

A COLLECTION OF AROMATHERAPY RECIPES: FROM THE STILLROOM

by Alexandria Brighton



The Month Of Transformation

January is the month we set out to Transform.

Traditionally we make resolutions to transform our weight, health, relationships, goals, aspirations and dreams in the coming New Year.

Transform Essential Oil is the perfect blend to support and help us be open... help us reach for our own personal transformation, no matter how difficult the path may seem.

Transform helps us to see, understand and then embrace the changes we need, particularly in areas where we are hesitant to take action.

The Transform Essential Oil blend acts as a catalyst to move us into taking the positive actions necessary to create the life we've only dreamed of... the life of abundant health and prosperity intended for each of us.

Our thoughts create the kind of life we have. When you think positively you will transform your life accordingly. Everything starts from that voice within, that voice that only you hear, the voice that speaks words that you say only to yourself... about yourself.

When you change that internal voice, the door to transformation will fly open.

In times of change, fearing the unknown territory of transformation, we may choose to remain in our all too familiar state of suffering. Transform gives us the needed push and courage to let go and move on.

Transform Essential Oil blend gives us the strength of understanding and knowing that only when we choose to live a meaningful and joyous life does the transformation to one take place.

January Oils Of The Month

goDesana
healthy lifestyle products for the energetically aware

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A Personal Message From Alexandria Brighton



In the volatile and ever changing world of essential oil production it is a challenging endeavor to source and maintain the highest quality standards.

As more and more companies enter the world of essential oil sales the demand for quality oil is far beyond what is currently available.

After more than twenty-five years in the industry it is about the relationships that I have formed with the producers and suppliers that makes all the difference.

It is one thing to buy a high quality oil direct from the producer of the oil, and quite another to get it from a supplier, who got it from a supplier, who got it from a producer.

Each time an essential oil is bought and resold and then resold again, there is a good chance that it may become adulterated or extended as well as an increase in the price with a decrease in the quality.

I have defined a parameter of what is acceptable for each raw material and that is the parameter the goDésana oils meet.

Distinct 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 and/or wild-crafted plant material.
- No GMO plants used for distillation or extraction.
- No irradiation.
- No sewage sludge used in any plants or plant materials from which oils have been sourced.
- 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. No animal testing or animal products used.

For More Information:

Name: _____

Phone: _____ Consultant ID #: _____

Web Address: _____



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TRANSFORM

Supports and moves us to open up to our own personal transformation and changes, particularly in areas where we know changes need to be made yet are hesitant to take action.

EARTH,
BALANCE,
CONNECTIVITY

This blend acts as a catalyst to move us into taking the positive actions necessary to create the life we've only dreamed of.

In times of change, fearing the unknown territory of transformation, we may choose to remain in our all-too-familiar state of suffering.

This blend gives us the needed push and courage to let go and move on.

Only you can choose to live a meaningful and joyous life.

Available in: 10ml Bottle

daily uses

BATH

- Add 12-15 drops to ½ cup of Pink Himalayan or Dead Sea salts and dissolve in warm water for a relaxing, transformational bath.

TOPICAL

- Apply 1 to 2 drop of Transform to the solar plexus to support your willpower.

MISTING SPRAY

- Use to create a relaxing, balancing environment. Add 10 to 12 drops of Transform to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Close your eyes and mist around your body.
- You may also make up small 2 ounce sample misters to share with friends, family and potential distributors. Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass spray bottle. An inexpensive way to share the wonderful properties of Transform.

RESPONSIBLE CAUTIONS

- Non-toxic, non-irritating, and non-sensitizing.



Essential Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Sage, Balsam Fir, Black Spruce, Elemi, Clary Sage, Inula, Rockrose, Patchouli, Spikenard, Lavender, Ylang Ylang Complete, Sweet Marjoram, Pink Grapefruit, and Geranium.

notes



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



CALM

Children find this blend very relaxing, particularly if they are overstimulated and cannot go to sleep.

**SWEET,
RELAXING,
SUPPORTIVE**

This blend has been diffused in schools with ADD children who cannot settle down in the afternoons with good success.

