

# Connect

soothing blend 10ml

Connect is formulated to support and communicate with the tendons, cartilage, and connective tissue of the body. Whether for use in easing spasms, sprains and strains, or for building strength in the connective tissues of the body, this powerful blend does what it is intended to do. Great for use in massage as it eases muscular spasms, sprains, and strains; and is useful after exercise as it improves muscle tone and disperses lactic acid throughout the body.\*

"Connect's ability to assist the body with muscular spasms, sprains, and strains make it a great massage choice. Also a great pick-me-up due to its fresh and distinct aroma." ~ Alexandria Brighton

## uses

### aromatic

- **Diffusion:** Diffuse 10-12 drops in 15 minute increments throughout the day.\*
- **Inhalation:** Apply 1 to 2 drops on a tissue or cotton ball, or apply to the wrists, and inhale deeply as needed for a quick pick-me-up.\*

### bath

- **Bath:** Add 8 to 10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or sports workouts.\*

### topical

- **Massage:** For topical use on large areas add 10 to 12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.\*
- **Massage:** Gently massage 5 to 6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## ingredients

*Cymbopogon citratus (Lemongrass), Cinnamomum zeylanicum (Cinnamon Bark), Cupressus sempervirens (Cypress), Zingiber officinale (Ginger Root), Mentha piperita (Peppermint), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Melaleuca alternifolia (Tea Tree), Cymbopogon martinii (Palmarosa), Cocos nucifera (Fractionated Coconut Oil)*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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