Clay bar will soothe and rejuvenate your hair and skin. Rose Geranium and Pink Clay soothe inflammation and redness while helping to minimize pores and repair damaged skin cells. This bar is perfect for all skin types and is great for shaving as well!\*



**Cassia & Clove Ingredients:** Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos nucifera*) Oil, Water, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Seed Oil, Clove Bud (*Eugenia caryophyllata*) Essential Oil, Organic Clove (*Syzygium aromaticum*), Organic Oat Kernel (*Avena sativa*), Cassia (*Cinnamomum cassia*) Essential Oil, Rosemary (*Rosmarinus Officinalis*) Leaf Extract



**Charcoal & Cacao Ingredients:** Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Oil, Water, Cocoa (*Theobroma cacao*) Butter, Sweet Orange (*Citrus sinensis*) Essential Oil, Tea Tree (*Melaleuca alternifolia*) Essential Oil, Organic Bergamot (*Citrus aurantium bergamia*) Essential Oil, Activated Charcoal, Plantain (*Plantago major*) Leaf, Cacao (*Theobroma cacao*), Organic Rosemary (*Rosmarinus Officinalis*) Leaf Extract



**Geranium & Clay Ingredients:** Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Oil, Water, Sweet Orange (*Citrus sinensis*) Essential Oil, Cedarwood Atlas (*Cedrus atlantica*) Essential Oil, Lavender (*Lavandula angustifolia*) Essential Oil, Geranium (*Pelargonium*) Essential Oil, Pink (Kaolin) Clay, Himalayan Pink Salt (Mineral Halite), Apricot (*Prunus Armeniaca*) Kernel Oil, Rosemary (*Rosmarinus Officinalis*) Extract

# Organic Hair & Body Bars

paraben-free. vegan. phthalate-free.

## Lavender & Comfrey

Our luxurious, handcrafted organic Lavender & Comfrey bar will moisturize and beautify your hair and skin. Lavender's fresh, floral scent has a soothing effect on both the skin and the senses while Comfrey contains allantoin, a natural skin cell regenerator, to help restore your skin to its natural balance and glow. Perfect for all skin & hair types.\*

## Orange Blossom

Our luxurious, handcrafted organic Orange Blossom bar will invigorate and beautify your hair and skin. This bar is great for muscle aches and pains, and its bright, citrus scent will invigorate and uplift. Perfect for all skin & hair types.\*

## Patchouli

Our Patchouli bath bar is a luxurious blend of essential oils and botanical extracts in a hypoallergenic, vegan soap base of organic palm, coconut, olive, and palm kernel oils. It will surely delight your skin and sweeten your soul. With a classic Patchouli aroma, it's a favorite among men for shaving. Perfect for normal, combination, and oily skin.\*

## suggested usage

Wet bar and rub directly onto hair and body, or rub on hands or a washcloth and apply lather to hair & body. Gently cleanse your body from head to toe. Rinse well.\*

## 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.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*



**Lavender & Comfrey Ingredients:** Sodium Cocoate, Sodium Sunflowerate, Aqua, Sodium Palmate, Sodium Safflowerate, Glycerin, Lavender Grosso (*Lavandula hybrid*) Oil, Lavender (*Lavandula angustifolia*) Oil, Alkanet (*Alkanna tinctoria*) Root, Rosemary (*Rosmarinus Officinalis*) Leaf Extract, Organic Comfrey (*Symphytum officinale*) Root



**Orange Blossom Ingredients:** Saponified Organic Sunflower (*Helianthus annuus*) Oil, Saponified Organic Coconut (*Cocos nucifera*) Oil, Water, Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Safflower (*Carthamus tinctorius*) Seed Oil, Rosemary (*Rosmarinus officinalis*) Leaf Extract, Organic Annatto (*Bixa orellana*) Seed, Madder (*Rubia tinctorum*) Root, Blood Orange (*Citrus sinensis*) Essential Oil, Bergamot (*Citrus bergamia*) Essential Oil, Tangerine (*Citrus reticulata*) Essential Oil, Orange (*Citrus sinensis*) Essential Oil, Lemongrass (*Cymbopogon flexuosus*) Essential Oil, Lime (*Citrus aurantiifolia*) Essential Oil



**Patchouli Ingredients:** Saponified Organic Palm (*Elaeis guineensis*) Oil, Saponified Organic Coconut (*Cocos Nucifera*) Oil, Saponified Organic Olive (*Olea europaea*) Oil, Saponified Organic Palm (*Elaeis guineensis*) Kernel Oil, Water, Patchouli (*Pogostemon cablin*) Essential Oil, Hemp (*Cannabis sativa*) Essential Oil, Organic Rosemary (*Rosmarinus Officinalis*) Leaf Extract

# HepaDetox

DETOXIFICATION BLEND 10ml

HepaDetox is a blend of essential oils that are known to help the liver detox and also to regenerate and rebuild liver cells. The liver must deal with everyday toxins such as drugs and alcohol, food additives, and any other poisons that find their way into the digestive system along with toxins that we breathe in or are exposed to through the skin.\*

It is important to protect the liver and to help it detox when possible. Drugs and alcohol are known to cause cirrhosis of the liver. Fatty Liver Disease and Hepatitis may also cause life-threatening damage to the liver.\*

