



Essential Oils for Joint, Muscle and Pain Relief



There are many ways to treat pain, but sometimes it is easier said than done. In some cases there is a known cause, and in others it is a mystery. This makes internal aches and pains a difficult condition to deal with.



Some say aromatherapy, the use of inhaling essential oils from plants, trees and herbs, can work to stimulate, relax and even help control pain. It's easy to be a sceptic about the effectiveness of the use of essential oils when it comes to physical or mental health issues, especially when many people peddle them out as a cure-all. However, there is a growing body of scientific research to support the use of essential oils for pain relief and for anti-inflammation. And since chronic inflammation (aka, your body's immune response to physical irritation and stress) can be a central cause of chronic pain and many health conditions, it can be super helpful to incorporate foods, herbs, and yes, even essential oils with anti-inflammatory properties into your daily routine.





Essential Oils for Joint, Muscle and Pain Relief



Arnica Oil (In Carrier Oils)
Arnica montana

Eucalyptus Oil
Eucalyptus globulus

Bergamot Oil
Citrus bergamia

Fennel Oil
Foeniculum vulgare

Black Cumin (Black Seed) Oil
Nigella sativa

Frankincense Carterii Oil
Boswellia carterii



Black Pepper Oil
Piper nigrum

Frankincense Frereana Oil
Boswellia frereana

Cajeput Oil
Melaleuca cajuputi

Geranium Oil
Pelargonium graveolens

Chamomile German Oil
Matricaria recutita

Ginger Oil
Zingiber officinale



Chamomile Roman Oil
Chamaemelum nobile

Helichrysum Oil
Helichrysum italicum

Cinnamon Oil
Cinnamomum zeylanicum

Kunzea Oil
Kunzea ambigua

Clove Oil
Eugenia caryophyllata

Lavender Oil
Lavandula angustifolia

Clove Oil
Syzygium aromaticum

Lemongrass Oil
Cymbopogon flexuosus



Cypress Oil
Cupressus sempervirens

Marjoram Oil
Origanum majorana

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

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NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA
Phone: +1 661-347-3206 Email: sales@napproducts.com
Web: napproducts.com





Essential Oils for Joint, Muscle and Pain Relief



Nutmeg Oil
Myristica fragrans

Orange Oil
Citrus sinensis

Peppermint Oil
Mentha piperita

Rose Oil
Rosa damascena

Rosemary Oil
Rosmarinus officinalis



Sandalwood Oil
Santalum spicatum

Tea Tree Oil
Melaleuca alternifolia

Thyme Oil
Thymus vulgaris

Yarrow Oil
Achillea millefolium

Wintergreen Oil
Gaultheria procumbens



Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@napproducts.com

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Essential Oils for Joint, Muscle and Pain Relief

SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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