



ALEXANDRIA BRIGHTON
STILL ROOM COLLECTION
OF ESSENTIAL OILS

Healthy Home Care

RECIPES FROM THE STILLROOM

The Stillroom is a reference to days of old when one of a family's most valued treasures were the natural, chemical free ingredients found in their Stillroom.

Valued above all else were the healing Essential Oils that were used in timeless recipes to assist with ailments of all kinds.

The goDésana "Oil of The Month" Club is a simple, affordable, and fun way of building your very own Stillroom Collection of Independently Certified Pure & Therapeutic Essential Oils.

Enroll once, and then each month following we'll send a collection of Independently Certified Pure & Therapeutic Essential Oil(s) for the low cost of \$27.00 to \$127.00 (depending on the level of Oil of the Month Club that you enrolled in), with free shipping included on every order!

Each Essential Oil collection has been carefully selected by our in-house purveyor and formulator, Alexandria Brighton.



March Oils Of The Month

With Spring fast approaching, March is the month to focus on creating a healthy home when we clean, deodorize, and sanitize our home and laundry with goDésana Essential Oils.

When we use Essential Oils instead of toxic laundry detergents and harmful cleaning products we not only reduce the risks of asthma, allergies, and cancer within our homes, we have a positive impact on the health of the earth we all share with each other and with generations to come.

PROTECTOR BLEND

ANTIBACTERIAL SOAPS CONCERN EXPERTS

By Melissa Schorr

Can getting too zestfully clean be dangerous to your health?

Yes, say infectious disease specialists, who worry that overuse of antibacterial soaps might actually help create drug-resistant mutant germs.

Spawning Super Bugs

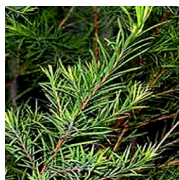
Indeed, recent research suggests these products may encourage the growth of "super bugs" resistant to antimicrobial agents, a problem when these bacteria run rampant, turning into a dangerous infection that cannot be treated with available medication.

Similar growth of drug-resistant strains has already occurred with antibiotics. The overuse and misuse of antibiotics has led to several drug-resistant microbes, such as streptococcus pneumonia and strains of E. coli.

Dr. Stuart Levy, president of the Alliance for the Prudent Use of Antibiotics and a professor of molecular biology at Tufts University School of Medicine in Boston, believes antibacterial soaps are dangerous.

"Triclosan creates an environment where the resistant, mutated bacteria are more likely to survive," says Levy, who published a study on the germicide two years ago in the journal Nature.

According to Jean Valnet, MD, the oils used in Alexandria Brighton's exclusive Protector blend, when diffused in the air, can kill 70% of airborne staph bacteria.



SOME ESSENTIAL OILS HAVE BEEN TESTED AND FOUND EFFECTIVE FOR THEIR AIR BORN ANTISEPTICS. THEY WOULD BE OUR FIRST CHOICE TO DISINFECT AND PURIFY THE AIR IN THE EVENT OF A BACTERIAL CONTAMINATION.

PROTECTOR RECIPES

Protector Environment

- To clear mold and bacteria from area, diffuse 8 drops for 20 minutes, daily. Use a minimum of twice daily.

Protector Clean & Disinfectant Spray (non-toxic)

- Add 30 drops Protector blend to 4 ounces of distilled water in a blue cobalt glass or PET plastic spray bottle. Use to kill odors, bacteria, viruses and germs on counters, keyboards, telephones, sinks, door handles, and toilets. Shake gently before each use.

Protector Floor Cleaner (non-toxic)

- Mix 20 drops Protector blend, 2 1/2 cups water and 1 tsp of goDésana Certified Organic Home & Laundry Concentrate.

Protector Disinfectant Hand Soap (non-toxic)

- Add 8 drops Protector blend, 8 oz distilled water and 1 tsp of goDésana Certified Organic Home & Laundry Concentrate.

Protector Disinfectant Hand Moisturizer (non-toxic)

- Add 4 drops Protector blend to 4 oz of goDésana Hand & Body Lotion. Mix, carry and use to disinfect and moisturize hands.

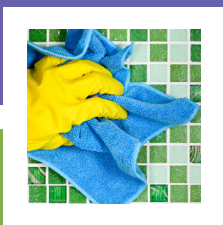
Protector Personal Disinfectant Mister (non-toxic)

- Add 8 drops Protector blend to 2 ounces of distilled water in a blue cobalt glass or PET plastic spray bottle.

