

Safety Guidelines

- * For External/Topical use. Not intended for use in children under 12 without proper dilution.
- * Not intended for children under 6.
- * Do not use on or around eyes, internally or on sensitive soft tissue. If skin irritation occurs, apply vegetable oil (olive oil, coconut oil or any non chemical carrier oil) to area until irritation subsides.
- * This is not meant to replace current medications prescribed by your physician.
- * Consult with your physician before combining Muscle Paste with prescribed oral medication.
- * Do not mix with other topical prescriptions or over the counter creams as chemical burns can occur.

Avoid prolonged temperatures above 80 degrees and above. Softening and/or melting will occur.

"Aromatherapy is the skilled use of essential oils to maintain health and wellbeing and to prevent imbalances and illness on the physical, emotional, mental and spiritual levels, for the good of mankind and the preservation of the entire planet."

Valarie Cooksley, RN, OCN, FAAIM

®2015 Patent Pending

.25 oz ~ \$5.00

1 oz ~ \$25.00

2 oz ~ \$45.00

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FullBloom Aromatherapy

FULL BLOOM
Muscle Paste
Encourage your Body's
Natural Healing Response
to Muscle and Joint
Discomfort

Strains and Sprains

Muscle Aches and Spasms

Arthritis and Joint Discomfort

Inflammation

Menstrual Discomfort

**Aches and Pains associated with
Respiratory, Cold and Flu**

Formulated with Organic Carrier Oils for
Optimal Skin Conditioning

Tina Marie Hayden IAC, CCA
Clinically Certified Aromatherapist

Essential oils combined with healing herbal infusions make this ointment a perfect combination to treat your bruises, muscle discomfort, rheumatism and arthritis pain, sprains, joint pain and menstrual, respiratory and Flu discomfort.

CARRIER BASE:

ORGANIC COCONUT OIL: - wonderful repairing and moisturizing properties, **EMU OIL** - historically in Australian aboriginal traditional medicine, minor pain, arthritic joints, bruises and bruises. **OLIVE OIL**, **VITAMIN E**, Organic BEESWAX.

TURMERIC: The active ingredient in turmeric is curcumin, a powerful antioxidant. Curcumin also has anti-inflammatory qualities that make it effective for fighting osteoarthritis symptoms, and other health problems related to inflammation (*researchers believe there are many links between inflammation and chronic illness*). Curcumin is believed to reduce certain enzymes in the body known to trigger inflammation.

CAYENNE: One of the most effective Natural pain relievers available to us. It works by blocking a neurotransmitter known as Substance P, which is responsible for relaying information that results in what we know as pain. Relieves aches, sore muscles, arthritis, menstrual cramps, bruises and shingles.

GINGER: Is powerful natural anti-inflammatory and stimulates improved blood circulation. One modern study (<http://www.ncbi.nlm.nih.gov/pubmed/1494322>) of patients with rheumatoid arthritis, osteoarthritis and muscular discomfort found taking powdered ginger relieved pain in over 75% of rheumatoid arthritis sufferers and all patients with muscular discomfort benefitted. Pointing to the safety of the medicinal use of ginger compared to steroids and nonsteroidal anti-inflammatory drugs, not one patient reported a single adverse side effect by the end of the three year study.

ESSENTIAL OILS of Wintergreen, Peppermint, Copaiba, Lemongrass, Clove, Citronella, Cypress, Lavender, Pink Pepper, Black Pepper, Frankincense, Balsam Fir, White Fir Needle, Oregano, Basil, Marjoram, Eucalyptus and Helichrysum, Benzoin.

BALSAM FIR: circulation in muscles and joints, arthritis, muscular aches and pains, rheumatism

BASIL: circulation and cellular blood flow

BENZOIN: circulation, muscle and joint pain, arthritis, gout, poor circulation, rheumatism, asthma, bronchitis, chills, colic, coughs, laryngitis

BLACK PEPPER: improves circulation and can ease aching muscles. Its used to help when arthritis causes severe pain in joints. Helps to treat arthritis and rheumatism by removing uric acid and other toxins from the body.

CITRONELLA: antispasmodic and anti-inflammatory

CLOVE: circulation in muscles and joints , arthritis, rheumatism, sprains

COPAIBA: helps the body's natural response to irritation. Occasional physical discomfort associated with aging or exercise including minor aches and discomfort.

CYPRESS: circulation in muscles and joints, cellulite, muscular camps, edema, poor circulation, rheumatism

EUCALYPTUS OIL: arthritis, poor circulation, helpful for headaches when used aromatically

FRANKINCENSE: encourages circulation of muscles and blood vessels, anti-inflammatory regulates menstrual cycles and ensures good health of the uterus.

HELICHRYSUM: encourages the recycling of dead cells, and stimulates the production of new cells.

LAVENDER: relieves sore and tense muscles, muscular aches, rheumatism, sprains, backache and lumbago.

LEMONGRASS: tonic for the nerves - strengthens nerves and stimulates them and is most effective for inflammation.

MARJORAM: analgesic, antispasmodic, nervine, sedative.

OREGANO: inflammatory response, pain, aches and pains of the joints, muscle relaxant

PEPPERMINT: used in the treatment of pain relief, as a way to induce numbness and relax spasms. Induces firmness in muscles and relieves obstructed menstruation, slight contraction of the blood vessels.

PINK PEPPER: localized rheumatism, bursitis, joint pain and Fibromyalgia symptoms

WINTERGREEN: commonly used for pain relief & treatment of rheumatism, arthritis &spasms. Aides in regulating a normal and healthy menstrual cycle.

WHITE FIR NEEDLE: arthritis, muscle aches, rheumatism

This ointment combines the best of both a tingling muscle rub and a healing herbal ointment in one jar. When used topically Muscle Paste provides a natural pain relief management alternative.

Muscle paste can be applied as often as necessary to provide desired relief. When using on children under 12 years of age, dilute muscle paste 50% dilution. (i.e. 1 teaspoon of muscle paste to 1 teaspoon coconut) or other organic oil of choice. May be applied to areas of discomfort or bottoms of feet for all over muscle aches due to fever.

DO NOT use heating pads, or take a hot bath or shower for 1 hour after application.

Not recommended for pregnant or nursing mothers.

