

ICE BLUE[®]

ATHLETIC BLEND 5 ML

SKU: 31050004



Certified Pure Tested Grade[®]

PRIMARY BENEFITS

- SOOTHING AND COOLING OIL BLEND
- COMFORTING PART OF A MASSAGE

PRODUCT DESCRIPTION

dōTERRA 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 of Ice Blue[®] Athletic Blend diluted in a carrier oil can be part of a cooling and comforting massage.

USES

- Apply on feet and knees before and after exercise.
- Massage Ice Blue[®] with a few drops of carrier oil onto legs before bedtime.
- Rub Ice Blue[®] 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. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity.

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

AROMATIC DESCRIPTION: Minty, camphoraceous