Additional Uses

- Mist in diaper pail and surrounding areas.
- Mist shopping cart handles.
- Mist reusable shopping bags.
- Mist telephones, desks, bed linens, couches, chairs, pillows.
- Use when flying to disinfect spray tables, arm rests, seat belts, chair, bathroom surfaces.
- When staying in a hotel room, spray air vents, bedspreads, bathrooms, desks, counter tops, remote controls, and door knobs.
- Mist, or spray all areas that may harbor germs, viruses and bacteria.

healthy home care



Clean & Disinfect Your Home Without Risking Your Life!

Essential Oils, by their very nature are probiotic (pro-for, biotic-life) or for-life.

Natural pure medicinal grade Essential Oils can be used with minimal to no side effects when used as directed.

Unlike drugs, Essential Oils do not build up resistance in the body, but retain their effectiveness even with repeated applications.

Essential Oils strengthen the body systems while killing off germs, they are naturally anti-viral, antibacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, anti-venom, sedative, nervine, digestive aide, diuretic, aphrodisiac, and much more.

In this months Recipes from the Still Room, you'll find simple recipes that will allow you to choices that result in a healthier home for you, your children, grandchildren, pets and pave the way for a healthier planet for generations to come.

Misting Sprays

- Add 20 drops of your Protector blend to 4 oz. of distilled water in a blue cobalt glass or PET plastic spray bottle. Use to kill odors, bacteria , viruses and germs in the air. Shake gently before each use.
- On bed linens as an alternative to toxic room fresheners, mix 16 drops of Lavender Fine Essential Oil, Calm blend , Still blend, or Lemongrass Essential Oil in 4 ounces of distilled water in a blue cobalt glass or PET plastic spray bottle. Shake gently before each use.

Diffusing

- For a clean, uplifting feeling, diffuse 8 drops of Lemon Essential Oil, Protector blend, Orange Essential Oil, Balsam Fir Essential Oil, Pink Grapefruit Essential Oil, or Scotch Pine Essential Oil.
- Diffuse several drops of Lemongrass Essential Oil or Ginger Essential Oil 10 minutes per hour throughout the day to create an uplifting environment.

Disinfecting

- Add 5 drops Protector blend on damp cloth.

Disinfect and Energize

- 12 drops Pink Grapefruit to Protector *Clean & Disinfectant Spray recipe*.

Surface Cleaning

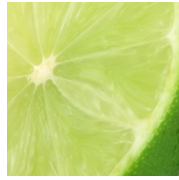
- Add 5 drops Tea Tree Essential Oil to Protector *Clean & Disinfectant Spray recipe*.

Mold & Fungus

- **Prevention Spray** - add 20 drops Tea Tree Essential Oil and 20 drops Protector Essential Oil Blen to 4 oz. of distilled water in a blue cobalt glass or PET plastic spray bottle. Spray on wet surfaces to prevent mold and fungus.
- **Germ Killer Spray** - Mix 10 drops Lemon Essential Oil, 20 drops Tea Tree Essential Oil, 10 drops Protector blend with 8 ounces distilled water in a blue cobalt glass or PET plastic spray bottle. Spray on affected area, do not rinse.
- **Large Area** - In large area where mold or fungus are present, diffuse Protector blend in addition to using *Mold & Fungus Killer Spray recipe*.



STILL ROOM RECIPES



Lemon Essential Oil

Made by cold pressing the rind of fresh lemons, Lemon Essential Oil smells intoxicatingly like a fresh, ripe sliced lemon. Add a few drops to your favorite homemade cleaners to infuse the scent of lemon throughout your home.

It will give your home that distinct Pine-Sol lemon smell without any of the nasty chemicals. Lemon Essential Oil can also help brighten and remove stains.

Add a few drops to a gallon of water when mopping your white tile floors, or use it with your homemade laundry detergent to brighten white clothes.

Peppermint Essential Oil

With its refreshing minty scent and powerful antibacterial properties, Peppermint Essential Oil is a perfect complement to homemade cleaning products.

Add a few drops to your favorite homemade spray cleaners and spritz the mixture on areas that need particular antibacterial attention, like bathrooms and kitchens.

As an added bonus, Peppermint Essential Oil also acts as a natural pest deterrent.

Don't be afraid to mix your Essential Oils to create aromatic blends. Peppermint Essential Oil mixes especially well with other Essential Oils popular for cleaning and disinfecting, including Lavender Fine, Eucalyptus Globulus, Lemon, Lemongrass and Scotch Pine.

STILL ROOM RECIPES FOR A SAFE, FRESH, CHEMICAL FREE HOME

ESSENTIAL OILS ARE ANTISEPTIC, SO THEY INHIBIT THE GROWTH OF BACTERIA AND POSE NO RISK WHEN USED AROUND PETS OR FAMILY.

