



# A COLLECTION OF AROMATHERAPY RECIPES: FROM THE STILLROOM

by Alexandria Brighton



## *December - The Month Of Charity*

As we continue through the holiday season take time to share with others, and allow others to share with you, the abundance of blessings either spiritually, financially or both.

So often during the holiday months, Charity is given from the kitchen.

We give our hearts and time in local kitchens to help feed those in need. We give of our hearts and time preparing foods in our own kitchens to share with family, friends, loved ones, and those in need.

Our homes, restaurants, bakeries, and stores will be filled with the classic spice aromas that instantly take us back to the holidays of our childhood; Cinnamon, Ginger, Clove Bud, Tangerine, and Nutmeg.

With so much time being spent in the kitchen, December is the perfect month to create lifelong habits of cleansing, sanitizing, and deodorizing your kitchen without the use of toxic chemicals and other harmful ingredients.

The December Oil of the Month Club collection will quickly become the one you look forward to receiving year after year with Charity 5ml, Eucalyptus Globulus 10ml, Cinnamon Bark 10ml, Clove Bud 10ml, Black Spruce 10ml, Scotch Pine 10ml, and Frankincense 10ml.

Charity is benevolence and generosity toward those we love and those we do not yet know.

## December 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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# CHARITY

This sweet, gentle synergistic blend was created to support the fourth chakra - the heart which represents the pure, unconditional love of Divinity. It is the energy center of benevolence and compassion.

SWEET,  
LOVING,  
BENEVOLENCE

Charity blend assists in strengthening emotional balance and supports once in being more open and emotionally available to others, particularly during times when one may feel "hard hearted, shut down, or hiding behind a wall." Adults and children of any age can benefit from the use of Charity and its energy of unconditional love.

Charity blend can be of added benefit during pregnancy and upon the birth of an infant. The child can become familiar with its aroma during pregnancy and thereby associate it with the safety and security of the mother. When the time comes to leave the baby with a sitter, a drop or two of Charity blend applied to a babysitter's clothing can calm and reassure the little one, lessening or eliminating any potential anxiety resulting from the mother's absence.

Available in: 5ml Bottle

## daily uses

### BATH

- Thoroughly mix 10-15 drops into 1/2 cup Pink Himalayan or Dead Sea salt and dissolve into warm bath water.

### DIFFUSION

- Diffuse several drops 15 minutes per hour as desired throughout the day.

### FOOT SOAK

- Thoroughly mix 5-8 drops into 1/4 cup Dead Sea salt and dissolve into a basin of warm water, soak and enjoy!

### INHALATION

- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.

### MASSAGE

- Add 5-6 drops to 1 tbsp of carrier or massage oil and massage as desired. Increase proportions if desired for a full body massage.

### MISTING SPRAY

- Add 15-20 drops to 4 ounces distilled water in a cobalt blue or PET spray bottle. Shake well when using. Spray as needed or desired.

### TOPICAL

- Use as perfume by applying a drop or two to pulse points and/or on the heart.
- To open the heart and support emotional balance, apply 2-3 drops to heart chakra and/or 203 drops on the soles of the feet.

### RESPONSIBLE CAUTIONS

- Non-toxic, non-irritant, non-sensitizing.
- People with highly sensitive skin may want to dilute this blend before applying directly to the skin.



## Essential Blends

## ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Myrrh, Rosa Damascena, Geranium, Ylang Ylang Complete, Lavender Vera, Red Mandarin, Palmarosa, Jasmine, and Fractionated Coconut Oil.

## notes

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### QUALITY ASSURANCE

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# EUCALYPTUS GLOBULUS

## *Eucalyptus globulus*



### Essential Singles

This variety of Eucalyptus, known as Blue Gum Tree, is a potent respiratory oil of help to and benefit with bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.

**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 20 minutes every hour 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 2 drops per 1 teaspoon carrier or massage oil and massage into back or chest for respiratory relief.

### TOPICAL

- May be used neat for a chest and back rub, or mixed with carrier or massage oil.
- 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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# CINNAMON BARK

*Cinnamomum zeylanicum*



Essential Singles

This is a very warm and uplifting oil known for its strengthening and energizing ability, however it is much more gentle than its counter-part Cinnamon Leaf oil. Because of strong aldehydes, it can potentially irritate the skin, so it should always be diluted to a 20% solution with carrier or massage oil for topical application. Ideally, it should only be applied to the soles of the feet.

