

MUSCLES

Bruised Muscles

(See Bruising)

Recommendations

Singles: German chamomile, wintergreen, peppermint, geranium, helichrysum, lavender

Blends: Aroma Siez, PanAway, Peace & Calming, Deep Relief Roll-On, Relieve It

Supplements: MegaCal, Mineral Essence, NingXia Red, Sulfurzyme, Balance Complete, Power Meal, BLM, Super B

Body Massage Oils: Ortho Ease Massage Oil, Ortho Sport Massage Oil, Relaxation Massage Oil

Application and Usage

Topical:

You may apply single oils or blends neat or diluted, depending on the oil or oils that are used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

- Apply 2-4 drops diluted 50/50 to bruised area 3 times daily.

Sequence of application for bruising:

- When a bruise displays black and blue discoloration and pain, start with helichrysum, geranium, or wintergreen.
- When the pain and inflammation decrease, use cypress, then basil, and then Aroma Siez to help the muscle relax.
- Follow with peppermint to stimulate nerve response and reduce inflammation.
- Finish with cold packs.

Muscle Spasms

- Magnesium and calcium deficiency may contribute to muscle cramps.

Recommendations

Singles: Rosemary, fennel, marjoram, basil, elemi, nutmeg, copaiba, wintergreen, ravintsara, palo santo

Tired and Fatigued Muscles

Tired muscles may be lacking in minerals such as calcium and magnesium. Mega Cal and Mineral Essence are excellent sources of both trace and macro minerals and are good for all muscle conditions. Enzymes including Essentialzyme, Carbozyme, and Allerzyme all help with the needed enzymatic conversion of minerals for absorption.

Blends: PanAway, Relieve It, Aroma Siez, Deep Relief Roll-On

Supplements: MegaCal, Mineral Essence, BLM, Sulfurzyme, Life 5

Body Care Massage Oils, Creams: Ortho Sport Massage Oil, Ortho Ease Massage Oil, Relaxation Massage Oil, Regenolone Moisturizing Cream

Application and Usage

Inhalation:

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired.
- Put 2-3 drops of your chosen oil in your hands and rub them together, cup your hands over your nose, and inhale throughout the day as needed.
- If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.

Topical:

You may apply single oils or blends neat or diluted, depending on the oil or oils that are used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

Recipe for Muscle Spasms:

- 2 drops ravintsara
- 5 drops Aroma Siez
- 2 drops black pepper

Apply 2-4 drops diluted 50/50 on cramped muscle 3 times daily.

Alternate with cold and hot packs when applying the recipe for muscle spasms.