

## BENEFITS OF MASSAGE OILS

### **MSO 1 : Relieve (for pain relief)**

The massage oil blend has ingredients for pain relief and muscle relaxation. CBD is known for its anti-inflammatory and pain reducing properties. Essential Oils of Lavender, Marjoram and Rosemary can relax muscle spasms and tension. They have the ability to ease pain and inflammation. Cypress oil's antispasmodic qualities can inhibit problems associated with spasms, such as muscle cramps and muscle pulls. Sandalwood oil alleviates muscle tension, spasms, and inflammation.

**Ingredients:** Sweet Almond Oil blended with essential oils of Lavender, Marjoram, Rosemary, Cypress, and Sandalwood. The product contains CBD Isolate.

**Usage:** Apply about 30 ml of the oil for a whole body massage.

**Caution:** For external use only. Do not ingest. Keep away from children. If any signs of allergic reaction or hypersensitivity occur, such as redness, swelling, rash, or significant pruritus, discontinue use and consult a doctor.

### **MSO 4: Restful (for general relaxation)**

The natural plant based essential oils combined with CBD will bring about a sense of relaxation, in preparation for a sweet slumber. Essential oil of Lavender and Bergamot has calming effect and can help reduce anxiety. The cedrol in Cedarwood oil have a soothing effect on mood, making it beneficial for anxiety, and reducing stress. Marjoram oil is calming and comforting, making it great for inspiring relaxation. Clary Sage oil can help alleviate stress by inducing a sense of well-being. When inhaled, the oil will elicited feelings of relaxation and helped to reduce blood pressure. Ylang Ylang oil is great at relieving feelings of stress, anxiety depression, fatigue and insomnia. It has also been used to relieve premenstrual syndrome as it helps calm and soothe the body, making it easier to cope with period-inducing stress symptoms.

**Ingredients: Ingredients:** Sweet Almond Oil blended with essential oils of Lavender, Cedarwood, Grapefruit, Marjoram, Bergamot, Clary Sage, and Ylang Ylang. The product contains CBD Isolate.

**Usage:** Apply about 30 ml of the oil for a whole body massage.

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## **MSO 5: FIT (Slimming/Cellulite)**

The natural plant based essential oils combined with CBD will bring benefits to areas of the body that need to slim or repair cellulite. Essential oils of Grapefruit can not only promote your body to shed excess water weight, but it also encourages your body to move those toxins out of your body. Lemon oil, with its detoxifying and regenerating properties, can help shed pounds while boosting your energy levels and your mood. Ginger oil reduces inflammation, stress, craving for sugary stuff and supports digestion. This oil also acts as a thermogenic that means it can help to burn fat and boost your metabolism. Fennel Seed oil acts as both a metabolic enhancer and an appetite-suppressing agent. It helps to break down fat that is already in the bloodstream. The body then uses that fat for energy, which consequently curbs cravings. Lemongrass oil is a natural diuretic, which means it helps eliminate excess water weight from your body. Lemongrass is high in potassium, which makes it perfect to control blood pressure levels. Lavender oil is an excellent stress reliever, eases tension and helps to get some quality sleep at night. All these things can prove beneficial when trying to shed kilos and reduce your craving for unhealthy food items.

**Ingredients:** Sweet Almond Oil blended with essential oils of Grapefruit, Lavender, Lemon, Ginger, Fennel, and Lemongrass.

**Usage:** Apply about 30 ml of the oil for a whole body massage, or 10 ml to massage special areas that need help.

**Caution:** For external use only. Do not ingest. Keep away from children. If any signs of allergic reaction or hypersensitivity occur, such as redness, swelling, rash, or significant pruritus, discontinue use and consult a doctor.

## **FCS 6 – Grapeseed Oil with CBD 300 mg (50 ml bottle)**

**CBD** has been found to be a powerful **antioxidant** which means it has the ability to reverse the signs of aging (wrinkles, sagging skin, dullness, ruddy skin tone) by counteracting free radical damage, caused by environmental stress and everyday pollutants.

**CBD** increases hydration and moisture, CBD is rich in antioxidants and high in vitamins A, D, and E. It's also filled with essential fatty acids like omega 3 and G, which are important for the overall health and appearance of skin. CBD is a great addition to skincare routines focused on improving skin texture and diminishing puffiness. It even acts as an optimizer that amplifies the active ingredients of the other products you use, helping them penetrate deeper into the skin. It is called an optimizer for a reason.

**Grapeseed** Oil (*Vitis vinifera*) makes a great facial massage oil. It is rich in linoleic acid, vitamins and minerals and has a light, fine, non-greasy texture that are easily absorbed. The oil doesn't clog pores and is ideal for all skin types, including oily skin that needs moisturizing. It has little-to-no odor and a smooth, silky texture without being greasy.

Ingredients: Grapeseed Oil (50ml) with CBD isolate 300 mg.

Usage:

1. Only 10 ml of this oil will be good for a full facial massage
2. Use within 6 months of opening.
3. Keep out of eyes. Excess serum on the face may be diluted by simply splashing face with warm water and patting dry.

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