Carpet Refresher #1

- 3/4 cup baking soda
- 2 tbsp goDesana Baby Bliss Powder
- 10 drops Protector

Combine, sprinkle on carpets as desired. Vacuum. Store in airtight container.

Carpet Refresher #2

- 3/4 cup baking soda
- 2 tbsp goDesana Baby Bliss Powder
- 10 drops Tea Tree Essential Oil

Combine, sprinkle on carpets as desired. Vacuum. Store in airtight container.

Dust & Shine Spray

- 3 drops Grapefruit Essential Oil
- 3 drops Lemon Essential Oil
- 8 oz distilled water

Combine in spray bottle. Use with soft cloth.

Powerhouse Disinfectant Wood & Vinyl Floor Cleaner

- Add 12 drops of Tea Tree Essential Oil to Protector *Floor Cleaner*

Forest Fresh Wood & Vinyl Floor Cleaner

- Add 12 drops of Scotch Pine Essential Oil or Balsam Fir Essential Oil to Protector *Floor Cleaner*

Citrus Wood & Vinyl Floor Cleaner

- Add 12 drops of either Pink Grapefruit Essential Oil, Lemon Essential Oil or Lemongrass Essential Oil to Protector *Floor Cleaner*

Forest Fresh Wood & Vinyl Floor Cleaner

- Add 12 drops of Scotch Pine Essential Oil or Balsam Fir Essential Oil to Protector *Floor Cleaner*

Vacuum Cleaner

- Add 3 drops Pink Grapefruit Essential Oil to cotton ball and place in the collection bag of vacuum cleaner. Creates an inviting, fresh aroma with every vacuum use.

Tea Tree Essential Oil

Made from the Australian Melaleuca tree, Tea Tree Essential Oil offers antibacterial, antiseptic and anti-fungal properties. It works especially well to get rid of mildew and mold around the house.

Simply mix 40-60 drops of Tea Tree Essential Oil with 8 oz. distilled water in a spray bottle.

Then, spritz the mixture on moldy or mildew areas, like showers. Don't rinse off the mixture.

Let it work away at those yucky substances. You can also use this spray anywhere that has a musty smell.

Tea Tree Essential Oil can add a fresh smell to your cleaning products.

Add a few drops to a bucket of soapy water before you mop your floor to permeate its distinctive scent throughout your home.

Or, add several drops to your favorite homemade laundry detergent to give your clothes a fresh, therapeutic scent.

Kitchen & Bathroom Tips

Soft Scrub

Add 1 tsp goDésana Clay Vitality Detox Mud, 10 drops of Tea Tree Essential Oil, 3 drops of citrus oil of choice, 10 drops Protector blend, 1 tsp. goDésana Certified Organic Home & Laundry Concentrate, 8oz distilled water.

Store in airtight container.

Dishwasher

Add 4 drops of either Eucalyptus Globulus, Scotch Pine, Tea Tree, Lemongrass, Pink Grapefruit, or Lemon to your dishwasher or dish detergent to disinfect and purify.

STILL ROOM RECIPES



STILL ROOM RECIPES FOR A SAFE, FRESH, CHEMICAL FREE HOME

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Forest Breeze Wood Polish

- 1 oz. goDésana Signature Oil
- 3 drops Balsam Fir Essential Oil
- 3 drops Scotch Pine Essential Oil

Mix in 1 oz sprayer bottle. Spray oil lightly on soft cloth and polish wood surfaces.

Aromas of the Orient Wood Polish

- 1 oz. goDésana Signature Oil
- 3 drops Ginger Essential Oil
- 3 drops Pink Grapefruit Pine Essential Oil

Mix in 1 oz sprayer bottle. Spray oil lightly on soft cloth and polish wood surfaces.

Dust Mite Spray

- 6 drops Eucalyptus Globulus Essential Oil
- 6 drops Scotch Pine Essential Oil
- 6 drops Balsam Fir Essential Oil
- 4 oz of distilled water in a blue cobalt glass or PET plastic spray bottle.

Mix, spray mattresses, pillows, curtains, upholstered furniture, ect. Shake gently before use.

Insect Repellent (for the home)

- 16 drops Lemon Essential Oil
- 4 drops Lemongrass Essential Oil (or 20 drops Peppermint for ants & spiders)
- 4 oz of distilled water in a blue cobalt glass or PET plastic spray bottle.

Mix, spray where signs or concerns of rodents are present. Shake gently before use.

Mice Repellent

- 2 tsp of Peppermint Essential Oil
- 4 oz of distilled water in a blue cobalt glass or PET plastic spray bottle.

Mix, spray where signs or concerns of rodents are present. Shake gently before use.

