

# Prostate Care

protective blend 10ml

The prostate, a walnut-sized gland present only in men, is located deep in the pelvis. It's tiny at birth and throughout childhood, but enlarges after puberty, stimulated by rising testosterone levels. Although small compared to other organs, the prostate looms large as a potential source of disease once a man passes middle age.\*

Prostate Care is specifically formulated with essential oils known to have anti-inflammatory and relaxing properties.\*

Research has shown that muscle relaxation is vital in relieving a prostate that is chronically inflamed due to hormone imbalance.\*

Aromatherapy, combined with herbs and nutrition, can be very beneficial in assisting with prostatitis (inflammation of the prostate).\*

## ingredient highlights

- **Lavender Vera:** One of the most versatile aromatherapy oils and is a 'must-have' for the home first-aid kit. It is extremely beneficial for a wide variety of ailments ranging from aches, pains, and skin complaints to colds & flu, stress, headaches, and insomnia. It has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress. Lavender, vera also has many benefits to the skin and is especially regenerative for older skin.\*
- **German Chamomile:** One of the most ancient and versatile medicinal herbs known to mankind, with high levels of disease-fighting antioxidants like terpenoids and flavonoids. Sometimes called "herbal aspirin", German Chamomile has strong anti-inflammatory and pain-relieving properties.\*
- **Lavender Spike:** Unique among Lavenders in that it contains cineole, which increases its medicinal value. It can stimulate circulation while decongesting muscles and soothing discomfort.\*

## uses

- Apply to the area near the prostate, under the scrotum, twice daily. Prostate may be applied neat (undiluted), and can be safely used on a long-term basis.\*

## topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*

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## application methods

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

*Lavandula angustifolia (Lavender, Vera),  
Lavandula latifolia (Lavender, Spike),  
Matricaria chamomilla (Chamomile,  
German), Pinus pinaster (Ocean Pine),  
Sesamum indicum (Sesame Seed)*

## responsible cautions

- Dilution is not necessary but may be done in cases of individual sensitivity.
- 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.*