

ICE BLUE®

Athletic Blend 5mL & 15mL

Minty, camphoraceous

Aromatic description

PRIMARY BENEFITS

- Ice Blue® is great to use before or after physical activity. Simply massage gently as required.
- Ice Blue® when used in massage can promote a warming or cooling sensation, ideal for tired and sore muscles.
- Ice Blue® contains Peppermint essential oil, which is known to contain menthol. Gently massage into neck and temples to help relax muscles and ease tension headaches.

PRODUCT DESCRIPTION

dōTERRA's Ice Blue® is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum and Osmanthus essential oils work together to help soothe and cool.

After long hours on the computer, try rubbing Ice Blue® essential oil blend on your fingers, wrists, shoulders and neck.

A few drops diluted in a carrier oil can be part of a cooling and comforting massage.

USES

- Apply to feet and knees before and after exercise.

- Massage Ice Blue® with a few drops of carrier oil onto legs before bedtime.
- Rub on your lower back after a day of heavy lifting at work or during a move.

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

INGREDIENTS

Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower and Osmanthus Flower essential oils.



Certified Pure Tested Grade

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dōTERRA[®] aromatouch **TECHNIQUE[®]**

ICE BLUE[®]

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In Ice Blue[®] Athletic Blend which contains Blue Tansy and Blue Chamomile which Dr Hill refers to as the 'blue oils.

"The "blue oils," are extremely comforting to the body, which is very important when restoring balance. Lastly, the floral oils, Helichrysum and Osmanthus, are highly supportive to the body. Combined, these three characteristics make for an amazing essential oil blend that is a key component of the AromaTouch[®] Technique." - Dr. Hill



Oil Introduction

x3



Alternating Palm Slide

x3



Five-Zone Activation

x5



Thumb Walk

x3

AROMATOUCH[®] TECHNIQUE RESOURCES

AromaTouch Technique Certification Course

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

Follow Along

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code to access the video!



Discover the power of essential oils with the AromaTouch Technique and certification course.

Scan this QR code for more information

AromaTouch Technique eBook

This eBook provides additional information on the essential oils and blends used in the AromaTouch Technique, as well as business strategies to help you share the technique and dōTERRA[®] products. The AromaTouch Technique isn't just the act of applying essential oils for another person. It's a gift from you to a loved one. It creates a connection beyond the physical. The last section of this eBook has space for you to document and reflect on your experiences as you perform the AromaTouch Technique for family and friends.

Refill Kit

Need a refill? We have an AromaTouch[®] Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.