**UPLIFTING,  
DIGESTIVE,  
ANTIPARASITIC**

Cinnamon has been used since ancient times for all manner of ailments due to its powerful antimicrobial and antiseptic abilities. An excellent aid for bacterial and fungal infections, it has shown ability to rapidly destroy many types of bacteria.

Studies conducted by Dr. Deininger, Dr. Franchomme, and Dr. Penoele show that Cinnamon Bark oil is effective against 98% of all pathogenic gram positive and gram negative bacteria, as well as yeasts, candida, fungi and parasites.

Digestive benefits include elimination of parasites, calming intestinal spasms, stimulating appetite, and easing nausea, vomiting and diarrhea. It provides exceptional support for colds, flu, and other respiratory conditions, as well as kidney and bladder infections and menstrual issues. It has also been shown to be helpful in balancing/regulating blood sugar.

Helpful in easing mental or emotional fatigue, fighting weakness, recovering from nervous breakdown, and improving concentration. Highly beneficial with stress-related conditions.

Available in: 10ml Bottle

## daily uses

### BATH

- Not recommended.

### DIFFUSION

- Not recommended due to risk of irritation to eyes and lungs.

### INHALATION

- Add 1-2 drops to a tissue or cotton ball and inhale.

### INTERNAL

- Cinnamon Bark 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.
- When taken internally (other than when flavoring to food as described below), Cinnamon Bark should always be used in capsules, diluted with carrier oil.
- For blood sugar regulation, add 1-2 drops to a capsule with carrier oil, take one capsule twice daily.
- To add flavor to food, dip a toothpick in the oil and swirl it through the mixture.
- An effective remedy for intestinal infections can be made by adding 2 drops of Cinnamon Bark to a gel capsule filled with carrier oil. Take one capsule 3 to 4 times daily.

### MASSAGE

- Blend 2 drops with 1 oz. carrier or massage oil. Best used when blended with other oils for massage.

### MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in a cobalt blue spray bottle. Shake vigorously and spray for a fresh, spicy aroma room spray.

### TOPICAL

- Apply 3-4 drops neat to the soles of the feet; dilute with carrier or massage oil if desired or if sensitivity occurs.
- Neat application to areas of the body other than feet is not advised, always dilute.

### RESPONSIBLE CAUTIONS

- Use in moderation.
- Apply neat only on soles of feet; all other applications should be done by diluting with carrier or massage oil to avoid skin sensitization.
- Avoid during pregnancy.
- Ingest only in capsules
- Keep out of reach of children.

## attributes

### PRODUCING ORGAN

Dried bark

### EXTRACTION

Water or steam distillation

### COUNTRY OF ORIGIN

Sri Lanka

### PROPERTIES

Analgesic, antidiarrheal, antidote (poisons), antimicrobial, antiparasitic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, digestive, menorrhagic, homeostatic, stimulant (circulatory, cardiovascular, respiratory systems), stomachic, vermifuge.



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# CLOVE BUD

*Caryophyllus aromaticus*



Essential Singles

Clove essential oil is an excellent breath sweetener and is often found in dental products. One drop provides amazing relief for toothaches and canker sores due to its powerful analgesic (numbing) and antibacterial action. Clove can also be useful in halting cigarette cravings for those trying to quit smoking.

UPLIFTING,  
MENTAL CLARITY,  
RESPIRATORY AID

A powerful antioxidant, Clove has scored the highest ORAC rating - over 10 million - of any known essential oil. It is a potent antiseptic, antiviral, antibiotic, and antimicrobial oil. A little goes a long way with this oil! Not recommended for children under 2 years of age. For older children, use only 1 drop per application for toothache pain.

An excellent expectorant and respiratory oil, Clove can help relieve bronchitis, asthma, sinusitis, and infectious diseases. Its superb digestive and antiparasitic properties can be of tremendous benefit with food poisoning, vomiting, diarrhea, flatulence, and intestinal spasms. It is also quite effective in eliminating intestinal parasites. The analgesic and anti-inflammatory actions of Clove can assist with pain relief from muscle or ligament injuries, arthritis, rheumatism, and other similar complaints or create an analgesic massage blend by mixing 10 drops per 1 ounce of carrier or massage oil.

