

# ICE BLUE®

*Athletic Blend 5 mL*

## *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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