



**rareESSENCE.**  
AROMATHERAPY

## MUSCLE SOOTHE

**100% PURE ESSENTIAL OIL  
AROMATHERAPY ROLL-ON with**

*Rosemary, Peppermint,  
Chamomile & Wintergreen*

### **WHAT IS AROMATHERAPY?**

*Aromatherapy is the ancient art of using pure plant and flower essences to help restore vibrant health to body, mind and spirit.*

Aromatherapy uses the various properties of essential oils to assist the body's own natural healing processes and enhance well-being. Although this can take the form of treatment by a professional aromatherapist, essential oils can also be used to great effect at home. Essential oils are the concentrated extracts from plant material of a single, named botanical species, which can be said to constitute the very essence of the plant. Plants have been used for their healing and fragrant properties for centuries and essential oils are widely used in all sorts of products today. This blend of essential oils was expertly formulated by our Certified Aromatherapists to maximize the beneficial properties inherent in each oil.

### **TOP QUALITY ASSURED**

rareESSENCE essential oils are consciously-sourced worldwide. These oils are 100% pure and of the highest quality. They are extensively tested by chemical analysis, gas chromatography and odor evaluation by an essential oil chemist. They are natural and undiluted (unless otherwise stated).

rareESSENCE also carries a range of pure and, wherever possible, cold-pressed and organically-produced carrier oils.

### **HOW TO USE:**

rareESSENCE Aromatherapy Roll-ons are a conveour pure essential oils. These oil blends are added to a rich, emollient organic jojoba oil. Although, essential oils are made from natural plants, they should be used and handled with care.

**DIRECTIONS:** For adults, we suggest application to the wrists, neck, below the ears or other pulse points. You may reapply during the day up to 4 times. Take care to not put near the eyes, nose or mouth or any mucus membrane. If you get oil on your fingers, wash thoroughly with soap and water

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Breathe deep. Be well.*

**MUSCLE SOOTHE ROLL-ON CONTAINS:** Simmondsia chinensis (Jojoba, Organic), Rosmarinus officinalis (Rosemary), Mentha piperita (Peppermint), Lavandula angustifolia (Lavender, French), Origanum marjorana (Marjoram, Sweet), Pinus sylvestris (Pine, Scotch), Melaleuca leucadendron (Cajeput), Anthemis nobilis (Chamomile, Roman), Gaultheria procumbens (Wintergreen), Tocopherol (Vitamin E)

### **CARE OF YOUR rareESSENCE ESSENTIAL OIL BLENDS**

Store essential oils in dark glass bottles, upright, at a steady temperature away from bright sunlight. Essential oils are flammable and may also corrode polished surfaces, rubber and plastic.

### **PRECAUTIONS**

Essential oils, if used correctly, are safe and pleasant to use. They are, however, very concentrated and powerful so certain precautions should be taken. If in any doubt about their safe use or effects, consult a qualified aromatherapist or seek medical advice. Some general guidelines for safe use are:

- Keep out of reach of children and pets.
- For external use only unless prescribed by a healthcare practitioner.
- Avoid contact with the eyes and mucous membranes.
- Seek professional/medical advice before use if you are pregnant.
- Dilute before use on skin (or in the bath if you have sensitive skin).
- Seek medical advice before use if you have a medical condition (such as epilepsy, high blood pressure, etc).
- If you have an adverse reaction to an essential oil, stop use immediately and seek professional/medical advice.

Please visit our website to see our full line of essential oil single notes, blends and inhalers as well as our 100% pure essential oil-based products, including room mists, reed diffusers, electronic diffusers, natural soy candles and pure essential oil perfumes. rareESSENCE welcomes your comments and suggestions. For more information, please contact us at:



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No Animal Testing  
Cruelty-Free



Be Kind to the Earth  
Please Reuse and Recycle

[www.rareESSENCEaromatherapy.com](http://www.rareESSENCEaromatherapy.com)

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