



## Warming Muscle & Joint massage oil

### product information sheet

**Product batch number:** \*\*\*\*\*, made by Donna. Size: 100ml. **Expiry date:** \_/\_/.

**Ingredients:** *Prunus amygdalis var. dulcis* (Sweet Almond oil), *Ricinus communis* (Castor oil), *Tocopheryl acetate* (Vitamin E) and essential oils (2%) of *Piper nigrum* (Black Pepper), *Lavandula latifolia* (Spike Lavender), *Zingiber cassumunar RoxB* (Plai) and *Boswellia carterii* (Frankincense), **\*alpha-Thujene**, **\*Linalool**, **\*Linalyl acetate**, **\*alpha-Pinene**, **\*beta-Caryophyllene**, **\*beta-Pinene**, **\*d-Limonene**, **\*delta-3-Carene**. *\*Occurs naturally in essential oils.* **Allergens listed in bold. CONTAINS SWEET ALMOND OIL.**

**Storage instructions:** Store in a cool, dark place, **out of direct sunlight. Keep out of reach of children and pets.** Store in original container. Refrigerate if possible as this will keep your blend fresher for longer. Discard after expiry date.

**Instructions for use:** Shake well before use. Warm a small amount of oil in the palms of your hands and massage over muscles and joints as required, avoiding the face area, ensuring product is rubbed in before dressing. For baths, add up to 10ml to a full, warm bath. Bath surface may become slippery, so take extra care. Avoid using daily for long periods, to ensure the essential oils keep their beneficial aromatic properties and to reduce adverse effects. If using daily, have a 1 week break every 6 weeks, to avoid this.

**WARNING: NOT TO BE USED BY BABIES, CHILDREN AND PETS. NOT FOR USE IN PREGNANCY/BREASTFEEDING. DO NOT USE IF YOU HAVE OR SUSPECT YOU HAVE AN ALLERGY TO ANY OF THE INGREDIENTS OR HAVE EPILEPSY. Perform a patch test on dermatitis & sensitive skin before use. Contains alpha-Thujene, Linalool, Linalyl acetate, alpha-Pinene, beta-Caryophyllene, beta-Pinene, d-Limonene, delta-3-Carene. May produce an allergic reaction. Discontinue use if there is any redness/itching. FOR EXTERNAL USE ONLY. DO NOT INGEST.**

**KEEP AWAY FROM THE EYES.** If Product gets into the eyes, wash with copious amounts of water and seek medical attention if irritation persists.

**If you experience a rash, redness or itching on your skin after using this product, this may be a reaction to the product.** This is a rare occurrence, but in this instance wash your skin thoroughly with pure unperfumed soap and leave to air-dry. Discontinue use. If irritation persists, seek medical advice.

**Harmful to aquatic life with long lasting effects (your skin loves oils, aquatic wildlife does not!). Avoid disposing large quantities into drainage systems and the environment.**

Disclaimer: Any treatments or products received from Aroma-health & Therapies are not intended as a substitute for medical or psychiatric care and are not a form of diagnosis for medical conditions. If you need care for a serious condition, please visit your GP/healthcare professional.



Product and ingredients are vegan & cruelty-free. Naturally free from parabens, petrochemicals, mineral oil, synthetic fragrances, lanolin & aluminum. Please recycle your bottles and jars by returning them on your next visit, or alternatively recycle at home.

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