



## Practical Daily Uses of the **goDésana WholeBody Collection**

*Exclusive Blends formulated by Alexandria Brighton*

Each oil in this collection is available in a 5ml bottle,  
10ml bottle or a 10ml AromaStix.

- Align
- Osteo
- Sensory
- FlexAble
- Connect
- Circulate
- Clear



## Align *essential oil blend*

### BENEFITS

This blend is the goDésana alignment blend. **Align blend** is used as the first oil blend in any whole body application to create a receptive environment for the other oil blends.

**Align blend** assists the body's energetic and muscular systems, gently supporting the balance of muscles electrically, due to its affinity for the myofascia which holds the muscles to the spine and other joints. By facilitating myofascia relaxation, **Align blend** allows the entire body to straighten and realign, supporting full communication of the nervous system - while helping the body to deeply relax and release tension.

**Align blend** is of particular benefit when used before or immediately following a chiropractic adjustment, or in a massage, providing both physical and emotional relaxation.

What we have found over time is that **Align blend** not only enhances physical alignment, but also is a powerful support to emotional and energetic balance. It is a crowd favorite for daily use.

### APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>• Add 10-15 drops in 1/4 to 1/2 cup of <b>Dead Sea Salts</b> and soak in a very warm, not hot, bath to balance emotions, ease aching muscles and relieve sore joints.</li> </ul>
<b>Compress</b>	<ul style="list-style-type: none"> <li>• To ease tension and inflammation, massage 5-6 drops neat on spine. Apply a warm compress for 10-30 minutes.</li> </ul>
<b>Diffuse</b>	<ul style="list-style-type: none"> <li>• Diffuse as desired, 10-15 drops per hour.</li> </ul>
<b>Foot Soak</b>	<ul style="list-style-type: none"> <li>• For a foot soak, thoroughly mix 5-8 drops into 1-2 scoops of <b>Dead Sea Salts</b>. Dissolve into a basin of warm water to soak and refresh tired, sore feet. Add a bag of marbles to the water to gently massage bottoms of the feet.</li> </ul>
<b>Inhalation</b>	<ul style="list-style-type: none"> <li>• Rub 2-3 drops in palms of both hands. Cup hands over face and nose and inhale deeply.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>• Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake gently and spray periodically for a pleasant, emotionally balancing and aromatically enhanced environment.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>• Apply 2 to 3 drops on either side of the spine and massage it gently into the muscles along the spine.</li> <li>• If supported by your chiropractor, have the CA drop 5-8 drops on the spine, gently spread along the spine, place warm, moist packs on, "cook" for 15 minutes before the doctor's adjustment. Many find that it makes adjustments much easier for the body to accept and to maintain.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>• Use daily following a morning shower, in one of the following ways: <ul style="list-style-type: none"> <li>• Apply 4-6 drops along the spine and gently feather into skin.</li> <li>• Massage 2-3 drops into spinal reflex points of the feet and/or hands.</li> <li>• 1-2 drops at base of big toe down spine of foot helps 'balance' body For those who don't have anyone at home to apply the oil along the spine, self-administration is easy. Hold an open bottle at the base of the neck, allowing several drops to 'fall' down the spine. Reach behind the body, and with the back of the hand, draw the oil blend down the rest of the spine. Enjoy the refreshing relief!</li> </ul> </li> </ul>

### INGREDIENTS:

*Black Spruce, Balsam Fir, Frankincense, Rosewood, Tannectum annum*

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

The blue color of this essential oil blend could potentially discolor clothing or any other fabric. Use responsibly.



## Osteo *essential oil blend*

### BENEFITS

**Osteo blend** was formulated by Alexandria Brighton with the clear and specific intention of creating a blend with essential oils that have an affinity for the bone system of the body; offering support in strengthening and/or rebuilding the bone matrix.

The ingredients in **Osteo blend** have also been historically recognized for their powerful ability to relieve pain. The anti-inflammatory properties of **Osteo blend** make it very effective for relieving both chronic and acute pain, as well as supporting sustained pain relief from conditions such as rheumatism, arthritis, and gout.

