

## **MUSCLE PAIN AND STIFFNESS RELIEF OIL**

### **Ingredients:**

wintergreen leaf, camphor bark, peppermint plant, Ylang Ylang flower, helichrysum flower, blue tansy flower, blue chamomile flower, lavender and fractionated coconut carrier oil.

### **Product description:**

Muscle pain and stiffness relief oil is perfect for a soothing massage after a work out or a long day of work for example behind the computer.

The blend of wintergreen, camphor, peppermint, Ylang Ylang, helichrysum, blue tansy, blue chamomile, and lavender essential oils diluted with fractionated coconut carrier oil work together to soothe and cool after a work out or working long hours on the computer

### **Uses:**

Rub the oil on your fingers, wrists, shoulders, lower back and neck after working long hours on the computer or after heavy lifting.  
Apply on back, feet and legs before and after exercise.

### **Directions for use:**

Topical use: Apply to desired area.

### **Cautions:**

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### **Shelf life:**

12 months

**Effect of wintergreen:** antibacterial, anti-inflammatory, analgesic, blood circulation, expectorant. To be used for muscle pain, joint complaints, rheumatism, back pain, lumbago.

**Effect of camphor:** anti-inflammatory, antiviral, antiseptic, stimulant, insect repellent, calming, muscle relaxant, antispasmodic, analgesic.

**Effect of peppermint:** nerve pain, colds, cough, headache, migraine, muscle pain, acne and skin infections, mental fatigue, nervousness

**Effect of Ylang Ylang:** euphoriser, stimulating sex drive, calming, anesthetic. May lower blood pressure raised by stress, calming, detoxifying, anti-inflammatory, regulating, stimulating blood circulation, combating obesity.

**Effect of Helichrysum:** invigorates mature skin, relaxes tired muscles and gives you hope and courage in difficult times.

**Effect of blue Tansy:** brightening, calming properties, supports healthy breathing during allergy season, helps soothe troubled or irritated skin and supports self-esteem, confidence and enthusiasm.

**Effect of blue chamomile:** healing and antiseptic properties. The oil has a soothing effect on inflammation, is mildly analgesic in the care of wounds, as the oil promotes the healing of the skin.

**Effect of lavender:** balancing, calming, uplifting, stimulating and refreshing, anti-bacterial, antiviral, antiseptic, pain-relieving, stimulates blood flow, reduces cramps.

**Effect of fractionated coconut oil:** strengthens the immune system, helps to combat eczema, provides relief from psoriasis, nourishes and moisturizes both the skin and hair, has an antibacterial effect.