Available in: 10ml Bottle

## daily uses

### BATH

- Add 4-5 drops to  $\frac{1}{2}$  Dead Sea Salts and stir into hot bath.

### DIFFUSION

- Diffuse 10-15 drops in 15 minute intervals throughout the day to create an uplifting environment.

### INHALATION

- Inhale by applying a mixture of 1 drop diluted with carrier oil on hands, rub together and inhale as needed for mental stimulation.

### INTERNAL

- Clove 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.
- Wonderful when used as a flavoring for food.
- Add 1-2 drops to a glass of water for a gargle to sweeten breath.
- Use 1-2 drops in veggie capsules with carrier oil and ingest for digestive and respiratory issues, or to aid in parasite elimination.
- For colds and flu, add 2 drops to a veggie capsule with Grapeseed oil and take 3 to 4 times per day.

### MASSAGE

- Add 2 to 3 drops per ounce of massage or carrier oil.

### MISTING SPRAY

- Mix 15-20 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake vigorously and spray for a fresh aroma in your home.

### TOPICAL

- Dilute with carrier or massage oil before application.
- Place 1-2 drops on a cotton swab and apply to canker sore or painful tooth.
- Prepare for childbirth and assist in toning the uterus by applying 1-2 drops of Clove oil neat to the soles of the feet each morning and evening during the last 3 weeks of pregnancy. Dilute with carrier or massage oil if necessary.

### RESPONSIBLE CAUTIONS

- Less is definitely more with this oil.
- Can irritate the skin and mucous membranes. Should always be diluted with carrier or massage oil.
- When ingesting, always use in veggie capsules.
- Clove is an effective blood thinner and should not be used by those using prescription blood thinners such as Coumadin.
- Avoid during pregnancy.

## attributes

### PRODUCING ORGAN

Dried flower buds (whole cloves)

### EXTRACTION

Water distillation

### COUNTRY OF ORIGIN

Sri Lanka

### PROPERTIES

Analgesic, antibiotic, antihelminthic, antihistamine, anti-inflammatory, anti-irritant, antineuralgic, antioxidant, antirheumatic, antiseptic, antiviral, aphrodisiac, carminative, expectorant, larvicide, spasmolytic, stimulant, stomachic, vermifuge.



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# BLACK SPRUCE

*Picea mariana*

With a wonderfully fresh and uplifting aroma, Black Spruce possesses the ability to free and calm the mind while elevating the spirit. Like all conifer oils, it is an emotionally grounding oil, and at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety

**FRESH,  
GROUNDING,  
ANTIPARASITIC**

It is a great enhancement for yoga or meditation practices, as well as an atmospheric energizer for any room; an effective room deodorant and antiseptic.

Black Spruce is highly supportive and restorative to overworked or depleted adrenal glands. It is strengthening and balancing to the nervous system; helps boost stamina; and may be of particular benefit with Chronic Fatigue Syndrome.

Traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains; also an excellent aid for poor circulation. It has long been used in saunas and steam baths; an excellent addition to the bath when used with Pink Himalayan or Dead Sea salts.

A good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; reduces congestion and inflammation. Also used as a wound healing agent, antifungal and antiparasitic.

**Available in: 10ml Bottle**

## daily uses

### BATH

- Combine 8-10 drops with 1/2 to 1 cup Pink Himalayan or Dead Sea salts and stir into bath water.

### DIFFUSION

- Diffuse in cold air nebulizing diffuser for 15 minutes per hour as desired throughout the day.

### INHALATION

- Inhale 1-2 drops from a tissue.

### INTERNAL

- Spruce oil is approved as *GRAS* (Generally Regarded As Safe) by the FDA and is also approved as a food additive.

### MASSAGE

- Dilute 20 drops with 1 ounce of carrier oil; very soothing for sore muscles.

### MISTING SPRAY

- Mix 15-20 drops in 4 ounces of distilled water in a cobalt blue spray bottle. Shake vigorously and spray for a refreshing conifer/forest aroma.

### TOPICAL

- Can be applied neat to small areas; dilute 50/50 for larger area applications on muscles.

### RESPONSIBLE CAUTIONS

- Can be mildly irritating to those with very sensitive skin. Dilute 50/50 for application on large areas, or apply on soles of feet.



