Essential Oils for Pain

Inhale, diffuse, apply to the temples, across the forehead and massage on the back of the neck. It may also help to massage into shoulders and neck or any area of pain with a carrier oil.

COMMON ESSENTIAL OILS FOR PAIN RELIEF

- *Peppermint/spearmint*
- *Rosemary*
- *Basil*
- *Clove*
- *Copaiba (layer with peppermint for best results)*
- *Eucalyptus*
- *Frankincense*
- *Helichrysum*
- *Lavender*
- *Marjoram*
- *Sage*
- *Wintergreen*
- *German chamomile*
- *Roman chamomile*
- *Pine, balsam fir, spruce (for inflammation)*
- *Vetiver*
- *Pain Relief blend from company of your choice*



PAIN BLEND

30 drops wintergreen
20 drops helichrysum
10 drops clove
40 drops peppermint
** This amount is around a teaspoon in measurement.*

Already Made Blends
REVIVE Ache Away and REVIVE Aches & Pains Set