

Lavender Ice

lavender apothecary blend AromaStix

Headaches are a painful, recurring experience for many people. They may be caused by stress, eyestrain, allergies, sinus congestion, hormone imbalances, and many other causes.*

Nonsteroidal anti-inflammatory drugs (usually abbreviated as NSAIDs) are a class of drugs that provide analgesic (pain-killing) and antipyretic (fever-reducing) effects, and, in higher doses, anti-inflammatory effects.*

At least one study has examined a potential link between the usage of non-steroidal anti-inflammatory drugs (NSAIDs) and autism in children (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673819/>). Additionally, some physicians have concerns that ibuprofen and other NSAIDs can cause kidney damage.*

Whatever the cause of your headache, Lavender Ice may bring the nonprescription, non-drug relief you seek.*

ingredient highlights

Lavender Vera: Well-known for its powerful anti-inflammatory and sedative properties, both of which can assist in resolving headache and migraine issues quickly and naturally.*

Peppermint: Has been shown in clinical studies to improve circulation and relax stiff muscles, which may provide relief from tension headaches and migraines.*

uses

topical

- For headache, apply Lavender Ice neat (undiluted) to the temples, forehead, and over the ear, following the hairline and across the back of the neck. Be careful not to get it too close to the eyes. This can be repeated as needed.*
- Apply Lavender Ice neat (undiluted) to areas of the body experiencing pain due to tight muscles, strains or sprains, or from blunt trauma such as slamming a finger in a door or stubbing a toe. Gently massage in; repeating as necessary.*

goDesana

Product Information Page



application methods

Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

*Lavendula angustifolia (Lavender, vera),
Mentha piperita (Peppermint), Cocos
Nucifera (Fractionated Coconut)*

responsible cautions

- Not for use on babies or children under age three; on young children be very cautious to keep away from the eyes.
- Not recommended for those with atrial fibrillation.
- Should not be used in conjunction with homeopathic remedies as it may neutralize the homeopathic effects.
- Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.
- 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.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*