Lemon Wood Polish

- 1 oz. goDésana Signature Oil
- 2 drops Lemon Essential Oil
- 2 drops Lemongrass Essential Oil

Mix in 1 oz sprayer bottle. Spray oil lightly on soft cloth and polish wood surfaces.

PROTECTOR

Protector was formulated as a powerful antiseptic and disinfectant; a must-have essential oil for daily use. It can be used in a multitude of ways to guard against the spread of disease, both at home and away.

**ANTI-FUNGAL,
ANTISEPTIC,
DISINFECTANT**

Protector is an excellent weapon against environmental mold and fungus, and can stop them in their tracks. It can be especially helpful following water damage to home, office, or other environments.

A superb energetic cleanser, Protector can be a wonderful support in detoxifying the throat chakra, and is great to use in a mister and/or diffuser to clear and cleanse stagnant or negative energy.

The beautiful thing about Protector is that it performs all of the powerful disinfecting functions while at the same time being non-toxic, gently mood-elevating, and adding a fresh clean smell to the environment.

Available in: 10ml Bottle

daily uses

DIFFUSION

- According to Jean Valnet, MD, the oils used in Protector, when diffused in the air, can kill 70% of airborne staph bacteria. To clear mold and bacteria from area, diffuse 20 minutes, daily. Use a minimum of twice daily.

HOUSEHOLD

- Add 6 drops to washing machine/dishwasher to prevent spread of germs.
- Add 4 drops to soap dispensers to prevent the spread of germs.
- Add 3 drops to water when hand-washing dishes.
- Add 2 drops to goDesana Spray & Wipe Cleaner to increase germ fighting properties.
- Keep misting bottle in every room of your home for a quick clean and disinfectant wipe.

MISTING SPRAY

- Add 5 to 6 drops of Protector to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Great to cleanse your surrounding air. 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 2 to 3 drops to 2 ounces of distilled water in a cobalt blue spray bottle. An inexpensive way to share the purifying and uplifting properties of Protector.
- Use as an air freshener and anti-bacterial air cleanse.

MOLD & BACTERIA

- Use misting spray on surfaces where mold or bacteria are growing.
- Diffuse Protector in rooms where mold and bacteria are known to be.

RESPONSIBLE CAUTIONS

- Not for internal use.
- Use as directed.



Health & Wellness Blends

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Sage, Ocean Pine, Eucalyptus globulus, Lemongrass, Juniper Berry, Black Spruce, Eucalyptus citriodora, Tea Tree, Cypress, Frankincense, and Thyme ct. linalool.

notes



QUALITY ASSURANCE

All goDesana 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 goDesana.



LEMONGRASS

Cymbopogon citratus



Essential Singles

Lemongrass is a powerful immune stimulant and has historically been used for infectious disease and fever. When used with Lavender, it makes an excellent tonic for the immune and lymphatic systems, promoting blood flow. Lemongrass also supports the body in breaking down cellulite and reducing fluid retention, and it is strengthening to blood vessels.

IMMUNE STIMULANT, ENERGIZING

Lemongrass is also a powerful support to tendons, cartilage, and connective tissue, adding strength and support when needed.

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 will ease headache pain and is an excellent support for aching tendons, cartilage, and connective tissue. It's excellent in massage as it eases muscular spasms, sprains, and strains, and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body. If applying to large areas of the body, dilute with Carrier Oil.

A beneficial oil for skin, Lemongrass is great for wrinkles and aging skin when diluted with 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.

Lemongrass essential oil is delightful when steaming foods such as rice and vegetables, or poaching fish. The beneficial properties of the oil are not destroyed by excess heat and are instead absorbed into the food, imparting a nice flavor at the same time.

Available in: 10ml Bottle

daily uses

BATH

- To relieve stress and tension, add a few drops to 1 tbsp salt and add to a warm bath.

DIFFUSION

- Diffuse 10 to 20 drops in cold air nebulizing diffuser for up to 15 minutes at a time throughout the day to promote mental alertness, repel flies when cooking or to relieve headaches.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed to calm nerves, or stimulate the thyroid gland.

MASSAGE

- Mix 10 drops of Lemongrass oil into 4 oz of massage or carrier oil and enjoy a relaxing, rejuvenating massage.

MISTING SPRAY

- Mix 10 drops into 4 ounces of pure water. Shake well and mist into the environment for a pleasing aroma.

TOPICAL

- Add 2 drops per ounce to personal skincare products or shampoo.

RESPONSIBLE CAUTIONS

Non-toxic and generally non-irritating, it can possibly create sensitivities for those with hyper-sensitive skin.

attributes

PRODUCING ORGAN

Leaves (grass)

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

India

PROPERTIES

Analgesic, antidepressant, anti-inflammatory, antimicrobial, antipyretic, antiseptic, astringent (tonifying), bactericidal, carminative, connective tissue regenerator, deodorant, digestive tonic, diuretic, febrifuge, fungicidal, galactagogue, immunostimulant, insecticidal, nervine, stimulant (liver, lymphatic), sedative, strengthens vascular walls, vasodilator.