The beautiful thing about using **Osteo blend** for its natural pain-relieving qualities is that the pain is relieved in a non-toxic pure way, that doesn't just mask the pain, it can potentially resolve the root cause of the pain.

### APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>Thoroughly mix 12-15 drops into 1/2 cup <b>Dead Sea Salts</b> and dissolve into warm bath water to relieve pain, ease aching muscles and sore joints.</li> </ul>
<b>Compress</b>	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5-6 drops neat along the entire spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
<b>Diffuse</b>	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
<b>Foot Soak</b>	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into 1/4 to 1/2 cup of <b>Dead Sea Salts</b> and dissolve into a basin of warm water to soak and refresh tired, sore feet.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>Add 8 drops to 1 tbsp <b>Carrier Oil</b> to create a soothing blend for aches, pains and sore muscles.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>Add 15 drops in 4 oz. distilled water in blue cobalt spray bottle. Shake well and spray for fresh, clean aroma.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>Apply a drop or two to specific reflexology points on the soles of the feet as part of a reflexology treatment.</li> <li>Apply 2-3 drops to the bottom of the feet for pain relieving benefits.</li> <li>Add 2 drops per ounce of personal care products to use as a skin toner.</li> <li>Apply neat on location for bone pain or to support the body in mending broken bones. If the area being applied to is a large area, blend with <b>Carrier Oil</b> and apply.</li> <li>To ease menstrual discomfort, blend a few drops each of <b>FlexAble</b>, <b>Osteo</b> and <b>Sensory blend</b>, apply over lower abdomen. Can be diluted with <b>Carrier Oil</b>, if desired.</li> </ul>

### INGREDIENTS

*Birch, Clove bud, Helichrysum, Rosemary 1,8 ct. cineole, Sweet Marjoram*

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

One of the primary oils in this blend, **Birch**, can provide relief of joint and bone pain; it contains 90+% methyl salicylate - very similar to the active ingredient in aspirin. Use responsibly – don't over-do, even in topical applications. Keep out of reach of children. This blend can be used with children when there is a specific need and when used without overdoing.

NOTE: When applied topically, methyl salicylate may increase the anticoagulant action of blood thinners. If you're using any of these meds, consult with your health care practitioner (Warfarin, Coumadin, etc.).



## Sensory *essential oil blend*

### BENEFITS

**Sensory blend** was formulated with essential oils that have a deep resonance with the nervous system of the body. With benefits from constituents that aren't available in any other blend, this powerful formula strengthens, regenerates, and supports the nervous system - the communication network of the body.

The importance of supporting the health of the nervous system can't be over stated.

The essential oils in **Sensory blend** have historically shown an ability to reduce inflammation, assist vascular dilation, promote relief from neuralgia, nervous exhaustion and stress-related issues.

This particular blend may be effective with neuropathy phlebitis, arthritis, support of the liver, as well as having powerful antihematoma properties.

### APPLICATIONS

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|-------------------|--|
| <b>Bath</b>       | • Add 10-15 drops to 1/4 to 1/2 cup <b>Dead Sea Bath Salts</b> , and stir into a warm bath.  |
| <b>Diffuse</b>    | • Diffuse 10-15 drops in 15-minute time-blocks throughout the day.   |
| <b>Foot Soak</b>  | • For a foot soak, thoroughly mix 5-8 drops into 1/4 to 1/2 cup of <b>Dead Sea Salts</b> and dissolve into a basin of warm water to soak and refresh.  |
| <b>Inhalation</b> | • Inhale by applying 2 drops on hands, rub, and inhale deeply as needed.   |
| <b>Internal</b>   | • Mix 5 drops with <b>Carrier Oil</b> in a veggie capsule and take twice a day as a liver support. Each individual oil in this blend is known to provide powerful liver support.   |
| <b>Massage</b>    | • Dilute 8 - 10 drops with 1 tbsp of <b>Carrier Oil</b> and gently massage.  |
| <b>Topical</b>    | <ul style="list-style-type: none"> <li>• Can be applied neat to insect bites and wounds to relieve itching and accelerate healing.</li> <li>• Apply neat, or mix a few drops with an equal amount of <b>Carrier Oil</b> for a wonderfully nourishing face &amp; neck moisturizer. Powerfully anti-aging!</li> <li>• To ease menstrual discomfort, blend a few drops each of <b>FlexAble</b>, <b>Osteo</b> and <b>Sensory blend</b>, apply over lower abdomen. Can be diluted with <b>Carrier Oil</b>, if desired.</li> <li>• Apply 3 - 5 drops to the soles of each foot to calm restless leg syndrome.</li> </ul> |

