

dōTERRA Ice Blue Rub Ingredients

Includes Ice Blue essential oil blend

Wintergreen

Supports circulation and brings warmth to the affected area

Camphor

Increases blood flow and is anti-inflammatory

Peppermint

Gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically

Blue Tansy

Fantastic anti-inflammatory properties and recovery from bruising

German Chamomile

Anti-inflammatory, muscle relaxant, reduce inflammation

Helichrysum

Discomfort relief almost instantly. Reduce inflammation and act as chelators (they can remove unwanted toxins), prevent bruising and blood clots, relax tight muscles and connective tissue, stimulate cellular regeneration

Ylang Ylang

Discomfort relief and reduce inflammation.

Osmanthus

Osmanthus is a strong stimulator sending signals of pleasure and happiness to the brain. Works as comforting and relaxing,

Includes other natural plant extracts and powerful ingredients

Sweet Almond Oil and Aloe - Soothing and moisturising

Menthol - Provides a cooling effect

Eucalyptus - Helps to temporarily calm muscle and joint inflammation

Capsicum Frutescens Extract - Warms by triggering heat receptors in surface tissues

Ice Blue Rub

Primary Benefits

- Provides temporary comfort to tired and sore muscles and joints
- Supports circulation to muscles and joints when used as a massage medium

What Makes This Product Unique?

- Formulated with dōTERRA's proprietary Ice Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils - close to 5 ml of oil per 120g tube!
- Moisturizing formula leaves skin soft and smooth, not greasy like other muscle rubs
- Provides a convenient medium for applying Deep Blue Soothing Blend in massage or sports therapy applications
- Formulated according to dōTERRA's "NONE OF THE BAD PHILOSOPHY" so no parabens, DEA, SLES, SLS, TEA or propylene glycol

Please Contact:

dōTERRA Ice Blue Oil and Rub



5ml Oil
9ml Touch
10ml Roll On
120g Rub

Other Muscle Relief Cream Ingredients

Pain Away

- **Arnica Montana Flower Tincture** Contains ethanol and powdered dry flower heads of arnica montana
- **Rosemary Oil** For muscle discomfort, joint problems with anti-inflammatory qualities as well, Makes it good for relieving the discomfort of sprains and joint aches
- **Eucalyptus Oil** reducing inflammation and pain-discomfort
- **Ethanol** Cooling effect (Note 2)
- **Hypericum perforatum (StJohn's Wort)**
- **Arnica montana**
- **Calendula officinalis**
- **Cayenne** Relief for joint pain
- **Menthol/Peppermint** Cooling
- **Mahanaryan oil** It soothes discomfort and tones up both the nervous and muscular system



In a proprietary transporter base of DMSO (Note 1) (what does this mean, better DMSO? No DMSO is safe.) with Limonene oil, and Wintergreen oil

Note 1 - DMSO Safety:

- Hazardous in case of inhalation (lung irritant).
- Slightly hazardous in case of skin contact (irritant, permeator), of eye contact (irritant), of ingestion.

Note 2 - Ethanol Safety:

- May cause central nervous system depression.
- Causes severe eye irritation.
- Causes respiratory tract irritation.
- Causes moderate skin irritation. This substance has caused adverse reproductive and fetal effects in humans.
- Warning! May cause liver, kidney and heart damage.

Dencorub

- Methyl Salicylate (aspirin derivative) (Note 7)
- Menthol
- Camphor
- Eucalyptus Oil (reduces inflammation)

Deep Heat

- Methyl Nicotinate nicotinic acid methyl ester
- Glycol Salicylate Analgesic and anti-inflammatory agent
- Menthol & Methyl Salicylate (aspirin derivative)
- Ethyl Salicylate condensation of salicylic acid and ethanol
- Ethanol (Note 2) (Note 7)

NOTE: Information on some ingredients of Dencorub and Deep Heat are not available. No information on the base cream is available.

VOLTAREN Gel Rub

Diclofenac sodium (ibuprofen) is a non-steroidal anti-inflammatory drug (NSAID) in an opaque, white gel base (VOLTAREN® mineral oil, polyoxyl 20 cetostearyl ether, propylene glycol, purified water and strong ammonia solution) (Note 3) (Note 4)

Note 3 - Polyoxyl 20 cetostearyl ether (surfactant): May cause:

- liver changes
- behavioural changes

Note 4 - Diclofenac side effects may include:

- indigestion, gas, stomach pain, nausea, vomiting
- diarrhea, constipation
- headache, dizziness, drowsiness
- stuffy nose
- itching, increased sweating
- increased blood pressure: or
- swelling or pain in your arms and legs



Physiocrem

Arnica montana

Arnica is probably one of the best-known herbs worldwide for its use in natural medicine. Arnica pure herb extracts, when applied topically are extremely effective in treating soft tissue injuries and especially for recovery from bruising.

Hypericum perforatum (stJohn's Wort)

Commonly known as "St John's Wort", the oily extracts are bright red in colour from the active components, hypericin and hyperforin. St John's Wort has a long history for its use in soothing damaged and irritated nerves commonly found in whiplash, low back pain, sciatica, strains and sprains.

Calendula officinalis

Plays an important role as a topical anti-inflammatory, assisting the dispersion of swelling, and providing a calming relief for angry localised tissues.

Melaleuca alternifolia

Australian Tea Tree oil, is well known for its analgesic, anti-inflammatory and anti-microbial effects. It is commonly used and very effective in topical applications.

Information on the base cream is not readily available but contains carbomer u-10 and PEG-100 stearate. (Note 5) (Note 6)

Note 5 - Carbomer is a generic term for products made from the petrochemical acrylic acid.

Note 6 - PEG-100 stearate is linked to:

- cancer
- developmental and reproductive toxicity
- contamination concerns
- Irritation
- organ system toxicity

Note 7 - Menthol and methyl salicylate are known as counterirritants. They work by causing the skin to feel cool and then warm. These feelings on the skin distract you from feeling the aches/pains deeper in your muscles, joints, and tendons.