



The Intuitive Connection

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Oil Spotlight: Deep Blue



Love the relief from products like Icy Hot or Bio Freeze, but hate the smell? I've got the perfect solution called Deep Blue. Deep Blue is a soothing blend of eight essential oils that comfort and cool muscles without the obnoxious, chemical smell you get from drugstore products. Instead, the smell is refreshing, like a wintergreen lifesaver, as this blend synergistically combines Wintergreen, Helichrysum, Blue Tansy, Ylang Ylang, Osmanthus, Peppermint, Camphor Bark and Blue Chamomile.

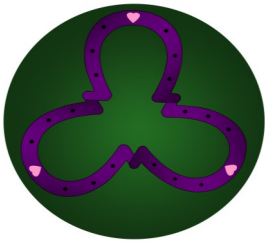
- ◆ **Wintergreen** is a key component of Deep Blue. The primary chemical constituent of Wintergreen essential oil is monoterpene ester methyl salicylate, which is often combined with lotion and used to soothe muscles. It has analgesic (pain relief), anti-arthritis, anti-inflammatory, antispasmodic (relieves muscle spasms), and warming properties.
- ◆ **Helichrysum** is a rare but powerful essential oil that is known for its benefits for healing wounds. Its therapeutic benefits include: analgesic, anti-inflammatory, antihemorrhagic (alleviates bruising), antispasmodic, and cicatrizing (wound healing).
- ◆ **Blue Tansy** essential oil is used in massage to provide a soothing sensation on affected areas. It is also beneficial with its analgesic, anti-inflammatory, antispasmodic, and cicatrizing properties.
- ◆ The sweet, floral aroma of **Ylang Ylang** provides a calming, positive atmosphere. High in the chemical component linalol, it also provides analgesic, anti-inflammatory, cooling, and skin healing properties.
- ◆ **Osmanthus** essential oil is used for irritated skin and contains eugenol and geraniol which give this essential oil anti-inflammatory benefits.
- ◆ The intense cooling sensation of Deep Blue is due in part to the concentration of menthol in **Peppermint** essential oil. Menthol is also known to provide the following therapeutic properties: analgesic, anti-inflammatory, antispasmodic, astringent (contracts/tightens tissues), and circulatory stimulant
- ◆ **Camphor Bark** essential oil, distilled from the Cinnamomum camphora tree, is widely used in massage therapy for its ability to soothe affected areas. It has analgesic, anti-inflammatory, and antispasmodic benefits.
- ◆ **Blue Chamomile** (or German Chamomile) has a warm, herbal aroma that is calming and soothing. Its therapeutic benefits include: analgesic, anti-inflammatory, antispasmodic, cicatrizing, cooling, and wound healing.

This product is designed for topical application only. Deep Blue oil is ideal for more intense soothing. You can dilute it with a carrier oil to minimize skin irritation if you have sensitivity. Deep Blue Rub contains all of the above oils, plus Eucalyptus in a moisturizing lotion. It is ideal for covering larger areas of the body. Deep Blue Stick is a great travel option for the gym or for when you need muscle/joint pain relief on the go. It is non-greasy, and easy to

apply as you roll it directly onto the affected area (leaving your hands clean from any product). For a more intensive treatment, apply 1-2 drops of the oil version first to the affected area, and then massage either Deep Blue Rub or Deep Blue Stick on top.

Topical Usage Ideas: Apply Deep Blue on your feet and knees before and after exercise. Massage into your back for relief of exhausted and overworked muscles, such as after planting a garden, moving boxes, or sports activities. Use on your feet before and after big events, such as weddings, to ease foot discomfort from standing. Apply to growing children's legs for a cooling and soothing effect. Take it with you to your next massage appointment for an extra soothing experience.

If you'd like more information about Deep Blue, please contact me by email at contact@trinityhealingconnection.com. If you'd like to purchase a product, visit my Trinity Healing Connection store at www.trinityhealingconnection.com/product-page/dōterra-deep-blue.



Trinity Healing

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