

## Full Description

### Cooling and Soothing Balm

Our Cooling and Soothing Balm is ideal for sore and newly strained muscles or after deep remedial massage, or after a particularly strenuous game out on the sports field.

### Warming and Easing Balm

Our Warming and Easing Balm contains a blend of 'hot' essential oils designed to ease discomfort and bring warmth. It is great to use when inflammation from muscle strains have settled down and more mobility is required, or before exercise.

### Cooling and Soothing

Our Cooling and Soothing Balm is designed for use on specific body areas. While not intended as an all-over Massage Wax, it applies easily and is commonly used by professionals for deep tissue work and after strenuous activity.

Arnica, Hypericum (St John's Wort), Yarrow and Chamomile are known to have anti-inflammatory properties. Yarrow gives the formula its unusual blue colouring, and menthol provides a cooling sensation.

This product has a much higher percentage of Arnica in it compared to our Massage Waxes. It is our premier product for Sports Injury work and is commonly used by Physiotherapists, Osteopaths, Sports and Remedial Therapists and sports men and women themselves, especially after a rough, bumpy and strenuous game.

It has a very pleasant scent and is often used after marathons, rugby and football games, and sports in which repetitive movement and contact are common problems.

**Caution:** Cooling and Soothing Balm should not be used anywhere near the eyes. Not suitable for use during pregnancy.

### Warming and Easing

Our Warming and Easing Balm has been designed as a natural warming medium for both spot work and for personal use where the warming of a specific area is required. It assists in creating a warming sensation in the area to which it is applied.

Active ingredients Arnica, Camphor, Black Pepper, Cajuput, Ginger and Capsicum are traditionally renowned for the relief of muscular stiffness and joint pain, and in the management of poor circulation.

Many therapists add Warming and Easing Balm to our Massage Waxes when they require extra warmth during massage treatment. It blends with our Massage Waxes very easily. In some instances, it can be used on its own to massage into particular muscles for maximum heating effect. Always do a patch test first in this instance.

It is most effective when thoroughly rubbed into the muscle. The warming sensation will be reduced on bony areas and connective tissue. The effect is felt over time, so using it before a shower or before bed is not suggested.

**Caution:** Use with caution around the eyes and on soft body tissue.