The essential oils in this formula have a direct response on the brain, therefore, it is most effective when inhaled.

Diffuse into a room or inhale from a tissue. You can use this sweet smelling blend to assist your nervous system while breaking life-draining addictions. The beautiful fragrance helps one's nerves stay calm and supports a person emotionally to remain resolute in the desire to overcome addictive behaviors.

A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.

Available in: 10ml Bottle

daily uses

BATH

- Thoroughly mix 8-10 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water to create a relaxing bath before bed to promote restful sleep.

INHALATION

- Rub 2 to 3 drops on the palms of your hands, rub together, cup hands over mouth and nose and inhale deeply when feeling anxious or overstimulated.

MASSAGE

- Dilute 6 to 10 drops in an ounce of carrier oil and massage as desired for relaxation.

MISTING SPRAY

- Use to create a soothing environment and increase relaxation. Add 10 to 12 drops of Calm to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body. Particularly helpful in children's rooms at bedtime.
- You may also make up small 2 ounce sample misters to share with friends, family, and potential distributors. Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue spray bottle. An inexpensive way to share the relaxing properties of Calm.

TOPICAL

- Apply 1 to 2 drops to pulse points.
- 2 to 4 drops applied to the soles of the feet can help relax the body quickly and effectively.

RESPONSIBLE CAUTIONS

- For topical and aromatic use only.
- Not to be used internally.
- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.
- The blue color of this essential oil blend could potentially discolor clothing or bedding.



Health & Wellness Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Tangerine, Orange, Pink Grapefruit, Ylang Ylang Complete, Tanacetum Annuum, Rose Damascena, and Rosewood.

notes



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YLANG YLANG COMPLETE

Cananga odorata

The fragrance of Ylang Ylang is soft, sweet and erotic. It stimulates the same part of the brain that releases endorphins. It is, therefore, helpful in reducing pain as well as in creating euphoric and erotic moods. It layers well with Rose and Jasmine as they all stimulate the same center of the brain. This oil has antidepressant properties and is calming and antispasmodic. These properties relieve external and internal tensions with an additional euphoric effect.

**RELEASES ANGER,
EMOTIONAL AID,
APHRODISIAC**

Ylang Ylang has a particular affinity for states of anger, rage and frustration, allowing them to be released and replacing them with joy, sensuality, inner trust and peacefulness. Ylang Ylang helps emotionally blocked men to become less harsh towards themselves and others. It awakens their feminine side, allowing access to their intuition and understanding. If your man finds the fragrance too intense, you can layer it with the less sweet essence of Neroli. They can always begin by applying to the soles of the feet where it will absorb and still find its way to the heart and mind. By awakening one's awareness of joy and beauty to be found in life, it eases communication with others and allows us to speak and listen from the heart.

The sweet fragrance of Ylang Ylang has been shown to lower blood pressure and create more rhythmic breathing. Effective in the bath and massage, you can apply to feet, heart area and the shoulders. Often when we have elevated blood pressure and rapid breathing, it is because we are holding on to anger, rage and/or frustration in the body. The liver is where we hold our anger so application over the liver and on the liver reflex points on the feet can help to release the anger in a positive way.

Ylang Ylang has also proven effective for PMS, especially when irritability before menstruation is an issue. Can be even more effective when layered with Neroli, Rose or Jasmine. It is also used in cosmetics to rejuvenate the skin.

Available in: 10ml Bottle and 10ml PassionStix

daily uses

BATH

- Stir 5-6 drops into bath.

DIFFUSION

- Diffuse 5-6 drops 10 minutes per hour for a rich flower aroma. Overcomes odors and enhances the moods.

INHALATION

- Place 1-2 drops on cloth and inhale. Carry cloth with you to aid with tension, high blood pressure, palpitations and frigidity.

MASSAGE

- Add 3 drops to massaging oil to stimulate hair growth.
- Combine 6 drops of Ylang Ylang, 8 drops Lavender Fine and 8 drops Orange in 1 tablespoon of massage oil. Massage into areas of stored tension, always stroking toward the heart.

