

bio COOL Aromatherapy Roll On

with peppermint, lavender, rosemary, chamomile



Contains:

Caprylic/Capric Triglyceride, Mentha piperita (Peppermint), Lavandula angustifolia (Lavender), Rosmarinus officinalis (Rosemary), Anthemis Nobilis (Chamomile Roman) oil.

Aroma:

Reviving, refreshing and cooling, soothing aroma.

Description:

FAST ACTING HEAD COOLING extra strength Be Cool roller ball is enriched with 100% pure and natural therapeutic essential oils blended in a base of premium carrier oil.

Main actions & benefits:

NATURAL RELIEF FROM HEADACHES & TENSION
FAST ACTING COOLING & SOOTHING ACTIONS
FOR tension in THE HEAD, neck, shoulders
REVIVING & ENERGISING SCENT
ROLL ON portable convenience
100% pure and natural



Traditional Properties and Actions of each essential oil:

Peppermint:

Cooling refresher that is traditionally used to soothe headaches and tension
Analgesic effects: Cooling sensation of menthol may help relieve headaches and migraines ^{84,85}
Antispasmodic: To ease tension, sore muscles and aches | Nervine: May help with mental fatigue ⁸⁹
Stimulant: Menthol increases blood flow to area where it is applied ^{86,90,91}

Lavender:

Soothing actions for stress and tension
Analgesic effects: Pain relieving effects help reduce muscle aches and pains ³⁴
Nervine: Inhaling linalool and linalyl acetate have shown to produce anxiolytic effect ³⁵
Sedative effect: Induce feelings of relaxation ³⁸

Rosemary:

Warming and uplifting stress reliever
Analgesic: Soothes muscle pain, headaches ⁹² and helps reduce mental fatigue
Stimulant: Support circulatory and nervous systems ⁹⁴
Rubefacient: Stimulates circulation and increases blood flow to the area

Roman

Chamomile:

Soothing and comforting
Analgesic: Soothing properties for body stress and tension
Antispasmodic for soothing muscle soreness and spasms ¹⁰⁷
Sedative: Calming and soothing properties to help relax stress ¹⁰⁸

Uses:

- Headaches, migraine
- Tension and stress in neck and shoulders
- Mental fatigue
- As a general pick me up revives the senses
- Cooling effects useful after sports, gym

Application:

Gently massage roller ball along hairline, temples, head, neck and shoulders. Keep away from eyes and mucus membranes.

Safety:

For external use only.
Discontinue use if there is sensitivity or reaction
Not for children or babies
Refer to our general safety guideline

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