

Deep Lavender Rub™



1.5 oz. cobalt blue glass jar

This is Farmaesthetics’ herbal ode to “Vick’s Vapor Rub”. This deep heat rub utilizes all the most heat producing essential oils, which work to relax upper respiratory tightness due to colds, allergies, or asthma. Also an excellent liniment for sore, stiff, or strained muscles due to over-exertion or inactivity (both extremes yield tight, tense muscles). Lavender, with its antiviral, antibacterial properties, is most effective in this balm for calming and quieting the whole system.

INGREDIENTS: sweet almond oil*, lavender, ginger, eucalyptus and rosemary essential oils, beeswax*, vitamin E and peppermint essential oil (*certified organic ingredients**)

Sweet Almond Oil	A light, odorless, high-grade fruit kernel oil - wonderfully nourishing to the skin.
Lavender Essential Oil	Lavender is the essential oil uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the herb’s chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing oil, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin’s natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.
Ginger Essential Oil	One of the best of the heat producing essential oils - known to stimulate and increase circulation.
Eucalyptus Essential Oil	Best known as a decongestant and inhalation for colds. It is less known, but highly valued for its bactericidal and antiviral action. It not only relieves nasal congestion, but also is known to actually inhibit the proliferation of the cold virus. In massage, it is relieving to muscular aches and pains.
Rosemary Essential Oil	Another of the heat producing oils, chosen for its ability to stimulate the nervous system and to increase circulation when used in conjunction with massage. Used in an upper body massage or in steam inhalation, the oil has the ability to “clear the head”. As a pain relieving oil, it is excellent, contributing relief and relaxation in muscular massage. Perfect for relaxing tight, tense, stiff joints.
Peppermint Essential Oil	Cools the skin. Relieves the discomforts of heat rash. Reduces the itch and sting of insect bites. The menthol in the leaf and oil provides a sense of relief and refreshment to most skin irritations, as well as providing sinus relief to a congested nose.

Beeswax	Beeswax is a completely mysterious ingredient. It is a perfect natural preservative when used in herbal preparations such as salves and balms and has been used for centuries as an integral component of skincare and cosmetic formulations. Beeswax contains its own antibacterial agents that work with the other complex constituents of the wax, to speed healing of the skin. It is also a perfect protectant, sealing in moisture while binding active herbal ingredients to the skin, so as to maximize the herb's healing benefits.
Vitamin E	Used to stabilize all of Farmaesthetics natural non-aqueous formulations. Benefits in restoring skin's elasticity. Assists in healing scars and preventing stretch marks in skin that is being stretched from pregnancy or weight gain.

APPLICATIONS AND BENEFITS:

- **Deep Heat Chest Rub:** For relieving upper respiratory tightness due to colds or allergies. Apply to chest or neck area, then cover with warm towel to super-charge effects of the essential oils and herbs, to relax tension, and aid in a good night's sleep.
 - **Sinus Relief:** Helps open the nasal passages while masking and/or with steam, as the vapors are released and taken in through the nostrils, providing an “opening” of the nasal cavity. The rush of heat and vapor super-charges the facial and increases circulation and blood flow to the face.
 - **Muscular Massage:** Massage is greatly enhanced by the use of Deep Lavender Rub. not only for the aroma-therapeutic qualities of Ginger, Eucalyptus, Lavender and Rosemary, but also by injecting their deep heat producing qualities into the tissue via massage.
 - **Manicures and Pedicures:** Use Deep Lavender Rub as part of the hand and/or foot massage. This imparts the healing properties of the herbs into very vulnerable areas for herbal absorption. This relieves everything from general stress to stiffness and aching caused by arthritis. Heated gloves and booties or hot towel wraps are most often used with these treatments, as well.
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