TOPICAL

- Apply and/or layer on wrists to create personalized Designer Scent.
- To calm anger, place 4 drops on soles of feet or place 1 drop over liver and heart.
- Mix 3 drops with massage oil as a nighttime skin treatment for the body and face.

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, irritant in high concentration due to rubefacient properties. Use in moderation.



Essential Singles

attributes

PRODUCING ORGAN
Flowers

EXTRACTION
Steam distillation

COUNTRY OF ORIGIN
Phillipines

PROPERTIES
Antidepressant, antiseborrhoeic,
antiseptic, aphrodisiac,
hypotensive, nervine and
sedative.



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PATCHOULI

Pogostemon cablin (Fragrance Of The Earth)



Essential Singles

Patchouli is one of the most recognizable fragrances in the world. Although this essential oil may remind people of the hippie era, its value is incalculable. It has been known to assist with depression and anxiety. Can have strong diuretic properties and also helps break down cellulite, while stimulating the regeneration of skin cells, assisting in healing and preventing ugly scars forming when wounds heal.

**APHRODISIAC,
SKIN AID,
ANTIDEPRESSANT**

Extensively used in cosmetics as it is good for aging skin to help with wrinkles. A good anti-inflammatory, it works well for cracked and chapped skin, dermatitis, eczema (weeping), allergic and inflamed skin. Gently roll on the area of concern. It is a fixative in soaps and perfumes.

Patchouli, recognized as a powerful aphrodisiac, is found in many perfumes. Its earthy fragrance helps with frigidity, nervous exhaustion and stress related conditions. Equally loved by men and women it is powerful when layered with Rose and Sandalwood.

Patchouli is known to have anti-toxin properties for poisonous insect and snake bites. Roll on the bite several times a day until you see results. (If you think you have been bitten by a poisonous insect or snake seek medical attention.) In Japan and Malaysia it is used as an antidote to poisonous snake bites.

Available in: 10ml Bottle and 10ml PassionStix

daily uses

BATH

- For skin restoring bath, add 15 drops to warm water.

DIFFUSION

- Diffuse 10-15 drops in 15 minute intervals every 2 to 3 hours throughout the day to create a calming environment.

INHALATION

- Apply 2 drops to hands, rub, and inhale deeply as needed.

INTERNAL

- Patchouli is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is used in the food industry.
- For appetite suppressant effect, mix 3 drops with a few drops of Grapeseed Oil in a veggie capsule. Take one capsule daily.

TOPICAL

- Add 6 drops to 1 tablespoon of carrier oil and apply on dehydrated skin, feet infected with fungus, etc.
- Add 3 drop per teaspoon of shampoo to help scalp disorders.
- Mix 10 drops Patchouli with 10 drops Myrrh, 10 drops Lavender and 1 tablespoon carrier oil for application to skin with acne, eczema, skin ulcers, and athlete's foot.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritant, and non-sensitizing. Do not use in large amounts at bedtime. Smell of patchouli oil may be a little persistent for some people. Large doses may cause loss of appetite in some individuals.

attributes

PRODUCING ORGAN

Young leaves

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Indonesia

PROPERTIES

Antidepressant, antiphlogistic, antiseptic, aphrodisiac, astringent, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative and tonic.



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EUCALYPTUS CITRIODORA

Eucalyptus cirtiodora



Essential Singles

**INSECT REPELLENT,
ANTIBACTERIAL,
RESPIRATORY AID**

Historically used in sachets and cupboards to repel moths, cockroaches, and silverfish. Also used to repel mosquitos. An excellent aid for insect bites and lice.

Of great benefit as an air purifier and freshener when diffused. Excellent in musty of humid areas, particularly where mold is a problem.

A potent antifungal, antiviral, and antibacterial oil. Helpful aid for respiratory conditions and infectious diseases such as asthma, laryngitis, chickenpox, colds, fever, sore throat, and Staphylococcus aureus.

Effective against fungal infections (including athlete's foot); beneficial to skin problems such as burns, blisters, wounds, herpes, and has been helpful in eliminating dandruff.

Available in: 10ml Bottle

daily uses

DIFFUSION

- Diffuse 10 minutes per hour throughout the day.

