



BIO-SOOTHE

ESSENTIAL OIL

INTENDED BENEFITS:

- Muscle, Tendon, Nerve, Circulation, & Joint Relief & Support
- Pre- & Post-Workout Support
- Deep Relaxation & Sleep
- Headache & Migraine Relief
- Sore Feet Relief
- Massage Therapy



Ingredients: Birch, Helichrysum (G), Clove Bud, Nutmeg, Basil, Cypress, Marjoram, Peppermint, Myrrh, Lemongrass, Juniper Berry

USE SUGGESTIONS

When using topically, ** dilution with a carrier oil is recommended. Bio-Soothe creates cold/heat sensation.

- **JOINT & MUSCLE RELIEF/SPORTS MASSAGE /ANALGESIC:**
Stretch sore muscles, apply directly to area of discomfort for cooling and soothing effect. Take deep breaths.
- **PRE- & POST-WORKOUT SUPPORT:**
Application to muscles before/after workout may increase circulation, prepare for workout, and promote recovery.
- **RELAXATION/TRANQUILITY/SLEEP:**
Diffuse before bedtime or add to bath.
- **HEADACHE & MIGRAINE RELIEF/CIRCULATION:**
Application to temples, forehead, or neck may relieve tension.
- **SORE, SWOLLEN FEET:**
Add to warm water and soak feet.
- **MASSAGE:**
Add to massage oil to enhance experience, help with relaxation, and promote a sense of well-being.

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.

