

# ICE BLUE RUB®

*Athletic Cream 120 mL | & 10 x 2 mL*

## PRIMARY BENEFITS

- A blended in a base of moisturising emollients that leaves your skin soft and non-greasy, perfect for the athlete in your life
- Provides a cooling and soothing sensation to targeted areas

## PRODUCT DESCRIPTION

Ice Blue Rub® is a rich, topical cream infused with the Ice Blue® Athletic Blend of essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Ice Blue Rub® provides a comforting sensation of cooling and warmth to problem areas.

Made with dōTERRA's top-selling Ice Blue® essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomille, Helichrysum, Ylang Ylang and Osmanthus, this is an essential addition to your bathroom cabinet and gym bag.

Ice Blue Rub® is blended in a base of moisturising emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use Ice Blue® essential oil blend in their practice.

## DIRECTIONS FOR USE

Massage cream onto desired areas.

For a more intensive treatment, apply Ice Blue® essential oil blend on the skin prior to lotion application.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

SAFETY DIRECTIONS:  
DO NOT SWALLOW.

## FIRST AID

For advice, contact a Poisons Information Centre (eg. Phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor at once. If in eyes, wash out immediately with water. If swallowed, do NOT induce vomiting and get medical help or contact a Poisons Information Centre immediately.

For external use only. Avoid contact with eyes. Do not use on wounds or damaged skin.

## INGREDIENTS

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Bark Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Butylene Glycol, Caprylic/Capric Triglyceride, Cananga odorata (Ylang Ylang) oil, Capsicum frutescens Extract, Chamomilla recutita (Blue Chamomile) Flower Oil, Tanacetum annuum (Blue Tansy) Oil, Helichrysum italicum (Helichrysum) Flower Oil, Allantoin, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice, Chlorella vulgaris Extract, Retinyl Palmitate, Squalane, Ceteareth-20, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate



Certified Pure Tested Grade

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