INHALATION

- Apply 2 drops on hands, rub, and inhale deeply as needed.

MASSAGE

- Blend 2 drops with 1 teaspoon of carrier oil and massage into back or chest.

MISTING SPRAY

- To create an insect repellent, add 15-20 drops to 1/2 cup of distiller water and mix in a cobalt blue spray bottle. Shake well before each use.
- An alternative recipe for an insect repellent is to mix 4 oz. Grapeseed oil with 30-40 drops Eucalyptus Citriodora.

TOPICAL

- Add 2 drops per ounce of shampoo or lotion.
- Apply neat to soles of the feet.

RESPONSIBLE CAUTIONS

Not for internal use. Safe for external use when used in moderation. Can be very calming in small quantities. Not recommended for use during pregnancy. Do not use within 2 hours of homeopathic treatments, as it may neutralize them.

attributes

PRODUCING ORGAN

Leaves and twigs

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

China

PROPERTIES

Analgesic, antibiotic, antifungal, anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, calmative, deodorant, expectorant, fungicidal, hypotensive, insecticidal, vulnerary.



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THYME CT. LINALOOL

Thymus vulgaris ct. linalool



Essential Singles

Thyme has multiple chemotypes. Chemotypes are versions of the same species which have different chemical compositions in their essential oils. These variations can be quite substantial. They can result from climate differences, soil differences, altitude differences and even subtle genetic differences.

**ANTISPASMODIC,
GENTLE,
APPETITE REGULATOR**

There are at least six different Thyme chemotypes. The three most common ones are Thyme ct. Thymol ("regular" thyme), Thyme ct. Carvacrol and Thyme ct. Linalool. Thyme ct. Linalool, a high altitude oil, is mild, delicate, and much less common; therefore making it extremely more precious than the other chemotypes.

Thyme ct. Linalool has been studied for a variety of reasons including its relaxing properties and its cancer preventive properties. Its high linalool content makes it surprisingly gentle compared to regular Thyme, yet it retains most of its powerful antimicrobial properties.

This is one of the preferred oils for use with children and the elderly when a powerful infection fighter is needed; particularly with colds, coughs, flu, and respiratory infections. Because of its antispasmodic properties, its ideal for helping to control coughing fits. The pain-killing benefits make this a good choice with acute rheumatoid arthritis in children. Also regulates the appetite, and is known to be antiparasitic.

Available in: 5ml Bottle

daily uses

BATH

- Mix 12 drops with 1/2 cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

DIFFUSION

- Diffuse 10 minutes per hour for excellent air purification.

INHALATION

- Apply 2 drops to hands, rub together, and inhale deeply as needed for relief from cough and lung congestion.

INTERNAL

- 3-5 drops dilute in a veggie capsule with Grapeseed oil, taken 2-3 times daily will help cleanse and drain the kidneys while it clears intestinal parasites. Should not be taken for more than 10 days.

MASSAGE

- 12-15 drops per teaspoon of carrier oil massaged into the spine and spinal muscles will provide a significant immune system boost.

MISTING SPRAY

- Mix 15 drops in 4 oz. of distilled water in a cobalt blue spray bottle. Shake well before each use.

TOPICAL

- As an aid in fighting sore throat, apply a drop at the lower back of the jaw on each side. Re-apply every 30 minutes for 2 hours.
- Apply 2-3 drops to each foot for adults, or 1 drop on both feet of children.

RESPONSIBLE CAUTIONS

Unlike Thyme ct. Thymol, Thyme ct. Linalool can safely be used externally. It is very helpful and widely used with children, and is easily tolerated; particularly when used rectally if large amounts are required.

attributes

PRODUCING ORGAN

Whole plant

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

France

PROPERTIES

Anthelmintic, antimicrobial, antioxidant, antirheumatic, antiseptic (intestinal, pulmonary, genitourinary), antispasmodic, antiviral, astringent, bactericidal, immunostimulant, parasiticide, tonic.



