



## Practical Daily Uses of the **goDésana INTRO PACK**

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LAVENDER • LEMON • PEPPERMINT

The Intro to Essential Oils Pack is the perfect introduction to essential oils. These versatile oils are great for cleaning, relaxation, helping soothe aches, pains, and so much more. *Includes {5ml} of Lemon, Lavender fine, and Peppermint.*

**MEMBER PRICE: \$37.00 • RETAIL PRICE: \$47.00 • VOLUME: 20**

“In recent years both doctors and the public have rediscovered the medical value of essential plant oils, but the idea of using their properties to maintain or regain health goes back to antiquity..”



The Romans had their knowledge of essential oils from the Greeks, who in turn had received it from the Egyptians...Hippocrates, for example, tackled the plague epidemic in Athens by fumigating the whole city with aromatic essences of plant oils.

Later, in the 19th century, it is known that perfumery workers (Both the perfumers, and the tanners who traditionally scented their hand made leather gloves with perfumes before selling them) were protected by the antimicrobial actions of the plant oils in the perfumes they were constantly exposed to in their daily work always showed an almost complete immunity during cholera outbreaks.”

*Dr. Jean Valnet  
Essential Oil expert*



# Lavender *lavendula angustifolia*

France | p.o. flowers and stalks | extracted by steam distillation

## PROPERTIES

Analgesic, anticonvulsive, antidepressant, antimicrobial, antiseptic, antispasmodic, carminative, cicatrizant, deodorant, diuretic, menorrhagic, hypotensive, insecticide, nervine, parasiticide, rubescent, sedative, stimulant, sudorific, tonifier, vermifuge, vulnerary.

## BENEFITS

One of the most widely used and recognized oils in the essential oil world, **Lavender** is a wonderfully versatile and incredibly valuable oil. **Lavender** oil is known as the Divine Mother; its nurturing energy, powerful yet gentle action makes this oil truly "essential" to any first aid kit, as it can be used with children and adults alike.

**Lavender** is an all-around skin care oil, perhaps best known for its use in treating burns and sunburn due to its ability to speed healing, promote tissue regeneration and prevent scarring. It is balancing to the skin and is great for the face due to its regenerative and restorative action. An excellent tonic for acne, boils, dermatitis, eczema, psoriasis, sores, and inflammation.

When selecting an oil for use with children, **Lavender** is always a first choice due to its gentle nature. It can be used neat, even with very young children. It is an excellent antispasmodic with stomach ache, abdominal cramps, and colic. Ensure a good night's sleep by using a drop or 2 of **Lavender**, encouraging a restful, deep sleep and pleasant dreams.

**Lavender** can also help protect pets from insects and parasites. When diffused, **Lavender** repels insects, disinfects the air, and balances the emotions. Add it to **Dead Sea Salt** and dissolve it into a bath for a comforting, therapeutic soak.

## APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>Combine 10 – 15 drops with 1/4 -1/2 cup <b>Dead Sea Salts</b> and stir into a warm bath for a comforting and therapeutic bath. Add more <b>Lavender</b> oil if desired.</li> </ul>
<b>Diffusion</b>	<ul style="list-style-type: none"> <li>Diffuse 20-30 drops through the day to repel insects, disinfect air, balance emotions, relieve depression etc.</li> </ul>
<b>Inhalation</b>	<ul style="list-style-type: none"> <li>For a restful and deep sleep, place 1-2 drops on a tissue and place inside pillowcase.</li> <li>Inhale by applying 2 drops on hands, rub, and inhale deeply, to calm stress, tension and anxiety.</li> </ul>
<b>Internal</b>	<ul style="list-style-type: none"> <li>1-2 drops, taken 3-4x per day for a day or two, in a veggie capsule to relieve symptoms of cystitis, cramping, nausea.</li> <li>1-2 drops of <b>Lavender</b> oil in a glass of water, gargled, can assist in opening up the air passages for those with laryngitis, throat infections, bronchitis, etc.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>Create a relaxing, effective massage oil by adding 5-10 drops <b>Lavender</b> into 1 oz. of <b>Carrier Oil</b>. Use for targeted localized massage or whole body relaxing massage.</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 for a relaxing linen spray, to create a calming, soothing environment.</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>For burns, wrinkles, and scars, mix 10 drops <b>Lavender</b>, 10 drops <b>Frankincense</b>, and 10 drops <b>Helichrysum</b>. Use neat, on location, or mix with 1 tbsp of <b>Carrier Oil</b> and apply on location.</li> <li>For a restorative and balancing facial blend, mix 10-20 drops of <b>Lavender</b> with 1 oz. <b>Carrier Oil</b>, or add 2 – 3 drops of <b>Lavender</b> to a dab of organic <b>goDésana Hydrating Hand &amp; Body Lotion</b>, apply to face and neck as a morning moisturizer.</li> <li>Apply neat on insect bites.</li> <li>For headaches, 2-3 drops on the temples, forehead and across the back of neck.</li> <li>To protect pets from pests, rub 4-5 drops in your hands, then run hands through their fur. <i>Use sparingly with cats; they cannot metabolize essential oils, but rather "recycle" them which can create toxicity in their systems.</i></li> </ul>

## RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Non-toxic, non-irritating, and non-sensitizing; It should not be used with any medications containing iodine or iron.



## Lemon *citrus limonum*

Italy | p.o. organic peel | extracted by cold expression

### PROPERTIES

Antiseptic, astringent, antitoxin, antianemic, antimicrobial, antirheumatic, antisclerotic, antispasmodic, bactericide, carminative, cicatrizant, digestive, febrifuge, hypotensive, immunostimulant, insecticide, purifying, rubescent, tonifier, vermifuge.

### BENEFITS

An amazing cleanser and purifier, **Lemon** essential oil is antiviral and anti-infectious, and is the #1 oil to kill bacteria. Just 2 or 3 drops added to a glass or bottle of drinking water will purify the water as well as the liver and blood, aided by its diuretic action. This can be of added benefit to those dealing with excess weight, cellulite, or poor circulation, especially when repeated throughout the day.

**Lemon** is great for respiratory issues, a stimulant to the immune system, and can reduce fever. It is therefore an effective aid with colds, flu, and bacterial and viral infections. It is also helpful with many digestive issues including constipation, indigestion, gastritis, and stomach ulcers.

The astringent and tonifying actions of **Lemon** are useful to those with oily skin and hair, and it is also used to strengthen brittle nails and clearing up nail fungus.

Uplifting in a work or study environment, **Lemon** helps clear the mind, stimulate the brain and improve concentration and accuracy. It is also effective with headaches and migraines, depression, stress, and nervous conditions.

**Lemon** oil is invaluable in the kitchen and laundry. Use a few drops when rinsing produce or after working with raw meat to kill germs. Combine with baking soda for a great scouring powder on sinks and counter tops. Add to the dishwasher, laundry, or household cleaners to supercharge their disinfectant abilities and infuse a fresh, clean, uplifting aroma. Also useful in repelling ants and clothes moths.

