



## bio COOL Aromatherapy Roll On

with peppermint, lavender, rosemary, chamomile

**Contains:**

Caprylic/Capric Triglyceride, Mentha piperita (Peppermint), Lavandula angustifolia (Lavender), Rosmarinus officinalis (Rosemary), Anthesis 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 <sup>84,85</sup>  
Antispasmodic: To ease tension, sore muscles and aches | Nervine: May help with mental fatigue <sup>89</sup>  
Stimulant: Menthol increases blood flow to area where it is applied <sup>86,90,91</sup>

**Lavender:**

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

**Rosemary:**

Warming and uplifting stress reliever  
Analgesic: Soothes muscle pain, headaches <sup>92</sup> and helps reduce mental fatigue  
Stimulant: Support circulatory and nervous systems <sup>94</sup>  
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 <sup>107</sup>  
Sedative: Calming and soothing properties to help relax stress <sup>108</sup>

**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

