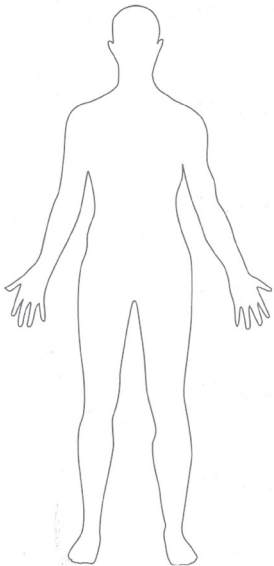
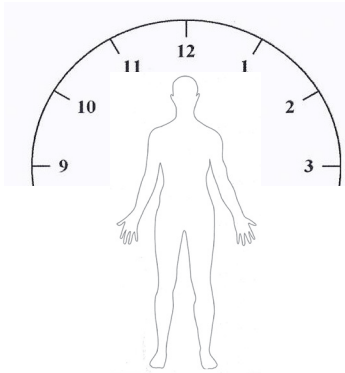
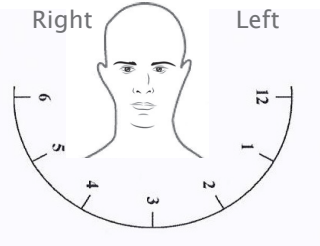
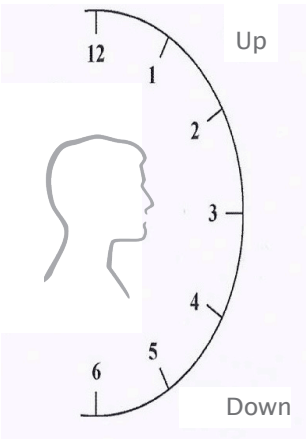


NAME:

DATE:

NOTES

	Excellent										Challenged		
Preliminary Assessment	0	1	2	3	4	5	6	7	8	9	10		
Align	0	1	2	3	4	5	6	7	8	9	10		
Osteo	0	1	2	3	4	5	6	7	8	9	10		
Sensory	0	1	2	3	4	5	6	7	8	9	10		
FlexAble	0	1	2	3	4	5	6	7	8	9	10		
Connect	0	1	2	3	4	5	6	7	8	9	10		
Circulate	0	1	2	3	4	5	6	7	8	9	10		
Clear	0	1	2	3	4	5	6	7	8	9	10		

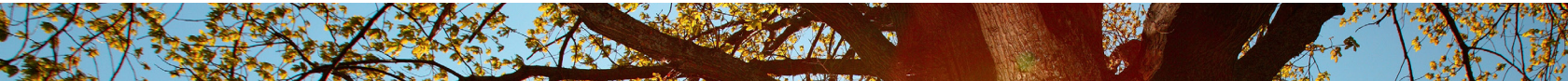
SHOULDERS, FEET & STRUCTURE	RANGE OF MOTION & STRUCTURE	FLEXIBILITY	RAISING & LOWERING CHIN
	Raising of Arms 	Head Rotation 	Lifting and lowering chin 

"The WholeBody™ Collection is a way of assessing which system of the body is out of balance, and then bringing balance back to that particular system with a specific essential oil blend."

~Alexandria Brighton



healthy lifestyle products for the energetically aware



Recommended WholeBody™ Blends:

1.	2.	3.	4.
5.	6.	7.	

The oils and corresponding systems of the WholeBody™ Collection:

- 1. Align** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Balsam Fir, Birch, Black Spruce, Frankincense, Jojoba, Rosewood, and Tanacetum annum.

Used as the first oil blend to create a receptive environment for the other blends. It also supports the holistic principle that the body can mend and heal best when properly aligned so the nervous system can function at optimal levels.
- 2. Osteo** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Birch, Clove Bud, Helichrysum, Rosemary 1.8 ct. cineole, and Sweet Marjoram.

Formulated with the clear and specific intention of targeting the bone system of the body. Whether its being used for pain relief, support in strengthening or rebuilding the bone matrix, the anti-inflammatory properties of this blend make it extremely effective for relieving chronic and acute pain, as well as supporting sustained relief from rheumatism, arthritis, and gout.
- 3. Sensory** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Eucalyptus radiata, Helichrysum, Lemon, Ravensara, Tea Tree, and Thyme ct. linalool.

Formulated with oils that target the nervous system of the body. With benefits from constituents that aren't available in any other blend, this powerful formula is used for its resonance with the nervous system, the communication system of the body, as well as its ability to reduce inflammation, assist vascular dilation, promote relief from neuralgia, nervous exhaustion and stress-related issues. It is also particularly effective with neuropathy, phlebitis, arthritis, support of the liver, as well as having powerful anti-hematoma properties.
- 4. FlexAble** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Balsam Fir, Black Spruce, Cedarwood, Cypress, Jojoba, Marjoram, Ocean Pine, Scotch Pine, and Siberian Fir.

Formulated with specific and targeted oils that have an affinity for the muscular system. Whether it's being used topically for sore and strained muscles, rheumatic pain, or for its anti-spasmodic benefits, this blend delivers!
- 5. Connect** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Cinnamon Bark, Cypress, Ginger, Lemongrass, Peppermint, Rosemary 1.8 ct. cineole, Tea Tree, and Thyme ct. linalool.

