

# Trauma Relief

soothing blend 10ml

A wonderful healing blend, Trauma Relief is an excellent synergistic blend when assisting and supporting the body with arthritis and rheumatic concerns, sports injuries, back pain, or pain and inflammation resulting from injured or overworked muscles, tendons, ligaments, etc. Trauma Relief will help provide relief from bumps, bruises, and everyday mishaps from fingers slammed in doors to bumps on the head to stubbed toes.\*

Trauma Relief contains Essential Oils which are well documented for their ability to relieve pain, reduce swelling, and prevent bruising, even in severe cases. It is particularly helpful before and after working out, participating in sports, performing strenuous activities, or just playing too hard.\*

Many happily surprised users report that they no longer need their OTC pain relievers after using Trauma Relief.\*

## ingredient highlights

**Helichrysum:** The first choice for its anti-hematoma properties, with the ability to reduce inflammation and assist vascular dilation, it is an excellent aid for circulatory issues. Like Geranium, it can stop bleeding quickly and promote quick and powerful wound healing. Helichrysum is particularly effective on broken or varicose veins as well as bruising and hematomas from injuries to the skin.\*

**Sweet Marjoram:** A warming essential oil known to increase circulation. Marjoram is particularly useful in pain relief for its ability to reduce inflammation, ease muscle spasms, and disperse bruises.\*

**Rosemary ct. 1,8 cineole:** Has the highest hydrogen content of any plant in the plant kingdom, which explains its strong, warming effects. Applied externally, Rosemary cineole essential oil assists the body with warmth and increasing blood circulation.\*

## uses

### bath

- Mix 6 to 8 drops with ½ cup of Pink Himalayan or Dead Sea salt and stir into warm water for a muscle relaxing bath.\*

### topical

- Apply neat or mixed with carrier oil directly to tired, overworked muscles to relieve weariness or aches and pains. Warm or cool compresses may be applied to enhance therapeutic benefits.\*

### 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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Product Information Page



## application methods

Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Helichrysum italicum (Helichrysum), Eugenia caryophyllata (Clove Bud), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Origanum majorana (Marjoram, sweet); Gautheria fragrantissima (Wintergreen), Calophyllum inophyllum (Tamanu), Cocos Nucifera (Fractionated Coconut)*

## responsible cautions

- May increase the effect of anticoagulant drugs.
- Not recommended for those facing major surgery, suffering from hemophilia or other bleeding disorders, during pregnancy, while breastfeeding, with young children, or those with salicylate sensitivity.
- Dilution not required but can be done with carrier oil if individual skin sensitivity occurs.
- 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.*