### INGREDIENTS

*Eucalyptus radiata, Helichrysum, Lemon, Ravensara, Tea Tree, Thyme ct. linalool*



## FlexAble *essential oil blend*

### BENEFITS

**FlexAble** blend was formulated with specific oils that have an affinity for supporting the muscular system. This uplifting yet grounding oil blend possesses a remarkable ability to aid the healing of injuries of many kinds, whether physical or emotional. Its warming and analgesic abilities also make it an excellent aid for muscle and joint pain, arthritis, and rheumatism.

Three of the primary essential oils in this blend are **Balsam Fir**, **Black Spruce**, and **Sweet Marjoram**. **Balsam Fir** has a long history of therapeutic application by Native Americans who used its resin for healing wounds.

**Balsam Fir** is a warming oil, with analgesic properties that make it a perfect oil for use with arthritis, muscle & joint pain or rheumatism. It's gentle enough to be used directly on small areas of the body, or can be blended with a carrier oil for use on larger areas of the body.

**Black Spruce** is traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains.

**Sweet Marjoram** is a very gentle, highly effective essential oil that is particularly useful (topically) for sore and strained muscles, rheumatic pain, and as an aid to respiratory problems.

Whether this blend is being used topically for sore and strained muscles, rheumatic pain, or for its anti-spasmodic benefits, this blend delivers.

### APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>Mix 12-20 drops with 1/4 to 1/2 cup <b>Dead Sea Salt</b> for a bath to ease sore, tired muscles.</li> </ul>
<b>Compress</b>	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5 - 6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
<b>Diffuse</b>	<ul style="list-style-type: none"> <li>Diffuse 10-15 drops in 15-minute time-blocks throughout the day.</li> </ul>
<b>Foot Soak</b>	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into 1/4 cup of <b>Dead Sea Salts</b> and dissolve into a basin of warm water to soak and refresh tired, sore feet.</li> </ul>
<b>Inhalation</b>	<ul style="list-style-type: none"> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply as needed.</li> </ul>
<b>Internal</b>	<ul style="list-style-type: none"> <li>For cough, take 2 drops in 1/2 glass of water, mix well, and gargle, or apply a few drops to the chest and back to calm coughing fits.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>For an effective tick repellent misting spray, add 12-20 drops into 4 oz. distilled or purified water. Shake well before each use.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>Apply 1 - 2 drops on location, to ease muscle spasms, headache or coughs or on feet to relax body.</li> <li>To ease menstrual discomfort, blend a few drops each of <b>FlexAble</b>, <b>Osteo</b> and <b>Sensory blend</b>, apply over lower abdomen. Can be diluted with <b>Carrier Oil</b>, if desired.</li> </ul>

### INGREDIENTS

*Balsam Fir, Black Spruce, Cedarwood, Cypress, Jojoba, Marjoram, Ocean Pine, Scotch Pine, Siberian Fir*



## Connect *essential oil blend*

### BENEFITS

**Connect blend** was formulated by Alexandria Brighton with the essential oils that have a specific affinity for tendons, cartilage and connective tissues of the body.

**Lemongrass**, one of the primary oils in this blend, is a sedative to the central nervous system. It is extremely beneficial for stress-related conditions and for times of nervous exhaustion as it is energizing yet soothing. Lemongrass has been historically shown to ease headache pain and is an excellent support for dispelling anger and frustration, relieving tired, aching tendons, cartilage and connective tissue.