### APPLICATIONS

<b>Bath</b>	<ul style="list-style-type: none"> <li>• Add 15 to 20 drops <b>Lemon</b> to 1/4-1/2 cup <b>Dead Sea Salt</b> and dissolve in bath water.</li> </ul>
<b>Diffusion</b>	<ul style="list-style-type: none"> <li>• Diffuse 15 drops at a time, throughout the day, to create an uplifting and stimulating work environment.</li> </ul>
<b>Inhalation</b>	<ul style="list-style-type: none"> <li>• For a quick pick-me-up, place 1-2 drops on a cloth and inhale. Keep cloth in a bag and carry with you, inhale when needed.</li> </ul>
<b>Internal</b>	<ul style="list-style-type: none"> <li>• Purify your drinking water by adding a drop or two of <b>Lemon</b> oil. Only use glass containers.</li> <li>• Add 1-2 drops to 1 tbsp honey, add to a warm cup of water for a tea to soothe a dry throat.</li> </ul>
<b>Massage</b>	<ul style="list-style-type: none"> <li>• Dilute 5-10 drops per tbsp <b>Carrier Oil</b>.</li> </ul>
<b>Misting Spray</b>	<ul style="list-style-type: none"> <li>• Add 15-20 drops into 4 oz. distilled water. Shake gently before each use to freshen a room, or to disinfect in the kitchen, or to cleanse high traffic areas in the home or in public</li> </ul>
<b>Topical</b>	<ul style="list-style-type: none"> <li>• Apply a drop on facial blemishes or pimples.</li> <li>• Apply 2-3 drops on location to combat oily skin areas</li> <li>• Can be applied to nails to make them stronger, eliminate brittleness, and clear nail fungus.</li> <li>• Dilute 50/50 and apply 3-4 drops to sides of throat for sore throat/bronchitis relief.</li> </ul>

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

**Lemon** essential oil is non-toxic and a non-irritant. It can create skin photo-sensitivity. Avoid exposure to sunlight for at least 24 hours after application.



## Peppermint *mentha piperita*

France / p.o. whole plant / extracted by steam distillation

### PROPERTIES

Analgesic, antibacterial, anti-inflammatory, antiphlogistic, antipruritic, antiseptic, antispasmodic, antiviral, astringent, carminative, cephalic, cholagogic, expectorant, febrifuge, hepatic, menorrhagic, nervine, secretomotor, spasmolytic, stomachic, sudorific, vasoconstrictor, vermifuge.

### BENEFITS

**Peppermint** oil is one of the most versatile of essential oils. It is often referred to as a 'Universal Oil' – due to its many uses and versatile benefits. It is cooling in nature and therefore helps reduce fever.

**Peppermint** is very helpful in supporting digestion, addressing several digestive issues at once. Often people will put a drop of **Peppermint** oil in a glass of water, mix it well, and drink it after their meal to support digestion. It is carminative and therefore helps in reduce swelling and gas. One drop on the back of the tongue almost always relieves motion sickness and upset stomach. In addition, stomach cramping, nausea, morning sickness and IBS symptoms can each benefit from use of **Peppermint** oil. Even the pain from gall stones or kidney stones are often relieved by using **Peppermint** oil.

**Peppermint** is also a strong anti-spasmodic, relieving spasms quickly, effectively, with no detrimental side effects.

**Peppermint** oil can be used externally for providing relief from stress headache, and other types of pain. It is believed that the presence of calcium antagonism in **Peppermint** oil aids in relieving pain.

**Peppermint** is the go-to oil for immediate relief from injuries such as slamming your finger in a car door, walking into a coffee table and the like. Apply immediately on location, bruising will be minimal, if at all, and pain will likely be non-existent.

Menthol, which is present in abundance in **Peppermint** oil, helps in clearing the respiratory tract. It is an effective expectorant and therefore provides instantaneous relief in numerous respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold and cough. As a result, it is used in numerous cold rubs. When the cold rubs are applied to the chest, they relieve nasal and respiratory congestion immediately.

**Peppermint** provides relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against anxiety and restlessness.

Helpful with skin care needs such as acne treatment, scabies and ringworm.