HepaDetox is best used after the initial phase of an acute attack of illness rather than during the attack.\*

## ingredient highlights

- **Carrot Seed:** Has diuretic and purifying properties that make it an excellent detoxifier and liver support. It is extremely helpful in fighting jaundice and hepatitis, being most effective following, rather than during, an illness as it aids in regeneration by stimulating the growth of new cells and tissue.\*
- **Peppermint:** Encourages bile formation, which is essential for optimal fat metabolism, while regulating the liver.\*
- **Lemon:** Encourages bile secretion, aids liver function, and helps to decongest.\*

## uses

### internal

- Add 2 to 3 drops to the juice of ½ or 1 whole organic lemon. Mix and drink.\*

### topical

- **Reflexology:** Apply 1 to 2 drops on the liver reflex area of the right foot. Massage in thoroughly.\*
- **Massage:** Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area. Massage in thoroughly.\*

goDesana

Product Information Page



## application methods

Internal • 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

*Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)*

## responsible cautions

- Do not exceed recommended dosages.
- 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.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Lemon

**citrus limon** 10ml

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result, it is considered the #1 Essential Oil to kill bacteria.\*

According to Dr. Jean Valnet, when tested against other Essential Oils for airborne germs, Lemon came out as the number one disinfectant for the air.\*

It is also very effective added to household cleaners; it imparts a fresh smell to the kitchen and bathroom while eliminating germs. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities. Combine with baking soda for a great scouring powder on sinks and counter-tops.\*

Add to food to enhance the flavor of desserts, main dishes, or cool, refreshing drinks. Taking Lemon internally can provide cleansing and digestive benefits.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals as needed throughout the day to sanitize the air and create an energizing, uplifting environment.\*

### bath

- **Bath:** Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and add to a warm tub of water for an invigorating bath.\*

### environmental

- **Cleaning:** Add to household cleaners to boost cleaning power.\*

### internal

- **Water:** Add 1-2 drops to drinking water for a refreshing burst of citrus flavor.\*

### topical

- **Nails:** Apply 1 drop neat (undiluted) to strengthen fingernails.\*

### 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 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

goDesana

Product Information Page



## 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 2<sup>nd</sup> trimester.

## properties

Organic

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** Italy

**Main Chemical Constituents:** Limonene, terpinene, pinenes

**Therapeutic Properties:** Anti-anemic, antimicrobial, antirheumatic, antisclerotic, antiscorbutic antiseptic, antispasmodic, antitoxic, astringent, bactericidal, carminative, cicatrizing, depurative, diaphoretic, diuretic, febrifuge, hemostatic, hypotensive, insecticidal, rubefacient, stimulates white corpuscles, tonic, vermifuge

## responsible cautions

- Lemon essential oil is non-toxic (if organic), and non-irritant. It will however cause the skin to sunburn if exposed to the sun right after application; you should wait several hours, keeping the skin covered, before exposing skin to sunlight.
- 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.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Lemongrass

**cymbopogon flexuosus** 10ml

Believed to be a sedative to the central nervous system, Lemongrass is extremely beneficial for stress related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration.\*

Lemongrass may assist with headaches and is an excellent support for aching tendons, cartilage, and connective tissue.\*

Lemongrass is great for wrinkles and aging skin when diluted with a carrier oil. It also reduces excessive perspiration and acts as a deodorant and a purifier for oily skin.\*

Its tonifying astringent properties make it excellent for cleansing oily skin and blackheads, and for tightening pores. It is very effective in shampoo formulations for oily hair and scalp, or for oily scalp with dry hair.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals as needed throughout the day. Lemongrass may be particularly effective for lack of concentration. Since it stimulates the left brain and aids our logical thinking processes, it is suitable for diffusers at home or in the office, especially in conference rooms or wherever clear, fresh thinking and good concentration are required.\*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed.\*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.\*

### bath

- **Bath:** Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and mix into warm bath water to assist and help support your body in easing muscular aches.\*

### environmental

- **Cleaning:** Add to household cleaners to boost cleaning power and impart a fresh scent.\*

### topical

- **Compress:** Mix 2 to 4 drops in 1 pint of hot or cold water, soak a towel in the water, and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.\*
- **Massage:** Add a few drops to lotion or carrier oil and use as a rejuvenating massage sports injuries, bruises, and pulled ligaments.\*

### 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 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Environmental • 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 2<sup>nd</sup> trimester.

## properties

*Wildcrafted*

**Producing Organ:** Grass

**Extraction:** Steam Distillation

**Country of Origin:** India

**Main Chemical Constituents:** Citral, myrcene, dipentene

**Therapeutic Properties:** Analgesic, antidepressant, antimicrobial, antioxidant, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative (nervous), tonic

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Should not be used orally during pregnancy or while nursing.
- Exercise caution when used by those with glaucoma.
- Use caution in women with endometriosis as endometriosis could be exacerbated by estrogenic essential oils, especially if taken orally.
- 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.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# 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.\*

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*



# 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.\*

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

*Citrus sinensis (Sweet Orange), Citrus reticulata (Tangerine), Citrus paradisi (Pink Grapefruit), Citrus reticulata var deliciosa (Red Mandarin), Mentha spicata (Spearment), 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.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*