FREE PRODUCT GUIDE

Twist. Breathe. GOGO.

Your pocket-size wellness ritual: how GOGOStix™ aromatherapy fits into a calmer, more focused, more energised day, wherever you are.



SHARED WITH YOU BY Tim ODell

Zilara Power Team

1. Wellness That Fits in Your Pocket

Most of us know the feeling. It's mid-afternoon and your focus has wandered off somewhere. The train is packed and stuffy. Or it's late in the evening and your mind just won't switch off. You don't always have time for a yoga class, a long walk or a quiet cup of tea. What you *do* have is a few seconds and a breath.

That's the whole idea behind **GOGOStix™**: pocket-size, plant-powered essential oil inhalers that turn a single breath into a small self-care moment you can take anywhere.

> 💡 **Key idea:** Wellness doesn't have to be a big event. A simple, repeatable ritual you actually *do* beats a perfect routine you never start.

- ✅ **Pocket-size.** Slips into a pocket, bag, car door or desk drawer. No sprays, no diffusers, no mess.
- ✅ **Plant-powered.** Each stix pairs pure essential oils with menthol crystal and pink Himalayan salt.
- ✅ **Twist and breathe.** Remove the cap, take a gentle breath, recap. Done in seconds.
- ✅ **Expertly formulated.** Created by master formulator Alexandria Brighton (more on her in Section 2).
- ✅ **Made with care.** Produced by the Green Organics family of companies in Cincinnati, Ohio, now part of Zilara.

Why a breath-based ritual works so well

Aroma is personal and immediate. Many people find that a familiar scent becomes a **cue**: a signal to pause, reset and change gear. Use the same stix at the same moment each day (opening your laptop, getting on the train, getting into bed) and that little breath starts to feel like a habit worth keeping.

It also encourages something most of us forget to do: **slow down and take a proper breath.**



Your GOGOStix™ guide at a glance

2. The Formulator Behind the Stix

You may not know her name yet, but you may already know her work. **Alexandria Brighton** has spent decades studying, teaching and formulating in the world of aromatherapy and botanical wellness.

- **Early 1970s:** began her path into traditional and alternative approaches to wellness.
- **Late 1980s:** expanded into essential oils and aromatherapy, learning from French and English practitioners.
- **Early 1990s:** company histories record that she had developed more than 100 aromatherapy blends.
- **1990s onward:** worked as an educator and contract formulator, with studies in Northern India and the Himalayas focused on aromatherapy and Ayurvedic tradition.
- **Today:** her formulations from the goDesana and Heart & Body Naturals collections now live on within Zilara.

More than putting good oils together

For Alexandria, a blend is not just a pleasant mix of aromas. Each oil is chosen for its naturally occurring constituents and the role it plays in the finished formula. Her approach rests on four simple pillars:

Know the plant
Identity, origin and character matter.

Know the chemistry
Natural constituents guide every choice.

Formulate the whole
The finished blend beats a list of ingredients.

Teach safe use
Education and responsible use, always.

Why this matters to you: When you twist open a GOGOStix™, you're breathing in decades of study and craft, condensed into something that fits in your pocket. And in the spirit of "teach safe use", this guide includes clear directions and cautions in Section 5.

3. Meet the GOGO All-Stars

Five stix, five different moods. Every one shares the same base of **menthol crystal and pink Himalayan salt**, plus its own signature essential oils.

Focus Fuel BLEND

Scent: fresh, herbal and minty · **Key oils:** Sweet Basil, Lemon, Rosemary, Peppermint, Geranium, Rose

A crisp, refreshing blend to help you feel alert and switched on, with no caffeine. **Reach for it:** before a meeting, during study time, or when your focus starts to drift.

Mood Boost BLEND

Scent: warm, woody, gently spiced floral · **Key oils:** Cedarwood Atlas, Patchouli, Vetiver, Ginger, Ylang Ylang, Myrrh, Helichrysum, Melissa, Black Pepper

Grounding woods and warm spices to help you feel brighter and more balanced. **Reach for it:** on grey days, or whenever you could use a lift.

Frankincense SINGLE

Scent: rich, resinous and grounding · **Key oil:** Frankincense (Boswellia carteri)

Known as the "King of Oils" and treasured for thousands of years in ancient temples and royal courts. Helps you feel calm and centred. **Reach for it:** for quiet reflection, meditation or winding down. *Also in the Singles range: Spikenard.*

Craving Crusher SIGNATURE

Scent: bright, zesty citrus · **Key oils:** Bergamot, Pink Grapefruit, Sweet Orange, Tangerine, Copaiba, Hyssop

An uplifting citrus burst to help you pause, reset and move through your day with intention. **Reach for it:** as a mid-afternoon reset or a mindful pause.