**Connect blend** is excellent for use in massage as it can ease muscular spasms, sprains and strains. This blend is also useful for application after exercise as it can assist in improving muscle tone and dispersing lactic acid throughout the body.

Whether for use in easing spasms, sprains and strains, or strengthening the fascia and connective tissue of the body, this powerful blend has proven that it does what it is intended to do!

**Connect** is also a great pick-me-up due to its fresh, distinct, enlivening aroma.

### APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>To relieve stress and tension add 10-12 drops to 1 tbsp <b>Dead Sea Bath Salts</b>, add to a warm bath.</li> </ul>
<b>Compress</b>	<ul style="list-style-type: none"> <li>For relief from pain and inflammation, gently massage 5 - 6 drops neat along the spine. Apply a warm compress for 10 to 30 minutes.</li> </ul>
<b>Diffuse</b>	<ul style="list-style-type: none"> <li>Diffuse 10 minute/hour with nebulizing diffuser throughout the day as needed.</li> </ul>
<b>Foot Soak</b>	<ul style="list-style-type: none"> <li>Thoroughly mix 5-8 drops into 1/4 cup of <b>Dead Sea Salts</b> and dissolve into a basin of warm water to soak and refresh.</li> </ul>
<b>Internal</b>	<ul style="list-style-type: none"> <li>Add a drop to a teaspoon of honey and stir into warm water for a soothing tea.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>To soothe stiffness and weary muscles and connective tissues, dilute 4-6 drops with 1 oz. <b>Carrier Oil</b> for a therapeutic massage.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>To use as a misting spray, add 15-20 drops into 4 oz. distilled or purified water. Shake well before each use.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>Mix 12 drops 1oz. <b>Carrier Oil</b> to strengthen tendons, cartilage and connective tissue. Apply on location, as desired.</li> <li>Apply 2-3 drops to the soles of each foot before and after workouts to minimize sore muscles and tendons.</li> </ul>

### INGREDIENTS

*Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary ct. 1,8 cineole, Tea Tree, Thyme ct. linalool*



## Circulate *essential oil blend*

### BENEFITS

*Circulate blend* was formulated with the power-oils that are historically known to have an affinity for supporting and healing the cardiovascular and circulatory systems.

This blend is particularly useful as an all-natural aid for relieving varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying and decongesting properties.

### APPLICATIONS

#### Bath

- To boost circulation, combine 10-15 drops with 1/4 to 1/2 cup *Dead Sea Salts* and stir into a warm bath. Relax in the warm bath for up to 20 minutes.
- To ease menstrual discomfort, combine 10-12 drops with 1/2 cup *Dead Sea Salts* and stir into warm bath. Relax into the bath for up to 20 minutes. To supercharge the benefits, rub a few drops of *Osteo*, *Sensory*, and *FlexAble* blends on the abdomen before getting in the tub.

#### Diffuse

- Diffuse 10-15 drops in 15-minute intervals throughout the day.
- Diffuse overnight for relief from congestion and coughing spells.

#### Foot Soak

- For a foot soak, thoroughly mix 5 - 8 drops into 1/4 cup of *Dead Sea Salts* and dissolve into a basin of warm water to soak and refresh.

#### Internal

- Add a drop in 1/2 glass of water and gargle to soothe a sore throat, coughing or laryngitis.

#### Massage

- Add 10-12 drops to 1 oz. *Carrier Oil* and massage on location to improve circulation and 'warm up'.
- Mix 3-5 drops with 1 tbsp *Carrier Oil* and massage over abdomen to ease heavy menstrual flow and cramps.

#### Misting Spray

- Use as a misting spray by adding 15-20 drops into 4 oz. distilled or purified water. Shake well before each use.