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GINGER

Zingiber officinale

Its sharp, pungent, slightly citrus-like scent excites the senses. Its warming qualities and its energizing are good to use for loneliness and winter depression. In fact, it's used as an aphrodisiac due to its exotic aroma.

**ENERGIZING,
ANTI-DEPRESSANT,
NAUSEA RELIEF**

Has been shown to be good for nausea. The British medical journal Lancet reported Ginger was more effective than the popular antihistamine drug Dramamine for preventing motion sickness, and unlike the drug, it doesn't leave you feeling sluggish.

Historically known for its ability to kill intestinal parasites, Ginger has long been used in Japan and parts of Africa for this purpose, and scientific research now supports this.

The 40+ constituents in Ginger have been shown to kill roundworms and other parasites more effectively than commonly-prescribed commercial antiparasitic preparations.

Shown to be well suited to help ease colds, flu, nausea, motion sickness, muscle aches and pains, as well as poor circulation and arthritic pain.

Available in: 10ml Bottle

daily uses

BATH

- Mix 4-5 drops in 1/2 cup of goDésana Pink Himalayan or Dead Sea bath salts and mix into warm bath to ease arthritis, lethargy, nausea, colds, flu, muscle aches, poor circulation and digestive upsets.

INHALATION

- Inhale 2 drops from tissue or cotton ball. Use for nausea, colds, flu and motion sickness.

INTERNAL

- Ginger 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.
- 1 drop Ginger and 1 drop Peppermint in a 00 capsule filled with Sesame or Coconut oil, taken 3 times daily can bring relief from nausea, morning sickness, stomach cramps, etc.
- Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.
- Add 1 drop to a teaspoon of honey and stir into warm water for a tasty, effective and soothing tea

TOPICAL

- May apply 1-2 drops to the stomach or colon reflex points on the feet. Add 4-6 drops to 1 oz goDésana Olive Oil body lotion.

RESPONSIBLE CAUTIONS

Not generally toxic and has no particular contraindications. It is non-irritant and non-sensitizing (except when used in high concentrations); however, for those with particularly sensitive skin, could cause a mild dermatitis. Limit the exposure of skin to the sun when applying this oil.



Essential Singles

attributes

PRODUCING ORGAN

Root

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

China

PROPERTIES

Analgesic, anti-emetic, antiseptic, antispasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific and tonic.



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LEMON

Citrus limonum

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result it is considered the #1 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 will also act as an immune stimulant.

**CLEANSER,
PURIFIER,
IMMUNE STIMULANT**

Can be used in massage oils or diluted in the bath to assist with digestive problems, lack of energy, fatigue, infections, flu, obesity, rheumatism, depression, stress and as a general tonic. Helps to protect against infections, aids the digestive system, soothes headaches, migraines and muscular problems and clears greasy skin and hair.

Can be beneficial to the circulatory system and aids with blood flow, reducing blood pressure and helping with nosebleeds. It may bring down fever, helps relieve throat infections, bronchitis, asthma and flu. It is known to boost the immune system and cleanse the body, improve the functions of the digestive system, and is helpful with constipation, dyspepsia, & cellulite.

Use a few drops when rinsing produce or after working with raw meat. Combine with baking soda for a great scouring powder on sinks and counter tops. Add to the dishwasher, laundry or household cleaners to boost to their disinfectant abilities.

Available in: 10ml Bottle

daily uses

BATH

- Mix 12-15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath.

DIFFUSION

- Diffuse 10 to 15 drops.

INHALATION

- Apply 2 drops to a tissue and inhale for a quick pick me up.

INTERNAL

- Lemon Essential Oil is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry.
- 2 or 3 drops in 12-16 ounces of water purifies the water, the liver and the blood, has a draining effect and may be helpful to prevent the accumulation of fluids in those who suffer from poor circulation and/or weight gain, obesity, or cellulite.

MISTING SPRAY

- Mix 20-40 drops to a 4 oz. cobalt blue spray bottle of distilled water. Shake well before each use. Perfect for cleaning and disinfecting kitchens, bathrooms and high traffic areas in the home and work place.

TOPICAL

- Use 3-5 drops in goDésana Olive Oil Body Lotion to clear congested skin. The astringent properties are great for oily skin conditions.
- The antiseptic effect of lemon oil helps to treat cuts, boils and minor wounds.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritating and non-sensitizing, although exposure to strong sunlight or UV light within 24 hours of treatment may result in skin irritation or pigmentation.



