

UK Product Name	Muscle Rest Aroma Oil	Code Name	AMRST
Availability	Stock item in UK		
Description	<p>Helps you settle after exercise so that the muscles recover fully. Contains mint, cardamom and basil.</p> <p>When your muscles ache with fatigue, your enthusiasm to exercise wanes, this soothing blend of eight pure essential oils helps you recover energy and strength. A real athlete's friend.</p>		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity()
Ocimum basilicum L.	Sweet basil	leaf oil	1		
Mentha piperita	Peppermint	leaf oil	1		
Mentha spicata	Spearmint	leaf oil	3		
Myristica fragrans Houtt.	Nutmeg	seed oil	4		
Elettaria cardamomum (Linn.	Cardamom	seed oil	5		
Juniperus communis Linn	Juniper	berry & leaf oil	6		
Zingiber officinale Rosc.	Ginger	rhizome 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 (1:10) 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