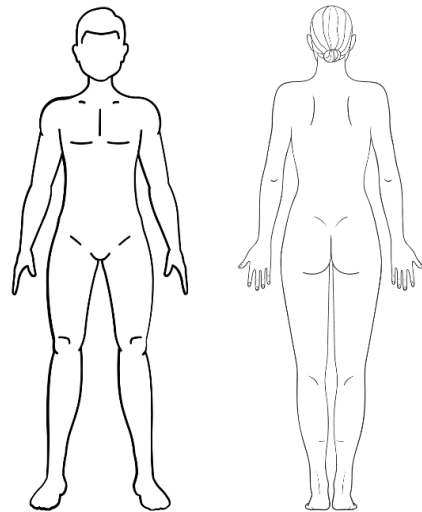


Joint / Pain Plus - Blend

*Oils & benefits:

- **Helichrysum:** soothes inflammation, reduces pain with analgesic properties, reduce mental exhaustion and relieves tension.
- **Copaiba:** anti-inflammatory, pain relief, soothes tired muscles, healing and soothing properties, analgesic properties.
- **Camphor:** commonly used in many rubs/oils to provide pain relief from minor arthritis pain. Has dual hot and cold action. The cooling helps numb & cool nerve endings and its warming effect warms painful areas to increase circulation to stiff and sore muscles or joints. Is known to have analgesic effects to calm sore areas of body.
- **Wintergreen:** can work to reduce swelling and irritation around painful muscle tissue and joints. Studies show it is a plausible alternative to NSAIDs (pain relieving drugs). Helpful for nerve and joint pain. Active ingredient methyl salicylate, is closely related to aspirin.
- **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, which can be helpful with arthritis and RA.
- **Frankincense:** Has been reported to prevent the production of inflammatory substance in the joints, and can help relieve osteoarthritis in specific areas when applied topically.
- **Rosemary:** Known to have anti-inflammatory and pain-relieving properties. Can be helpful for headaches, sprains, muscle soreness, rheumatism, or arthritis.
- **Capsicum:** Also known as red pepper or chili pepper. Commonly used topically for arthritis pain. The fruit of capsicum plant contains a chemical called capsaicin, which is what may help reduce pain and swelling. Can help with stiff joints, relax lower back pain, and can also help to heal nerve damage.
- *Carrier 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.

****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.**

Please consult your physician for personalized medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition/concerns

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