Essential Singles

attributes

PRODUCING ORGAN

Peel

EXTRACTION

Cold Expression

COUNTRY OF ORIGIN

Italy

PROPERTIES

Anti-anemic, antimicrobial, anti-rheumatic, anti-sclerotic, antiseptic, bactericidal, carminative, cicatrisant, depurative, diaphoretic, diuretic, febrifuge, haemostatic, hypotensive, insecticidal, rubefacient, tonic, vermifuge.



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FIR, BALSAM

Abies balsamea



Essential Singles

Balsam Fir, an evergreen tree native to North America, has been used for many years by Native Americans as a healing balm for wounds. This oil, both uplifting and grounding, is very helpful in aiding injuries of many kinds, both physical and emotional.

**UPLIFTING,
RESPIRATORY AID,
DISINFECTANT**

When diffused, Balsam Fir is a potent respiratory oil that may provide relief from asthma, bronchitis, sinusitis, chronic cough, nasal congestion and similar ailments. Balsam Fir's therapeutic benefits can be enhanced by combining with Eucalyptus Radiata, Tea Tree or Lavender.

Balsam Fir also possesses warming and analgesic properties that make it an excellent aid for arthritis, muscle & joint pain and rheumatism. It's gentle enough to be used neat on small areas, or can be mixed with a carrier or massage oil for use on larger portions of the body. Balsam Fir is not as effective as Peppermint in alleviating intense pain, but is valued for its ability to act on a deeper level to tone and strengthen.

Balsam Fir is also quite effective in helping to release emotional issues that are so often at the root of physical illness. It can aid in providing mental clarity, thereby helping the release of stifling mental patterns that can undermine health and relationships.

Available in: 10ml Bottle

daily uses

BATH

- Mix 10 to 12 drops in 1/2 cup goDésana Pink Himalayan or Dead Sea Bath Salts for soothing bath to relieve aching muscles or provide mental clarity.

DIFFUSION

- Diffuse 10 to 20 drops for up to 10 minutes every 3-4 hours. Can be mixed with Eucalyptus, Tea Tree or Lavender for added benefits.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed for relief from respiratory ailments or for emotional support.

MASSAGE

- Can be applied neat to small areas of the body.
- Dilute 10 drops into 1 ounce of massage oil for massaging large areas

MISTING SPRAY

- Mix 10 drops into 4 ounces of distilled water. Shake well for an uplifting yet grounding spray.

RESPONSIBLE CAUTIONS

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

attributes

PRODUCING ORGAN

Resin

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Canada

PROPERTIES

Antiseptic (genitourinary, pulmonary), Antitussive, astringent, icatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary.



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GRAPEFRUIT, PINK

Citrus paradisi



Essential Singles

Pink Grapefruit is refreshing, reviving and lifts the spirits, helping to combat depression and fatigue. Particularly suited to those who, under pressure and stress, resort to "comfort eating" as a means to dealing with difficult emotions. Grapefruit is cooling, cleansing and decongesting, and can be beneficial for the liver and a sluggish lymph system.

**SPIRIT LIFTER,
APPETITE REDUCER,
FAT DISSOLVER**

Further, the pleasing aroma has laboratory-confirmed appetite reducing effects. Adding a drop of Grapefruit to drinking water gives a refreshing zing that also has wonderful cleansing properties.

Like many of the citrus oils, Grapefruit has a unique "fat dissolving" characteristic. Grapefruit is famous for reducing cellulite and is found in GO's Cell-U-Lite Blend, or can be used individually with a favorite carrier/massage oil.

When diffused, Cedarwood Atlas has a number of additional benefits beyond its respiratory abilities. It is a wonderful insect repellent and air purifier. It also has powerful benefits to the emotional system. It can provide strength in times of stress, extreme fatigue, and nervous exhaustion or breakdown.

Available in: 10ml Bottle

daily uses

BATH

- Mix 10 to 12 drops in ½ cup of Pink Himalayan or Dead Sea salt. Soak in the warm water to help with cellulite and water retention. Also helpful to lift the spirit and revive the body.

DIFFUSION

- 10-12 drops in water diffuser can help with mood elevation and lethargy, colds, flu, appetite reduction.

INHALATION

- Inhale 1-2 drops from a tissue or cotton ball. Use for appetite suppression, for depression and fatigue.

INTERNAL

- Grapefruit is certified as GRAS ("Generally Regarded As Safe For Internal Use") by the U.S. Food and Drug Administration and is used in the food industry.
- 1 to 2 drops in a bottle of water is cooling to the liver and disinfecting to the digestive system.
- 1 to 2 drops in a teaspoon of honey and mixed into hot water for a decongesting and appetite suppressing tea.

