



Product Information and Traditional & Alternative Uses

Physical Touch Aeroma blend contains premium organic, wild-crafted Birch, Helichrysum (G), Clove Bud, Nutmeg, Basil, Cypress, Marjoram, Peppermint, Myrrh, Lemongrass, Juniper berry essential oils. Many of these therapeutic oils have been researched and touted for their potent anti-inflammatory and astringing properties. Physical Touch blend is the go-to essential oil blend for any sprain, bruise, body ache, muscle pain, and inflammation.

① **MUSCLE PAIN**

② **JOINT PAIN**

③ **ANTI-INFLAMMATORY**

④ **BACK PAIN**

⑤ **BRUISING**

⑥ **MENSTRUAL CRAMPS**

⑦ **SPRAIN ANKLE**

⑧ **PSEUDO SCIATICA**

⑨ **MUSCLE CRAMPS**

⑩ **MUSCLE FATIGUE**

Primary Action - Muscle Pain:

MUSCLE AND JOINT PAIN: Apply 3-5 drops directly to the area of discomfort. For enhanced results add a hot and cold compress. Stretch muscles before and after applying. (Make sure to hold the initial stretch for 25 seconds. Take a deep breath and reach deeper if you can. Hold for another 25 seconds). Add gliding friction massage strokes to warm up muscle area.

BACK PAIN: Apply 1-3 drops directly on location. Also, consider adding 1-3 drops to hip flexor muscle Psoas Major and Iliopsoas. Perform hip flexor stretch (Make sure to hold the initial stretch for 25 seconds. Take a deep breath and reach deeper if you can. Hold for another 25 seconds).

MUSCLE FATIGUE AND MUSCLE CRAMPS : Apply 3-5 drops directly to the location.