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JANUARY STILLROOM RECIPES

The Bedroom

Our bedrooms have been the home for cherished memories of laughter, pain, and healing. Comforting memories of time spent with parents, siblings, spouses, partners, children, and ourselves.

Few places in our home offer us the opportunity for transformation quite like our bedroom. It's the room that often holds our most personal possessions.

In the early 1900's it was fashionable for the aristocracy to have scented gloves, fans, shawls, slippers and bed linens. It has been recorded that the Empress Josephine's wardrobe was so strongly scented that the fragrance remained in her apartment long after she had departed.



English women of nobility prized the shawls imported from India packed with Patchouli leaves. The shawls were deeply fragranced when they arrived and were highly sought after. Fragrance has always had a strong appeal for use in our wardrobe, even today some designers recognize the emotional ties fragrances can bring to items of clothing as well as household linens.

Fragrancing Tips & Trips

- **Fragrant lingerie:** For sensuously fragranced lingerie apply 5 to 6 drops of Rose Geranium, Ylang Ylang Complete, Sandalwood, Rose Damascene, or a blend such as Gratitude, Charity, or Transform to a cotton ball. Make sure the cotton does not come into contact with the fabric.
- **Scented drawer liner:** Add a few drops of Lavender, Gratitude, Charity, Calm, or your favorite Essential Oil to blotter paper and place under the drawer liner for scented clothing. Refresh when needed.
- **For insomnia:** If you have trouble sleeping add a drop or two of Lavender Vera to a tissue and slip it inside your pillow case. You can also make up a 4 ounce glass spray bottle with 10 to 12 drops of Lavender Vera to 4 ounces of distilled water and lightly mist the sheets before bed. Lavender Vera may also be put in a diffuser. **Note:** Calm Essential Oil Blends should not be used on linens as the blue color may stain.
- **Changing sheets:** Using your 4 oz bottle of disinfectant spray, (10 to 12 drops of Protector to 4 oz of distilled water) mist the mattress to disinfect and kill dust mites.
- **Scented breeze:** On a nice warm evening or during a spring day, you might add a mist of Gratitude (20 drops in 4 ounces of distilled water) to your curtains and as the breeze blows through it will carry the fragrance thorough out the bedroom.
- **Cedarwood drawers:** Cedar wood is used in closets and trunks to protect clothes from insects. If you don't have cedar wood lined drawers, you can spray a strong mixture of Cedarwood Atlas (10 to 12 drops per ounce of distilled water; best made up in 2 ounce size) inside your drawers and cover with drawer liner to keep oil away from clothing.





A fragrant linen spray can impart the clean freshness of outdoors, when laundry was hung outside in the sun and breeze to dry.

Today, automatic dryers with heavily perfumed dryer sheets leave a potent chemical fragrance that can cause a serious allergic reaction in some people.

These wonderfully refreshing linen sprays can be used to freshen up your bed linens. You can spray your linens nightly before retiring, or when changing the bed.

Each linen spray will impart a fresh, soothing, or sensual fragrance to the bed depending on which essential oils you choose. Make up several, taking care to label each bottle, and you'll always have the right scent available no matter what your mood.

Geranium Linen Spray

4 ounces distilled water
10 drops Rose Geranium Essential Oil
5 drops Lavender Vera Essential Oil

Lavender Linen Spray

4 ounces distilled water
15 drops Lavender Vera Essential Oil

Cold & Flu Linen Spray

When in bed with the flu, spray bedding to kill germs and to lift your spirits; Thyme ct. Linalool is a good choice for this use.

4 ounces distilled water
12 drops Thyme ct. Linalool Essential Oil
5 drops Eucalyptus Globulus Essential Oil
3 drops Eucalyptus Citriodora Essential Oil

Refreshing Citrus Linen Spray

4 ounces distilled water
10 drops Grapefruit Essential Oil
5 drops Eucalyptus Citriodora Essential Oil
10 drops Sweet Orange Essential Oil

Sensual Linen Spray

4 ounces distilled water
5 drops Ylang Ylang Complete Essential Oil
5 drops Rose Geranium Essential Oil
5 drops Sandalwood Essential Oil
5 drops Charity Essential Oil Blend



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