**Essential Singles**

## attributes

### PRODUCING ORGAN

Needles and twigs

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Canada

### PROPERTIES

Antifungal, anti-infectious, anti-inflammatory, antiparasitic, antirheumatic, antiseptic, antispasmodic, astringent, decongestant, deodorant, diuretic, expectorant, immunostimulant, nerve, rubefacient, warming.



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# SCOTCH PINE

*Pinus sylvestris*

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 and flu symptoms, and is found in many formulations for the lungs.

**BRACING,  
DECONGESTANT,  
INVIGORATING**

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 Native Americans to prevent scurvy; they also filled their sleeping 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 overall 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 1/2 cup of Pink Himalayan or Dead Sea salts and stir into a warm bath. This is particularly helpful for improved circulation, arthritis, rheumatism, fatigue or nervous exhaustion.

### DIFFUSION

- Diffuse in cold air nebulizing diffuser for 15 minutes per hour as desired throughout the day.

### INHALATION

- Apply 2 drops on palms, rub together, cup hands around nose & mouth, and inhale deeply 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 tablespoon of carrier oil, and massage on sore muscles.

### MISTING SPRAY

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

### TOPICAL

- Has been reported to help with eczema and psoriasis. Mix 10 drops to 1 ounce of carrier oil. Apply to affected area.
- Use 10 drops in 2 ounces for an oil to rub on the chest and back to relieve congestion, or for injured tendons and muscles.
- It has a warming effect on hands and feet - the same recipe above can be rubbed on the hands and feet, or can be "charged up" with a few more drops of Scotch Pine oil and applied to hands and feet.

### RESPONSIBLE CAUTIONS

- Avoid in cases of skin allergies. Can be sensitizing to skin, test your skin to assure that there isn't any sensitivity.
- Not recommended for use internally.
- Do not diffuse where pet birds may be exposed; concentrated pine oils can be toxic to them.



**Essential Singles**

## 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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# FRANKINCENSE

*Boswellia carteri, Wildcrafted*

With a history dating back thousands of years, Frankincense is historically known for its powerful healing and anti-aging benefits.

Frankincense is known for its ability to slow down the breathing, and when inhaled from a tissue during particularly stressful or intense moments, it enables one to find the calm needed to face any situation.

ANCIENT,  
HEALING,  
ANTI-AGING

Frankincense is also a good remedy for depression and anxiety layered with Neroli, and grief layered with Rose. When layered with Lavender and used several times a day over the heart, it may help with recent as well as old traumas.

Frankincense used as a chest rub may help eliminate catarrh and restore balance to the whole cardio-respiratory system.

The known anti-inflammatory properties of Frankincense show it to be supportive to the respiratory system. The anti-inflammatory benefits of Frankincense are thought to be one of the most powerful aspects of this ancient oil.

Available in: 10ml Bottle

## daily uses

### BATH

- Combine 10 drops to warm bath water for a healing, grounding, regenerating bath.

### DIFFUSION

- Diffuse 5-10 minutes per hour with nebulizing diffuser to help with depression/grief.
- Combine 10 drops each of Frankincense and Lavender then diffuse to aid in overcoming recent and past trauma.

### INHALATION

- Inhale by applying 2 drops on hands, rub, and inhale deeply in times of grief.

### INTERNAL

- Frankincense 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.
- Use a drop or two under the tongue as a natural anti-depressant or antiinflammatory. Not real tasty, but has been shown to be effective.
- Put 2-3 drops in a veggie capsule, adding Carrier Oil. Take capsule one or two times daily, as desired. Has been shown to effective as an anti-depressant, or for reduction of inflammation.

### MASSAGE

- Create a chest rub mixture of 10 drops Frankincense and 10 drops Eucalyptus Radiata with 1 ounce massage/carrier oil.

### MISTING SPRAY

- Mix 15-20 drops in 4 ounces of distilled water in a cobalt blue spray bottle. Shake vigorously and spray for a refreshing conifer/forest aroma.

### TOPICAL

- For wrinkles and scars, mix 10 drops each of Frankincense, Lavender and Helichrysum with 1 teaspoon of Carrier Oil and apply on location. Can be used in mix, as above, or simply applied on location neat.
- Wonderfully nourishing to skin when mixed with carrier Oil or Age-Delay moisturizer.
- Apply a drop or two on location to take inflammation out of joints.
- Use a drop or two mixed with carrier Oil or Age-Delay Moisturizer as night time facial oil for cellular renewal and anti-aging benefits.
- May also be applied to the solar plexus or the heart to restore calm.