**Peppermint** oil is a good tonic for those who have a low appetite.

**Peppermint** can support mental focus and study, without mental fatigue.

### APPLICATIONS

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|-------------------|--|
| <b>Bath</b>       | <ul style="list-style-type: none"> <li>• Combine 8 drops with 1/4-1/2 cup <b>Dead Sea Salts</b> and stir into a hot bath. This will invigorate your skin and leave you feeling refreshed.</li> <li>• The same mixture as above can be added to a foot bath for soaking to relieve tired, achy feet.</li> </ul>   |
| <b>Diffusion</b>  | <ul style="list-style-type: none"> <li>• Diffuse in car diffuser to keep alert while driving long distances or when drowsy.</li> <li>• Diffuse 10–20 drops for relief from headaches, colds, flu, fevers, and asthma.</li> </ul>   |
| <b>Inhalation</b> | <ul style="list-style-type: none"> <li>• For enhanced breathing, especially during a cold or flu, apply a drop or two on your chest, then cup hands over nose and breathe it in.</li> <li>• Boil a pot of water on the stove, remove from heat, drop 2–5 drops of <b>Peppermint</b> oil into the pot, put a towel over to create a 'tent', and inhale deeply for relief from congestion due to head colds, bronchitis and asthma.</li> </ul> |

*continued...*



## Peppermint *mentha piperita*

France / p.o. whole plant / extracted by steam distillation

### APPLICATION cont'd

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|----------------------|--|
| <b>Internal</b>      | <ul style="list-style-type: none"> <li>• For a refreshing pick-me-up, and to aid digestion, add a drop to a glass bottle of filtered water, and sip throughout the day, shaking periodically to mix well.</li> <li>• Make a cough 'drop' by combining 2 drops <i>Marjoram</i>, 1 drop <i>Peppermint</i>, and 1 drop <i>Tea Tree</i> with 1 teaspoon honey. Place 1 drop of this mixture on the back of the tongue, and hold in mouth and throat for at least 1 minute. Repeat 2-3 times during the day.</li> <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>• Dilute 10 drops in 1 oz. of <i>Carrier Oil</i> and massage neuralgia, muscular aches and pains.</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 vigorously and spray for an enlivening pick-me-up. Use liberally in your home, office, and/or classroom.</li> </ul>   |
| <b>Topical</b>       | <ul style="list-style-type: none"> <li>• To cool areas of skin irritation and itching, apply 1-2 drops topically.</li> <li>• For headache relief, nervous stress or vertigo, apply a drop on your finger and rub into temples, across the forehead and/or on back of neck. Keep away from eyes.</li> <li>• Add 1 drop to 1 teaspoon of <i>Organic Shampoo</i> to leave your scalp tingling and fresh.</li> </ul>   |

### RESPONSIBLE CAUTIONS OR POSSIBLE CONTRAINDICATIONS

Avoid use near the throat, mouth and nose of babies or children under the age of two. Use caution in cases of high blood pressure. Not recommended for those with atrial fibrillation. Should not be used in conjunction with homeopathic remedies, as it may neutralize the homeopathic benefits.

### NOTE

*Peppermint* oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying *Peppermint* with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.

# Ways To Use Essential Oils

Here are all the ways we use them on a regular basis:



## BATH

Combine 10-15 drops essential oil or oil blend with 1/4-1/2 cup of Dead Sea Salts. Dissolve in warm bath water. The unique therapeutic properties of the oils and salts transform an ordinary bath into a restorative spa experience.



## COMPRESS

Apply several drops of oil on desired location. Cover with a hot, damp towel, place a second, dry towel over to help retain the heat. You may wish to cover or wrap the area with plastic. If the "heat" or "tingle" of the oil becomes uncomfortable, apply carrier oil to reduce the intensity.



## DIFFUSION

Most pure essential oils, with the exception of Oregano and Thyme thymol- can be diffused, emitting a wonderful healing aroma. Lavender is ideal for baby's room. Lemon, Orange or Grapefruit are great for a fresh, just-cleaned scent!



## FOOD PREP

Add essential oils to your food, usually after it's fully cooked, or as a great flavoring in dressings, sauces, frostings, and much more!



## FOOT APPLICATION

Each morning after showering, apply your chosen oil or oils for the day to the soles of your feet; 1-2 drops will work wonders!



## HOUSEHOLD CLEANER

Essential oils blended with vinegar, water, and/or organic household cleaning concentrate can create a powerful cleaning solution that is effective and yet safe for family, pets and the environment.