Formulated with the oils that specifically target the tendons, cartilage and connective tissues of the body. Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do! Useful in dispersing lactic acid build up, improving muscle tone, and generally relieving pain, it is also a great pick-me-up due to its fresh, distinct aroma.
- 6. Circulate** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Cypress, Monoi, Patchouli, Rosa damascena, Rose Geranium, Sandalwood, Ylang Ylang complete, and Jojoba.

Formulated with oils that target the cardiovascular and circulatory systems. It is particularly powerful as an aid for varicose veins, cellulite, cystitis, and all things 'circulatory' due to its tonifying, regulating, detoxifying and decongesting properties.
- 7. Clear** – 100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Balsam Fir, Black Spruce, Clary Sage, Elemi, Rose Geranium, Inula, Rockrose, Patchouli, Lavender, Ylang Ylang complete, Sweet Marjoram, Pink Grapefruit, Rose Geranium, Sage, and Spikenard.

Formulated to target the emotional system of the body, Clear does far more than one might expect. Because we know that there is always an emotional facet to any injury, illness, pain or stress-related issue, Clear targets the emotional system to bring harmony to an out-of-balance condition. This blend can be powerfully supportive in easing anxiety, stress and depression. The uplifting nature of this blend can also be gently energizing.

Your goDésana Product Consultant:



Essential Oils are a powerful, highly concentrated element of nature. Use them responsibly. Less is more when using goDésana essential oils.

- ◊ Any suggestions given in any goDésana educational material or classes are intended for general use. If you are unsure which essential oil is appropriate for a given need - ASK THE BODY! You are the best person to discern what is appropriate for you! You can also consult a goDésana Product Consultant to help guide you in the right direction.
- ◊ Essential oils are living elements of nature and therefore should be cared for and respected. Do not expose them to excessive heat, cold, light, or air. Not caring for them properly will shorten their therapeutic life and can cause them to be compromised.
- ◊ If you have been working with a health practitioner, and you want to replace prescribed pharmaceuticals with essential oils, do not abruptly stop any current medications. Consult your health practitioner for assistance in gradually transitioning to the use of essential oils. It is not recommended that you begin using essential oils, rather than prescription meds, without the assistance of your health practitioner.
- ◊ Store your essential oils out of reach of children and pets, with the caps securely tightened. A tightly capped bottle will prevent potential oxidation of the oil and keep little ones and pets from over-doing it. Essential oil bottles can be enticing to both pets and children, so always keep essential oils stored out their reach.
- ◊ When taking homeopathic remedies or prescription medications, essential oil usage should be at least two hours apart from the current meds to prevent any potential interactions or minimizing of benefits.
- ◊ ‘Less is more’ when using goDésana essential oils. The smallest amount usually achieves the desired result very quickly. “If a little is good, more is better” doesn’t apply here!
- ◊ DO NOT use Jojoba carrier oil if you have a nut allergy. Align, FlexAble, and Circulate blends each have a very small amount of Jojoba carrier oil in them.
- ◊ Those prone to Hypertension should use the following oils responsibly, avoiding excessive use of Osteo Blend, Birch, Eucalyptus globulus, Peppermint, Rosemary ct. 1.8 cineole, and Thyme ct. thymol as they may influence blood pressure.
- ◊ Individuals using prescription blood-thinners such as Coumadin should avoid Osteo blend, Birch, and Clove as they have blood thinning properties. Also avoid these oils if you are currently on an aspirin therapy.
- ◊ Individuals with a history if seizures should avoid, or take care in using, Basil, Eucalyptus globulus, Fennel, Lavender, Rosemary, Sage, and Spikenard.
- ◊ Essential oils containing phenols should be avoided by pregnant women, small children and the elderly. We recommend that pregnant women consult a qualified goDésana Essential Oil Practitioner for information on the key oils and blends to avoid during gestation as some oils are hormone-modulators, and others have a potential to stimulate premature contractions.

I understand that I am not receiving a diagnosis or a prescription. I am participating in a conversation about therapeutic essential oils that may be helpful for me.

By signing this disclaimer and waiver I agree to release liability and hold harmless the WholeBody™ Consultant, goDésana, Green Organics International, and/or this facility from all causes of action, suits, penalties, liens, judgments, liabilities, obligations, losses, or actual consequential damages and actual or implied claims which may arise at any time by reason relating to or arising directly or indirectly out of any matter related to the goDésana WholeBody™ Assessment and/or Application.

_____ I have read and fully understand the above-referenced “Disclaimer”.
initials

_____ I authorize and accept the proposed terms of the WholeBody™ Assessment and/or Application.
initials

_____ I declare that I understand all the terms and conditions of the WholeBody™ Responsible Usage Guidelines listed above.
initials

_____ If I have a physical condition that requires care, I will consult a natural health practitioner or my family practitioner who is qualified for diagnosis and prescription.
initials

Printed name Best phone Best email

Signature Date