

<b>UK Product Name</b>	Flexibility Aroma Oil	<b>Code Name</b>	AFLEX
<b>Availability</b>	Stock item in UK		
<b>Description</b>	An invigorating oil with camphor, juniper and nutmeg that enlivens the get-up-and-go factor. For both mental and physical flexibility		

### Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Myristica fragrans Houtt.	Nutmeg	seed oil	1		
Mentha piperita	Peppermint	leaf oil	2		
Juniperus communis Linn	Juniper	berry & leaf oil	3		
Mentha spicata	Spearmint	leaf oil	4		
Cinnamomum camphora (Lin	Camphor	leaf oil	5		
Thymus vulgaris L.	White Thyme	essential oil	6		
Origanum marjorana	Sweet Marjoram	whole plant oil	7		
Rosa x damascena Mill.	Damask Rose	petal oil	8		

**Contraindications/Precautions** Not intended for use on the skin. However the warmth of the body may be used to diffuse the aromas - if so dilute in a base oil (1:5) before applying. Be particularly cautious on young and sensitive skin.

**Over dose and its Management** NA

**Side Effects and Interactions** None known

### Usage

**Age Group** All

**Dosage Form** Liquid

**Method of Use** Use an aroma diffuser to diffuse the oil in an enclosed space. The benefits come through the sense of smell rather than through the skin. The warmth of the body may be used to evaporate this oil but it is recommended that you first dilute it with a fixed oil (e.g. almond) taking particular care with young and sensitive skin.

**How Long to Continue Use?** As desired

**Specific Dietary/Lifestyle Advice**

### Presentation

**Presentation** 10 ml in a glass bottle with dropper and t/e cap

**Net Weight grams**

**Storage** Store in a cool, dry, dark place, tightly closed

**Shelf Life (months)**

**Regulatory Status** General