HEAL MARKETPLACE

DEEP HEATING OIL

A Warming Liniment for Sore Muscles & Joints

Deep Heating Oil pairs Wintergreen Oil and Menthol Crystals - the same warming, tingling duo behind classic muscle-rub liniments - with Cayenne and Ginger Root for extra circulation-boosting heat, and Arnica, St. John's Wort, and Marigold (Calendula) infused into an Olive Oil base for their traditional bruise- and tissue-soothing properties. Together they warm the area, draw fresh blood flow to it, and ease the ache of sore, stiff, or overworked muscles and joints.

This Remedy:

- EASES sore, stiff muscles and aching joints with warming relief
- INCREASES local circulation to the area where it's applied
- SOOTHES bruises and overworked tissue with Arnica, St. John's Wort, and Marigold
- **100% natural, for external use**

INGREDIENTS: Wintergreen Oil, Olive Oil, Menthol Crystals, Arnica Flowers, St. John's Wort, Marigold Flowers, Fire Cayenne, Ginger Root



Wintergreen Oil

The primary warming agent; its main compound, methyl salicylate, is closely related to aspirin and drives the deep, penetrating heat this liniment is known for.



Menthol Crystals

Adds the cooling-then-warming tingle that helps distract from and ease muscle and joint pain.



Arnica Flowers

A traditional remedy for bruises, sprains, and overworked muscles, infused into the oil base.



St. John's Wort

Infused for its traditional soothing effect on nerve-related pain and irritated tissue.



Marigold (Calendula) Flowers

A gentle, traditional skin-soothing flower, infused alongside the other herbs.



Fire Cayenne

A warming circulatory stimulant that draws blood flow to the area for extra heat and relief.



Ginger Root, cut & sifted

Adds its own warming, circulation-boosting effect to round out the blend.

Olive Oil (32 oz) forms the carrier base the other ingredients are infused and blended into.

Suggested Use

Massage a small amount into sore muscles or joints as needed. Because this is a warming liniment, test a small area first to check your skin's sensitivity before applying more broadly.

Caution

For external use only - do not take internally, and keep away from eyes, mouth, broken or irritated skin, and other sensitive areas of the body. Wash hands thoroughly after applying.

Wintergreen Oil (methyl salicylate) is absorbed through the skin and is chemically related to aspirin. If you're on blood-thinning medication, aspirin-sensitive, pregnant or nursing, or considering this for a child, check with a healthcare provider first - and keep the bottle itself well out of children's reach, since swallowing wintergreen oil is dangerous even in small amounts.

Do not use with a heating pad, in a hot shower or bath, or under a tight wrap - the added heat on top of Cayenne, Menthol, and Wintergreen can cause a burn.

For more on this formula, see my blog post "A Deep Heating Oil for Sore Muscles and Joints" at www.daradietz.me.