

## DEODORANT

Essential oils can provide a safe, pleasant and effective alternative to toxin-laden commercial preparations. The incredibly engineered systems of the body are an amazingly intricate eco-system that function optimally when we take care of them. In particular, the lymphatic system is the body's own internal "sewage system." Quite literally, the lymphatic system network of tubes and pipes, filled with lymphatic fluid that gently bathes our cells, then carries away the body's "sewage": toxins of all sorts.

People are often unaware of this critical role that the lymphatic system plays in the body. In fact, the **human body has three times more lymph fluid than blood**. A healthy lymphatic system is vital to our body's ability to fight off illness. Not only does it support a strong immune response, it also aids in the elimination of foreign material and dead cells.

One of the largest lymph sites in your body is under the arms; it makes NO sense to be using toxin-filled antiperspirants or deodorant directly on your largest lymph node site. Using and applying personal care products with ingredients that add to your toxic load gives our lymphatic system more to detox from. Using commercial deodorant or antiperspirants will further bombard the lymphatic system with damaging, toxic chemicals, it doesn't have to be that way.

There is an all natural, safe and effective solution - a natural, organic, effective *goDésana* deodorant you make yourself.

The sky is the limit with various recipes or combinations you can create for your own D.I.Y. deodorants. They're simple and easy to assemble, it takes literally 2 minutes, and then you've got non-toxic, health-enhancing, power-packed deodorant for months.

Make a different combo for various family members, and their preferences. Men might like more 'manly' aromas with *Cedarwood, Spruce, Scotch Pine, Frankincense, Sandalwood* or *Balsam Fir*. Teenage girls might like a combo of *Cherished Place* and *Tangerine* or *Mandarin, Red*.

Have fun making up deodorants for the family – just be sure to write down your recipes. Next time you go to make it, you might not remember what combination you put together.

Below are some of our favorite formulations; a cobalt blue spray bottle is ideal for these natural deodorant mixtures. Remember to always shake well before each use.

- Start with an anti-septic base of *goDésana Silver BeSafe*, and/or filtered Lemon juice/and or purified water. Add a few drops of *Tea Tree, Coriander, Eucalyptus, Lavender, Lemon, Lemongrass, Mandarin, Grapefruit, Petitgrain, Palmarosa, Sage, Cypress, Wellness for Adults, Cherished Place, Dragons Fire, Gratitude, Charity*, or another favorite blend.
- With its deodorizing action and the ability to ease excessive perspiration, *Petitgrain* is a fabulous oil to include in a deodorant blend.

## DEODORANT *cont'd*

- **Sage** can help regulate perspiration, reducing it in cases where it is excessive, and promoting it when inadequate. It is also an effective deodorant which can be helpful to those who experience strong body odor.
- **Cypress** has similar regulating action as **Sage**, particularly for men.

### Deodorant Recipe #1

1/2 cup <i>goDésana Silver BeSafe</i> or water	1 drop <b>Peppermint</b>
5 to 7 drops <b>Petitgrain</b>	5 drops <b>Tea Tree</b>
5 drops <b>Lavender</b>	1 to 2 drops <b>Rosemary ct. 1,8 verbenone</b>

### Deodorant Recipe #2

1/2 cup <i>goDésana Silver BeSafe</i>	5 drops <b>Lavender</b>
1 drop <b>Tea Tree</b>	5 to 7 drops <b>Petitgrain</b>

### My Favorite Deodorant Recipe

2 oz <i>goDésana Silver BeSafe</i>	3 drops <b>Eucalyptus radiata</b>
3 drops <b>Tea Tree</b>	2 drops <b>Lemon</b>
3 to 5 drops <b>Lavender</b>	1 drop <b>Peppermint</b>

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