

Synergised to comfort, soothe, and repair muscles and tissue, this deeply active balm focuses on relieving pain and stiffness. The formula reduces inflammation and repairs injuries. Use prior and post-exercise to enhance comfort and improve flexibility.



## BENEFITS

- Reduce swelling and inflammation
- Reduce joint stiffness
- Reduce muscle pain and discomfort
- Speed up healing time after injury
- Comforts and soothes muscles, nerves, and joints

## MAIN INGREDIENTS

### FRACTIONATED COCONUT OIL

Antibacterial, high Lauric Acid content, and rich in nutrients.

### HYDROGENATED VEGETABLE OIL

Texture enhancer, thickener, and sourced ethically and from natural sources.

### SOLID COCONUT OIL

Moisturiser for the skin and hair. It can hydrate and soften the skin.

### CALENDULA OIL

Antifungal, anti-inflammatory, and antibacterial properties that might make it useful in healing wounds, soothing eczema, and relieving diaper rash. It's also used as an antiseptic.

### MAY CHANG OIL

Good antiseptic, antifungal, and antiviral properties too, which can be used to help keep coughs, colds, and athletes' feet at bay.

### PEPPERMINT OIL

It is excellent for pain, inflammation, spasms, and circulation stimulation. It is emotionally and energetically stimulating.

### IMMORTELE OIL

It has a strong impact against free radicals and significantly stimulates collagen production.

### LAVENDER OIL

Promotes relaxation, is anti-inflammatory, and an analgesic.

### MARJORAM OIL

It reduces inflammation and relieves digestive issues.

### COMFREY OIL

It is one of Mother Nature's best-known medicinal healing herbs.

### ROSEMARY OIL

Regenerating, analgesic, balancing, and cleansing.

### ST JOHN'S WORT OIL

Remedy for closed wounds, veins, bruising, ulcers, neuralgic and rheumatic pains.

### FLEABANE EXTRACT

Diuretic and astringent properties. Lowers blood pressure. Helps treat kidney and menstrual problems.

### DAISY EXTRACT

It heals strains, sprains, spasms, and bruises. In addition, it improves blood circulation, an important component for the healing of injured muscle tissue.

### ARNICA MONTANA OIL

Reduces inflammation and pain-related issues, dissolves bruising.

### PAEONY EXTRACT

It helps heal inflammation, according to traditional Chinese medicine. One particular species, *Peonies lactiflora*, has been used in Chinese medicine to treat rheumatoid arthritis, systemic lupus erythematosus, hepatitis, dysmenorrhea, muscle cramping, spasms, and fever.

### RUE EXTRACT

It is a prime agent for treating injuries to ligaments, tendons, and joints, especially following chronic overuse and strain. Generally effective for stiffness, rheumatic and connective tissue problems, bruising, and inflammation.

## DIRECTIONS

Apply directly to the targeted area as needed. Best results when applied or used in conjunction with the Bellabaci Super or Body Cups.

## CONTRAINDICATIONS

Do not use if pregnant, breastfeeding or if there are any allergies to the ingredients.