#### Topical

- Mix 3-5 drops with 1 tbsp *Carrier Oil* and massage over abdomen to ease heavy menstrual flow and cramps.
- Mix 2-3 drops with equal parts of *Bay Laurel*, apply on location for congested prostate, varicose veins, and support of the lymphatic system. Mix with *Carrier Oil* if desired.
- Apply 2-4 drops to the bottom of each foot to enhance circulation.

### INGREDIENTS

*Cypress, Monoi, Patchouli, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete, Jojoba*

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Non-toxic and generally non-irritating.



## Clear *essential oil blend*

### BENEFITS

**Clear blend** is, as the name implies, the crowning and final blend used in the WholeBody Collection for clearing issues of mind, body and spirit, with essential oils that are known to have a particular affinity for support of the emotional system of the body.

Studies clearly show that there is ALWAYS an emotional facet to any injury, illness, pain or stress-related issue.

The essential oils in **Clear blend** are historically known to lend support to the emotional system and to bring harmony to an out-of-balance emotional state.

In fact this blend can be powerfully supportive in easing anxiety, stress and depression. The uplifting nature of this blend can also be gently energizing.

### APPLICATIONS

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|----------------------|--|
| <b>Bath</b>          | • Combine 10 - 15 drops with 1/4 to 1/2 to 1 cup <b>Dead Sea Salts</b> and stir into a warm bath.  |
| <b>Diffuse</b>       | • Diffuse 5-10 minutes per hour with.  |
| <b>Foot Soak</b>     | • Thoroughly mix 5-8 drops into 1/4 cup of <b>Dead Sea Salts</b> and dissolve into a basin of warm water to soak and refresh.  |
| <b>Inhalation</b>    | • Inhale by applying 2 drops on hands, rub, and inhale deeply to relax in times of stress.   |
| <b>Massage</b>       | • Mix 5-8 drops oil per teaspoon <b>Carrier Oil</b> and massage, to support and tone skin and relieve tension.   |
| <b>Misting Spray</b> | • Mix 15-20 drops in 4 oz. distilled water in cobalt blue spray bottle. Shake well and spray for an emotional balancing floral aroma in your home.   |
| <b>Topical</b>       | <ul style="list-style-type: none"> <li>• Apply on pulse points to wear as a fragrance.</li> <li>• For oily or acne prone skin, mix 40 drops with 1 oz. of <b>Jobba Carrier Oil</b>, apply to cotton ball and cleanse affected area.</li> <li>• Apply 2-3 drops to the feet for emotional balancing benefits.</li> <li>• Mix 2-3 drops with 10 drops <b>Jobba Carrier Oil</b> for an anti-aging night oil treatment.</li> </ul> |

### INGREDIENTS

*Balsam Fir, Black Spruce, Clary Sage, Elemi, Geranium, Inula, Rockrose, Patchouli, Lavender, Ylang Ylang complete, Marjoram, Pink Grapefruit, Rose Geranium, Sage, Spikenard*

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Patch-test prior to applying to larger areas of the body.

# The goDésana Difference

## NOT ALL ESSENTIAL OILS ARE EQUAL

There is a distinct difference in quality of essential oils in the marketplace. With goDésana Essential Oils, you have the benefit of pure, unadulterated essential oils. Pristine quality in every drop!

### Unique Qualities of goDésana Essential Oils

- Oils from organically grown and wild crafted plants.  
No pesticides or chemicals have been used in the cultivation of ANY crops.
- Premium –grade, 100% pure essential oils.  
No additives, extenders or compromises.
- All extraction is done in a manner as to preserve the pristine nature of the organic/wildcrafted plant material.
- NO GMO plants used for distillation or extraction.
- NO irradiation.
- NO sewage sludge used in any plants or plant materials from which goDésana oils have been sourced.
- NO animal testing, NO animal derivatives.
- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.
- Authentic, therapeutic-grade oils. Independently tested and documented for purity and authenticity.
- Lot numbers and batch numbers on each bottle document and assure authenticity.
- Cruelty-free oils.
- Formulations by Alexandria Brighton, expert in essential oils from seed to bottle.
- Unavailable in stores (except in some quality locally owned stores in some regions).

