

OSTEO

soothing blend

10ml

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #4

ingredients

Eugenia caryophyllata (Clove Bud), Helichrysum italicum (Helichrysum), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Origanum majorana (Sweet Marjoram), Gautheria fragrantissima (Wintergreen), Cocos nucifera (Fractionated Coconut Oil)

ingredient highlights

- **Helichrysum:** This oil is particularly effective on broken or varicose veins as well as bruising and hematomas from injuries to the skin. An excellent nervine, Helichrysum can provide relief from carpal tunnel syndrome, sore or strained muscles, sprains, migraine headaches, neuralgia, nervous exhaustion, and stress-related disorders.
- **Rosemary ct. 1,8 cineole:** When applied externally, Rosemary ct. 1,8 cineole assists the body with warmth and blood circulation. It is a wonderful antidote for cold feet, tired or weak legs, circulatory concerns, sore muscles, rheumatic pain, arthritis, and gout.
- **Wintergreen:** This powerful essential oil naturally contains Methyl Salicylate, the same active ingredient as Birch, and it is quite beneficial for soothing tension headaches and overworked muscles. Methyl Salicylate is an integral part of almost every analgesic and anti-arthritic balm for muscle and joint pain available on the market today.

product summary

Osteo is formulated to address nearly any form of discomfort, and contains essential oils known for their anti-inflammatory, antispasmodic, anti-hematoma, and pain-relieving properties. Whether chronic or acute, this blend is a favorite among many people with conditions like rheumatism, arthritis, and gout.

"Naturally assists the body with pain in a non-toxic manner. Instead of just masking the pain, it has the potential to resolve the root cause of the pain." ~ 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.
- Diffuse 10-12 drops in 15 minute increments throughout the day.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- May increase the anticoagulant action of blood thinners when applied topically; not recommended for those facing major surgery, hemophilia, or other bleeding disorders.
- 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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