

Help your body recover even better with the essential blend of Katafray, Wintergreen, Lavender and Lemon Eucalyptus. Our special blend also uplifts the spirits to assist during times of physical trauma.



### BENEFITS

- Relieves pain and inflammation
- Breaks down toxin activity leading to muscular spasms
- Heals and soothes muscles
- Speeds up healing after trauma, surgery, or injury
- Expels pressure-causing fluids
- Promotes healthy blood flow and lymphatic drainage to and from tissues
- Remedy for neuralgia and sciatica
- Treats stiffness and immobility
- Prevents and treats headaches & migraines
- Aids in Restless Leg Syndrome
- Relieves effects of strains and sprains
- Calmative and reduces stress-related discomfort
- Combats cramping of the abdomen & uterine wall (menstrual pain)

### MAIN INGREDIENTS

#### ARNICA MONTANA

It is great for pain relief, healing bruising, and inflammation

#### BLACK CUMIN SEED

Relieves spasms and offers digestive benefits, high in omega-6, and combats auto-immune skin disorders

#### KATAFRAY BARK

Treats muscular, dental, bone, and rheumatic pain

#### LEMON EUCALYPTUS LEAF

Offers anti-inflammatory properties, assists with shingles-related pain, and is calmative

#### LAVENDER SPIKE

Treats headaches, skin irritations, burns, insect bites, eczema, and psoriasis

#### MARJORAM

Anti-spasmodic, sedative, antiseptic, antimicrobial, soothing, and great for muscle relaxation and Restless Leg Syndrome

#### MAY CHANG FRUIT

It assists with organ-related pain and is a circulatory stimulant

#### PEPPERMINT LEAF

Relieves pain related to mouth ulcers, sunburn, infection, and irritation

#### WINTERGREEN LEAF

Remedy for osteo-related, arthritic, neuralgic, fractures, and joint pain

#### WITCH HAZEL LEAF

Decongestant for sluggish circulation and excess fluid and relieves lumbar pain

#### RUTA GRAVEOLENS

It relieves sciatic, ligament, cartilage, periosteum, tendon, and muscular pain.

#### BLACK COHOSH ROOT

Relieves feeling of heaviness, aching, and pinched-nerve sensations

#### CALENDULA FLOWER

It is a healing agent, which is useful for wounds and skin that will not heal, as well as being soothing and great for muscle relaxation

### CONTRAINDICATIONS

Do not use it during pregnancy or lactation or if there are any allergies to the specific ingredients.

### DIRECTIONS

The Bellabaci Pure Essential Complex's are versatile and can be used as indicated below:

- Add 2 drops to supercharge your Genie or moisturizer
- Add 2-5 drops to your bath
- Use as a pulse point treatment by applying 1 drop to your wrists
- Use as a natural perfume (preferably where it won't be exposed to the sun)
- Add 2-5 drops to your humidifier or diffuser
- Add a drop to a tissue and inhale