### RESPONSIBLE CAUTIONS

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



Essential Singles

## attributes

### PRODUCING ORGAN

Resin

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Oman

### PROPERTIES

Antiseptic, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary, antidepressant, and expectorant.



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# DECEMBER STILLROOM RECIPES

## Simmering Holiday Potpourri

- ¼ pound star anise (whole)
- 3 oz. whole allspice
- ¼ pound whole nutmeg (crushed with a nut cracker)
- ½ pound whole cloves
- ½ pound cinnamon chips or small sticks broken
- ½ pound dried orange peel
- 10 drops Cinnamon Essential Oil
- 10 drops Clove Bud Essential Oil
- 10 drops Tangerine Essential Oil

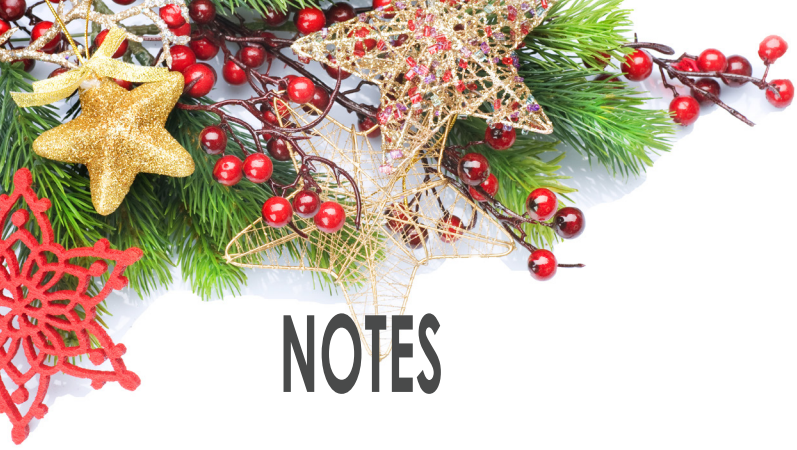


Mix ingredients and put into a glass jar with lid for one month. Package 1 or 2 cups in a tin or jelly jar with instructions to put ¼ cup of mix in a sauce pan and simmer for fragrance.

## Cleaning Tips & Trips

- **Handling raw meats:** Rinse meats in water with 4 to 6 drops of Lemon oil added. This will sanitize the meat without giving it a bad taste.
- **Dish washing:** Add a couple (1 or 2) drops of Protector or Tea Tree to the dishwasher. When hand washing dishes, add a couple of drops in the dish water or to a non-antibacterial liquid dish soap add 1 or 2 drops per ounce of soap. Stir or shake well to mix, use soap as usual.
- **Countertop – cutting board spray:** In 4 oz. of distilled water add 10 to 12 drops of Protector and shake vigorously to mix. Use as a disinfectant spray for counter tops and on cutting boards, a particularly good place for E-coli and other pathogens carried in raw meat to grow.
- **Refrigerator cleanser and deodorizer:** When cleaning the refrigerator add 5 to 10 drops of Lemon and/or Protector to the water to deodorize and sanitize the inside.
- **Mop water:** Add 20 to 30 drops of Eucalyptus Globulus per gallon of mop water, or if using a Swiffer style mop, make up a spray bottle of Eucalyptus Globulus (10 to 12 drops to 4oz of distilled water) and spray mop cloth to sanitize.
- **Deodorizing and sanitizing waste containers:** A strong mixture of 20 drops Eucalyptus Globulus or Protector add to a 4 ounce glass spray bottle filled with distilled water makes a great sanitizing spray.
- **Insects, ants in the kitchen:** Spray or drop Peppermint or Cedarwood where the ants are crawling and at entry points.
- **Flies and mosquitoes:** Spray Geranium around the area (10 to 20 drops in a 4 ounce glass spray bottle filled with distilled water). Flies in particular will respond well to Geranium.
- **Wood grain countertops:** In a 4 ounce glass spray bottle mix 20 to 30 drops of Lemon oil to 4 ounces distilled water to clean and polish. Lemon oil will enhance the scent of the kitchen and deodorize.





# NOTES

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