

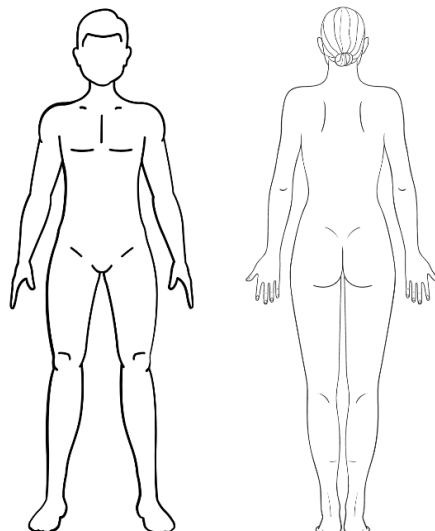
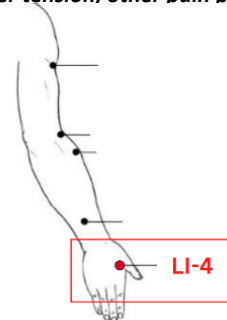
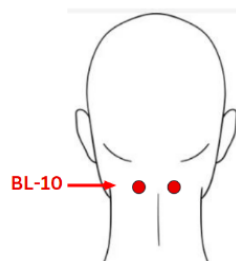
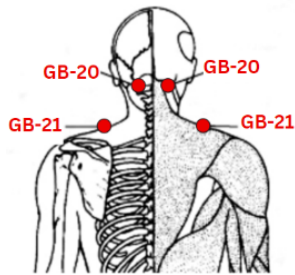


Pain (Muscle) - Blend

*Oils & benefits:

- **Peppermint:** headaches, reducing stress, cooling effect on sore muscles, also has analgesic and anti-inflammatory properties.
- **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.
- **Lavender:** Anxiety, insomnia, depression & restlessness, calming, reduce stress.
- **Lemongrass:** contains citral which is an anti-inflammatory compound, antioxidant, arthritis pain, releases serotonin, calming on stomach, relieves tension, uplifting.
- **Carrier Oil:** Pure Organic Fractionated Coconut oil

*Examples of meridian/acupressure points for these oils for relief of headache, neck pain, shoulder tension, other pain place oils directly on site. (*never place oils on an open wound):*



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. 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*