

Product Name

Soothing Touch® Narayan Therapy Oil

Benefits

- Creates a cooling sensation and energizing aromatherapy.
- Eases aches, pains, and sore muscles.
- Also good for foot baths.

Ingredients

Clove Bud Essential Oil (*Eugenia caryophyllus*), Eucalyptus Essential Oil (*Eucalyptus globulus*), and Peppermint Essential Oil (*Mentha piperata*) in a Sesame Oil Base.

Procedure

1. Massage liberal amounts onto the sore muscle area.
2. Apply a cold, wet compress for 15 minutes. It can be used pre-exercise without the cold wet compress.

Or

1. For sore, tired feet, add Narayan Oil into a warm foot bath.
 2. Soak feet for 5-10 minutes. Then, wrap feet in a cold towel for another 5 minutes.
-