MISTING SPRAY

- Add 10 to 12 drops to 4 ounces of distilled water in a blue cobalt spray bottle. Shake well before use. Close your eyes and mist around yourself when you feel the urge for "comfort eating", or to lift and revive your mood. Also makes a very pleasant disinfectant room spray.
- Add 5 to 10 drops to 2 ounces of distilled water in a blue cobalt spray bottle. Shake well before use.

TOPICAL

- 10 to 20 drops in 2oz of carrier oil applied to areas of cellulite.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritating and non-sensitizing, although exposure to strong sunlight or UV light within 24 hours of treatment may result in skin irritation

attributes

PRODUCING ORGAN

Peel

EXTRACTION

Cold expression

COUNTRY OF ORIGIN

United States

PROPERTIES

Antiseptic, astringent, depurative, diuretic, disinfectant, stimulant, tonic.



QUALITY ASSURANCE

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PINE, SCOTCH

Pinus sylvestris



Essential Singles

Since the days of ancient Greece, Scotch Pine has been used as a remedy for many health needs - particularly those of the pulmonary/respiratory system. Its expectorant properties can provide quick relief from bronchitis, sinusitis, laryngitis, flu symptoms, and is found in many formulations for the lungs.

SOOTHING,
GENTLE,
ANTISPASMODIC

The stimulating qualities of Scotch Pine make it an excellent after-sports, oil, particularly in cases of strained or sore muscles. Scotch Pine was used by Natic Americans to prevent scurvy. They also filled their mattresses with it to keep away fleas and ticks. It seems to be especially restorative after long-standing illness.

Scotch Pine essential oil is capable of warming cold hands and feet. It is considered a useful essential oil for men in supporting the production of semen. It can also be used in the care of arthritis, rheumatism, circulatory disorders, inflammation, intestinal pain, allergies, to promote wound healing, and for relief from nervous exhaustion and over-all fatigue. Mentally, its effect is bracing and invigorating. Similar to peppermint, it can be used to stay alert.

Available in: 10ml Bottle

daily uses

BATH

- Combine 10 drops with ½ cup Pink Himalayan or Dead Sea salt and stir into a warm bath. This is particularly helpful for improved circulation, arthritis, rheumatism, fatigue, or nervous exhaustion.

DIFFUSION

- Diffuse 15 minutes per hour throughout the day as needed.

INHALATION

- Apply 2 drops on hands, rub together, cup over nose and mouth, and inhale deeply as needed for relief from pulmonary congestion and asthma.

MASSAGE

- For a soothing massage oil, mix 5 drops Scotch Pine, 5 drops Lavender, and 5 drops Ginger per ½ ounce of carrier oil, and massage on sore muscles.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in a cobalt blue spray bottle. Shake well and spray for a fresh pine scent.

TOPICAL

- Has been reported to help with eczema and psoriasis. Mix 10 drops to 1 oz carrier oil. Apply to affected area.

RESPONSIBLE CAUTIONS

Avoid in cases of skin allergies. Not recommended for use internally. Do not diffuse where pet birds may be exposed; concentrated pine oils can be toxic to them.

attributes

PRODUCING ORGAN

Needles

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Hungary

PROPERTIES

Antimicrobial, antirheumatic, antiseptic, antiviral, bactericidal, balsamic, cholagogue, choleric, deodorant, decongestant, diuretic, expectorant, hypertensive, insecticidal, restorative, rubefacient, stimulant (adrenal, circulatory, nervous), sudorific, vermifuge.



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TEA TREE

Apium graveolens



Essential Singles

No house should be without this essential oil. Historically it has been shown to be one of the most powerful immune system stimulants and sorts out most viral, bacterial and fungal infections in a snap, while it is great to clean wounds and also relieves muscle aches and pains. Australian researchers have performed many studies proving the efficacy of Tea Tree's ability in fighting bacterial infections.

IMMUNE STIMULANT,
ANTISPASMODIC

Tea Tree, unlike antibiotics, has been shown to not kill germs indiscriminately, but can identify and kill the destructive bacteria while leaving the friendly bacteria needed to stay healthy. Tea Tree has been found to be antibacterial, antiviral and antifungal.

Therapeutic Tea Tree oil is produced in Australia where the Aborigines used it for a long time for a variety of medicinal purposes. In World War II, each soldier and sailor was issued Tea Tree Essential Oil as part of their kit, to treat tropical infections and infected wounds. Apart from the superb anti-infectious properties of tea tree oil, it is also most effective to help clear bronchial congestion, asthma, coughs, sinusitis, whooping cough and tuberculosis.