## HOUSEHOLD GERM KILLER

Essential oils create an environment that is unfriendly to germs and bacteria. Many essential oils have proven to be more effective than toxic synthetic germ killing products in the marketplace today.



## INHALATION

Typically we suggest putting a few drops of an oil such as Peppermint oil, on a cotton ball or tissue, or in a small bottle of dead sea salts, and inhale for a time, as needed. For a quick inhalation application, put 1 drop of selected essential oil in the palm of your hand, rub hands, cup hands over nose and mouth. Inhale deeply 3-4x.

# Ways To Use Essential Oils continued

Here are all the ways we use them on a regular basis:



## INTERNALLY

There are occasional times when we will use 2 – 3 drops of an essential oil in a veggie capsule, and take it internally for a specific therapeutic need.



## MASSAGE

Selecting a particular essential oil, mixing 10-20 drops with an ounce of a high quality carrier oil, such as Coconut, Grapeseed or Sesame Oil, and using it for a massage or body rub, is both healing and heavenly!



## MISTING SPRAY

Great way to replace chemically laden room fresheners. The anti-viral, anti-bacterial benefits, as well as the mood-enhancing aroma make this a GREAT way to use essential oils in your home! Misting sprays are also great to clear your personal energy field and raise your vibe. Mist liberally. Enjoy the energy shift.



## ON LOCATION

Directly where the need is. In the essential oil world, we call this applying the oil 'neat'. For example, if you have pulled a muscle, you would apply the essential oil right on location of the pulled muscle.



## PERFUME OR PERSONAL FRAGRANCE

Essential oils are a much healthier – and definitely superior – alternative to synthetic fragrances and deodorants. Apply pure, therapeutic essential oils to pulse points, or create your own personal fragrance.



## PERSONAL CARE

Add several drops of selected essential oil to pure organic lotions, nourishing organic body oils, organic shampoos, organic conditioners, home-blended deodorants, and more



## TEA

1 - Add 1 drop selected essential oil to 1 tblsp honey, stir. Add hot water. Stir well. Enjoy

2 - Add 1 drop of selected oil to a new tea bag. Steep. Enjoy

3 - Add a trace of selected essential oil by dipping a toothpick into the oil, run it through a cup of herb tea. Enjoy

# 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).



# The goDésana Difference continued

## A NOTE FROM QUALITY CONTROL

One of the things that sets *goDésana* essential oils apart from other brands is the rigorous series of testing we put our oils through to assure the purity of each and every batch of essential oils that we acquire.

When the farms deliver oils they are tested through a GC [Gas Chromatograph] test for impurities. Once that product passes the QA GC test, it is allowed in the facility. From the time an oil is received from a farm to when it is packaged it could take a matter of days to weeks, so we require it to be tested before packaging and after packaging, to assure that the quality has not been compromised or jeopardized in any way.

Once the oils reach the point in which they are ready to be shipped to *goDésana* they are tested one more time. This is the last and final GC test.

The reason this test is so important is because there is a standard for what is considered a natural and pure essential oil. When an oil is produced it has to be preserved from contact/exposure to air. Oxygen and essential oils react in such a way that the oils start to oxidize. This final test is crucial to our success because if the oils do not pass this test they have not properly been sealed and kept airtight throughout the process. We want to assure that no oxidative damage has been incurred. Once the oils pass this final GC test they are shipped to *goDésana* for the Alexandria Brighton Collection.

We receive the essential oils at *goDésana* having each oil go through an intensive GC test process, it is part of our Quality Assurance requirement. If at any time any oils fail to pass at any of these 4 steps, they are rejected.

If we occasionally have a back order situation at *goDésana* for a day or two, it is because on occasion some oils have failed and been rejected and a new batch must be tested and shipped in to *goDésana* to assure that the Alexandria Brighton quality is maintained.

Nowhere will higher standards be found than with *goDésana* essential oils.

### *The goDésana Difference*

When we state that *goDésana* essential oils are 100% pure, you can be assured that they are 100% pure...not 51%, not 75%, not 99% pure. 100% pure.

