# ICE BLUE<sup>®</sup> ROLL-ON

Athletic Blend 10 mL Roll-On

Minty, camphoraceous

Aromatic description

# **PRIMARY BENEFITS**

- Soothing and cooling oil blend
- Comforting part of a massage

# **PRODUCT DESCRIPTION**

doTERRA's Ice Blue® Roll-On delivers Ice Blue® in a convenient roll-on and can be used as a soothing massage.

Try rubbing Ice Blue® Roll-On onto your hands, wrists, shoulders and neck after exercising, lifting or working long hours and experience the cooling and refreshing sensation.

Also available in the diluted easy to roll-on format of doTERRA Touch® Ice Blue®.

#### USES

- Apply on feet and knees before and after exercise.
- Massage Ice Blue<sup>®</sup> with a few drops of carrier oil onto legs before bedtime.

• Rub Ice Blue<sup>®</sup> 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.





Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of döTERRA Holdings, LLC. ©2020 döTERRA 21022020