Available in: 10ml Bottle

daily uses

BATH

- Add 20 drops to ½ cup goDesana Pink Himalayan or Dead Sea Bath Salts and mix into warm bath. May help relieve rashes and infections in the genital area.

DIFFUSION

- 4 to 6 drops diffused into the air or added to a vaporizer may help with colds, sinusitis, bronchitis and any other respiratory ailment.

INHALATION

- May assist in the protection against sinus and throat infections. Apply 1-2 drops to hands, rub together, cup hands over mouth and nose. Or apply 1-2 drops to a tissue or cotton ball. Inhale deeply until discomfort subsides.

INTERNAL

- As taught by Dr. Penoel, you can lick a drop of Tea Tree off your little finger for sore throat and upper respiratory problems, repeat as needed for two or three applications.
- With the Tea Tree lick, you may also disinfect the digestive system. Can be used with chronic conditions whether respiratory, urinary, digestive, hormonal, skin, joints, or even psychological.

TOPICAL

- Non-irritating to the skin, Tea Tree is a good disinfectant for insect or animal bites, cuts or scrapes. Apply to the area of the bite or cut. May help to stop itching from mosquito bites.
- When it is added to the water for washing it has great value to treat abscesses, bed sores, acne, boils, lice, dandruff, wounds, as well as animal or human bites and can also be applied neat on problem areas with a cotton bud.
- Fungal outbreaks such as athlete's foot and nail infections (paronychia) as well as vaginal thrush and cradle cap can be treated with frequent direct application of a 2.5% dilution of tea tree oil.
- Please remember that it is a powerful essential oil, and the neat application onto the skin must be done with care.

RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, non-irritant

attributes

PRODUCING ORGAN

Heartwood of the roots

EXTRACTION

Steam distilled

COUNTRY OF ORIGIN

Australia

PROPERTIES

Antimicrobial, antiseptic, antiviral, balsamic, bactericide, cicatrisant, expectorant, fungicide, insecticide, stimulant and sudorific.



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EUCALYPTUS GLOBULUS

Eucalyptus globulus



Essential Singles

UPLIFTING,
RESPIRATORY AID,
DISINFECTANT

It has strong decongestant action due to a high concentration of 1,8 cineole. It also possesses antibacterial and anti-inflammatory abilities, and is of benefit in reducing fever. It is highly expectorant, mucolytic and antiseptic and has been used successfully against bronchitis and bronchial pneumonia.

It has been shown to be a powerful germ killer and effective in eliminating certain strains of Staph. It's an excellent oil to use in the dishwasher to kill germs that wouldn't otherwise be eliminated.

Powerful antiseptic properties strengthen as the oil ages. Good psychological abilities aid in lifting mood, easing stress or anxiety, and restoring emotional balance; a mental stimulant which can aid focus and concentration.

An excellent pain reliever of benefit to arthritis, rheumatism, ligament damage, and muscular aches and pains; blend with carrier or massage oil prior to application.

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to 1/2 cup Dead Sea Salts and stir into warm water for a fever-reducing bath.
- Use 5-6 drops in 1/4 cup Dead Sea Salts for a cooling, soothing foot bath.

DIFFUSION

- Diffuse 10 to 20 drops in cold air nebulizing diffuser for up to 10 minutes every four hours to kill airborne bacteria, ease congestion, lift & support mood and emotional balance, or aid focus and concentration.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed.

MASSAGE

- Dilute 3-6 drops per 1/2 ounce of carrier or massage oil and massage into back or chest for respiratory relief.

TOPICAL

- May be mixed with carrier or massage oil for a chest and back rub.
- Dilute 50/50 with carrier or massage oil for applying to a large area.
- Use Eucalyptus globulus for disinfecting benefits. Add to household cleaners; 12-15 drops to bucket of water for cleaning floors, disinfecting garbage pails, etc.
- Add 10 drops to dishwasher each wash cycle for eliminating germs.

RESPONSIBLE CAUTIONS

Eucalyptus globulus is not recommended for internal use. Not to be applied to the face, particularly the nose. Not recommended for use with infants or children under 10; use Eucalyptus radiata instead. Not for use during pregnancy and by those with high blood pressure or epilepsy. May neutralize homeopathic remedies; do not use simultaneously nor store together.

attributes

PRODUCING ORGAN

Leaves

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

USA

PROPERTIES

Anti-infectious, antibiotic, antifungal, antineuralgic, antirheumatic, antiseptic, antispasmodic, antiviral, balsamic, cicatrizant, decongestant, deodorant, depurative, diuretic, expectorant, febrifuge, hypoglycemic, parasiticide, prophylactic, rubefacient, stimulant, vermifuge, vulnerary.



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