

## B&G CUSTOM ESSENTIAL OIL BLENDS

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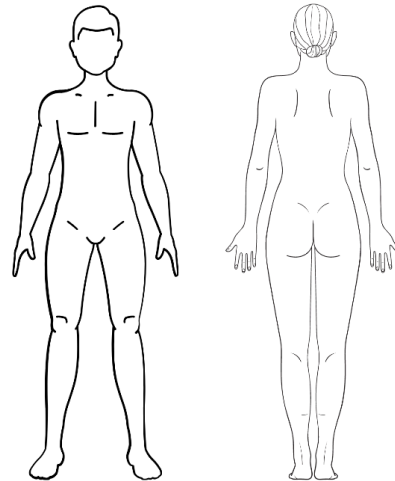


### Eczema / Rash - Blend

#### \*Oils & benefits:

- **Tea Tree:** Can help relieve itchiness, is known to have anti-inflammatory properties, alleviate redness, irritation and swelling and can help speed up healing.
- **Geranium:** May help to reduce inflammation and is known to have antimicrobial effects to help ease symptoms
- **Peppermint:** Can help relieve itching and has been known to have anti-inflammatory and anti-microbial effects
- **Chamomile:** A traditional oil which has been used to help soothe and calm eczema, inflammation, and skin infections
- **Clove:** May help to reduce inflammation and is known to have antimicrobial effects to help ease symptoms. The active ingredient in clove oil is eugenol, which is well known to reduce inflammation and pain in clinical applications
- **Bergamot:** Linalool and carvacrol are compounds found in bergamot, these are known to have analgesic and anti-inflammatory capabilities when applied topically. Also known for its ability to reduce inflammation and uplift mood.
- **Frankincense:** Has been reported to prevent the production of inflammatory substance in the joints and skin. Has been known to have regenerative properties that can help improve the skin's overall health and reduce the appearance of eczema patches.
- **Helichrysum:** May help soothe inflammation, reduce pain through its analgesic properties. Studies show that immortelle is effective as an anti-inflammatory, antimicrobial, and antibiotic, and even has regenerative properties as it can be used to heal injured skin including minor cuts, burns, boils, and insect bites. The essential oil can also be used to ease not only eczema, but other chronic inflammatory skin conditions like dermatitis, acne, and rosacea, according to Petersen.
- **\*\*Camphor:** commonly used in many rubs/oils to provide pain relief. Has dual hot and cold action. The cooling helps numb & cool nerve endings and its warming effect warms painful areas to increase circulation to the skin. Is known to have analgesic effects to calm sore areas of body.
- **Carrier Oil:** Argon Oil & Pure Organic Fractionated Coconut oil

*Examples for placement, typically this blend is placed directly on the affected area.*



**Caution:** When applying oils to the face/head area, use extreme caution around eyes, not to get oils into eyes or any open wounds, as it can burn or cause discomfort. Wash hands after application to prevent accidentally rubbing eyes etc.

*\*NOTE: Oil benefits noted above are examples of benefits from the book "Essential Oils Desk Reference", by David Stewart and other various online sources*

*\*\*This blend is not recommended for pregnant women or children. Should you have any questions or concerns, please consult with a trusted healthcare professional before taking or using any essential oils.*