Allergy Relief BLEND

Scent: cool, crisp and fresh · **Key oils:** Ravintsara, Niaouli, Helichrysum

A cooling, invigorating blend for a fresh, clear-feeling breath on the go. **Reach for it:** in stuffy rooms, on long journeys, or as a fresh start to the day.

[CHECK: Confirm the full current GOGOStix™ line-up, as the Zilara site lists 5 blends plus Singles.]

4. Five Everyday Moments to GOGO

The easiest way to build a ritual is to **attach it to something you already do**. Here are five moments to start with. Pick one, try it for a week, and see how it feels.

- **The morning kick-start (Focus Fuel).** Before you open your inbox, take one breath of Focus Fuel and decide on your one most important task for the day. Fresh mint and herbs, with a clear intention.
- **The commute and travel (Allergy Relief).** Packed trains, recycled cabin air and stuffy cars. A cool, crisp breath helps the journey feel a little fresher.
- **The afternoon reset (Craving Crusher).** When the 3pm slump arrives, step away from the screen, take a bright citrus breath and stretch for 30 seconds before you dive back in.
- **The grey-day lift (Mood Boost).** Rainy Monday? Long week? Warm, woody notes and a minute of slow breathing make a lovely little pick-me-up.
- **The evening wind-down (Frankincense).** Phone down, lights low, one slow breath of Frankincense. Let it become your signal that the day is done.

> **Pro tip:** Keep each stix where its moment happens: Focus Fuel on your desk, Allergy Relief in your travel bag, Frankincense on your bedside table. If it's within reach, you'll use it.

Make it yours

There's no "right" stix. Some people love bright citrus, others reach for deep woods and resin. Start with the moment that matters most to you, then build your own little collection.

5. The 3-Breath Ritual (and How to Use Your Stix)

Here is a simple ritual that takes about 20 seconds. It's the same every time, which is exactly what makes it stick.

1. **Twist.** Twist to remove the cap. Pause for a second and notice how you're feeling right now.
2. **Breathe.** Hold the inhaler just below your nostrils and inhale deeply through each nostril for 1–2 seconds.
3. **Pause.** Breathe out slowly. Take one more easy breath without the stix. Then recap it tightly, and GOGO.

Little habits that make a big difference

- ✓ **Recap tightly** after every use to keep the aroma fresh.
- ✓ **Keep it personal.** Treat your stix like a lip balm: one per person.
- ✓ **Store it cool and dry,** away from direct sun.
- ✓ **Note the date you open it.** Each stix is best used within 30 days of opening.

⚠ Please use as directed

- For adults and children aged 12 and above.
- Do not eat or use orally.
- Temporary burning, stinging or nasal discharge may occur. Stop using it if irritation persists.
- Keep out of reach of children and pets.
- If you are pregnant, nursing or under medical care, check with your healthcare professional first.

6. How to Get Your GOGOStix™

Getting started is simple and costs nothing to join. Here's the path:

- **Create your free Zilara account.** It's $0 to join, with no monthly or annual fees.
- **Choose your first stix.** Start with the moment that matters most to you. [CHECK: GOGOStix™ price and CV per stix / bundle]
- **Consider autoship.** Each stix is best used within 30 days of opening, so a monthly autoship keeps a fresh one arriving, with a 5% autoship discount.

Why members love autoship

- **Up to 30% back** in product rewards.
- **A free product every month** from the Zilara Vault with a 100 CV autoship.
- **10 × $25 gift cards per month** to share with friends and family (also with a 100 CV autoship).
- **Simple volume:** $30 = 25 CV, $60 = 50 CV, $115 = 100 CV.

> **Love sharing what works for you?** Customers who enrol just one person become a Zilara consultant at no cost and earn 30% on customer orders, with no order required. No pressure, but it's a nice option to know about. Zilara is debt free and available in 200+ countries.

Not sure which stix to start with?

Message Tim on WhatsApp and you'll get a friendly recommendation.

Claim a $25 Zilara gift card

Tim has a few $25 gift cards set aside to help new members get started.

Message Tim on WhatsApp to claim yours

Your next step is free

Create your Zilara account: $0 to join, no monthly fees. Twist. Breathe. GOGO.

Sign Up Now For FREE!

Or click here to create your free account

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