



# ALLINEATE ESSENTIAL OIL

## INTENDED BENEFITS:

- **Connective Tissue & Myofascial Pain Relief**
- **Enhanced Stretching & Flexibility**
- **Sports Performance Enhancement**
- **Pre- and Post- Workout Preparation**
- **Rehabilitation & Physical Therapy**
- **Support Cellular Communication of Skeletal System & Connective Tissues**



**Ingredients:** Proprietary blend of Rosewood, Blue Tansy, Frankincense, Siberian Fir Needle, Juniper Berry, Spruce

## USE SUGGESTIONS

When using topically, \*\*begin by applying with a carrier oil and then apply neat if the body responds well and no sensitivities arise.

- **CONNECTIVE TISSUE/MYOFASCIAL RELEASE/ANALGESIC/INFLAMMATION:**  
Direct application may soothe muscle discomfort and alleviate trigger points.
- **STRETCHING/FLEXIBILITY:**  
Applying directly may enhance the effectiveness of stretching and help increase flexibility.
- **SPORTS PERFORMANCE:**  
Applying directly may enhance myofascial release and improve performance. Intended to help reduce muscle tension, increase flexibility, and optimize muscle function.
- **PRE-/POST-WORKOUT:**  
Applying directly to target areas may increase blood flow, muscle relaxation, and help reduce the risk of injury during exertion.
- **REHABILITATION/PHYSICAL THERAPY:**  
Application may compliment therapeutic interventions, assist in recovery, and support healing following injuries.
- **SELF-CARE & MAINTENANCE:**  
Incorporating with myofascial release techniques may help maintain muscle function and help prevent chronic pain. Regular use may support the musculoskeletal system.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

\*\*Always perform a patch test on the skin before application the first time.

