

CONNECT

soothing blend

10ml

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

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)

ingredient highlights

- Lemongrass: One of the primary oils in this blend, Lemongrass is a sedative to the central nervous system and is extremely beneficial for stress-related conditions and for times of nervous exhaustion as it is energizing yet soothing. It will help to ease headache pain and is an excellent support for tired, aching tendons, cartilage, and connective tissue.
- Cinnamon Bark: Has been found in studies to possess both anti-inflammatory and antioxidant properties. It is helpful in easing mental or emotional fatigue, fighting weakness, recovering from nervous breakdown, and improving concentration.
- Cypress: Cypress oil contains myrcene, a chemical constituent that imparts strong anti-inflammatory, analgesic, and sedative effects. Cypress oil is useful for those suffering rheumatoid arthritis, carpal tunnel syndrome, and other conditions affecting the joints and connective tissues.

product summary

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

- Add 8-10 drops to bath salts and mix into warm bath water and soak after body work, exercise or sports workouts.
- For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- Gently massage 5-6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.
- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed for a quick pick-me-up.
- Diffuse 10-12 drops in 15 minute increments throughout the day.

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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