

FLEXABLE

soothing blend

10ml

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Cedrus atlantica (Cedarwood Atlas), Cupressus sempervirens (Cypress), Simmondsia chinensis (Jojoba), Origanum majorana (Sweet Marjoram), Pinus pinaster (Ocean Pine), Pinus sylvestris (Scotch Pine), Abies sibirica (Siberian Fir), Cocos nucifera (Fractionated Coconut Oil)

ingredient highlights

- **Balsam Fir:** With a long history of therapeutic application by the Native Americans who used its resin for healing wounds, Balsam Fir is effective whether an injury is physical wounding or emotional. Its warming and analgesic properties make it an excellent support for the muscles.
- **Black Spruce:** Traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains; it is also an excellent aid for poor circulation.
- **Cedarwood Atlas:** Is strengthening and a powerful tonic for both the kidneys and spleen/pancreas; it may assist the body with general lethargy, nervous debility, lower backache, and poor concentration. Its anti-inflammatory properties make it well-suited to address the discomforts of muscle aches, joint pain, and stiffness.

product summary

Formulated to support and communicate with the muscular system, FlexAble contains three primary oils - Balsam Fir, Black Spruce, and Sweet Marjoram - that each have powerful analgesic and anti-spasmodic properties.

"Perfect blend for sore and strained muscles, rheumatic pain, and anti-spasmodic benefits. This blend is a true therapeutic blend for all forms of bodywork, injuries and healing."

~ Alexandria Brighton

USES

- Add 8-10 drops to bath salts and mix into warm bath water and soak after body work, exercise or sports workouts.
- For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- Apply 3-5 drops to the soles of each foot to assist the body with restless leg syndrome.
- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed.
- Diffuse 10-12 drops in 15 minute increments throughout the day.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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