



BASIL



MARJORAM



LAVENDER



PEPPERMINT



CYPRESS

Aroma Siez is an advanced complex of anti-inflammatory, muscle-relaxing essential oils that promote circulation and treat spasmed, tight, inflamed, aching muscles resulting from injury, fatigue, or stress. It also relieves headaches. Aroma Siez works great for golfer's arm and gym work-outs. The synergistic effects of the oils in this blend work well to promote emotional balance.

INGREDIENTS:

- **Basil** (*Ocimum basilicum*) combats muscle spasms and inflammation. It is relaxing to both striated and smooth muscles (involuntary muscles such as those found in the heart and digestive system). Remember: There are four different basis available on the market. There is basil linalol, basil eugenol, basil chavicol...we primarily use basil methyl-chavicol for its powerful anti-infectious and anti-spasmodic properties...great for muscle and tissue.
- **Marjoram** (*Origanum majorana*) helps regenerate smooth muscle tissue, and assists in relieving spasms, sprains, bruises, migraine headaches and calming the nerves. It is antibacterial and antiseptic. Marjoram also helps soothe the digestive tract and joint discomfort. **Emotionally**, the fragrance of cypress assists in calming the nerves. To the Romans, marjoram was known as the "herb of happiness" and "joy of the mountains" to the Greeks. It was believed to increase longevity.
- **Lavender** (*Lavandula angustifolia*) relieves muscle spasms/sprains/pains, headaches, inflammation, anxiety, burns, and skin conditions (psoriasis) preventing scarring, and stretch marks. It is hypotensive, anti-infectious, anticoagulant. Lavender is great for reducing stress and calming the nerves.
- **Peppermint** (*Mentha piperita*) has powerful pain-blocking, anti-inflammatory, and anti-spasmodic properties. A 1994 double-blind, placebo controlled, randomized cross-over study at the University of Kiel in Germany found that peppermint oil had a significant analgesic effect (Gobel et al., 1994). Peppermint is very soothing because of the menthol in it.
- **Cypress** (*Cupressus sempervirens*) is antibacterial, antimicrobial, antiseptic, and improves circulation. When you pull, tear, or stretch a muscle or ligament, you get a lot of swelling and inflammation which shuts off blood flow, reduces oxygen and creates more inflammation. Cypress is very specific to get in there to increase oxygen supply into the tissue. Cypress also aids lymphatic drainage. It reduces edema and water retention. It strengthens the vascular system. Cypress can help sooth irritating coughs and minor chest discomfort. **Emotionally**, cypress eases the feeling of loss and creates a sense of security and grounding. Also helps heal emotional trauma, calms, soothes anger, and helps life flow better.

Application:

For topical use, dilute 1 drop of Aroma Siez with 1 drop V-6 or olive oil.

Apply to affected area as needed. Apply on location to sore muscles, ligaments or areas of poor circulation.

Use with Raindrop Technique. Possible skin sensitivity.