

# HEADACHE RELIEF KIT

## Herbal Support Kits

Headache or tension? Use the Headache Essential Oil Spray and a refreshing Herbal Therapy Face Cloth to ease an aching head. Kit includes 1 oz. Headache Essential Oil Spray, 10 Herbal Therapy Face Cloths, and a How-To Card.

### Key Ingredients

- **Lavender:** Known for calming abilities. Will melt away stress and anxiety making you welcome sleep. Quiets your mind as well as soothing sore, tired muscles. Lavender is perfect for a good night's sleep.
- **Peppermint:** Fresh, cool, and stimulating to the senses. Acts as an analgesic, decongestant, and pain reliever.
- **Sweet Basil:** Natural anti-inflammatory and muscle relaxer. Inhaled for migraine relief. Relaxing, soothing, and calming to the nerves without being a sedative (great for kids!). Antispasmodic, cephalic, and also digestive calmer.
- **Frankincense:** Stimulating and elevating to the mind. Has comforting properties that help focus the mind and overcome stress and despair. Also considered a sacred "Anointing Oil."

All Essential Oils are therapeutic grade and maintain Jordan Essentials high standard of quality for your family and ours. Jordan Essentials does not claim to cure any illness. Check with your doctor before use if pregnant, nursing or taking medications. These statements are not reviewed or endorsed by the FDA.



### Benefits and Suggested Uses

- No need to take medications that can cause stomach upset. Preventative measures with these helpful techniques will ease the tension and support the relief of headaches naturally.
- Drop the Herbal Therapy Face Cloth into an ice water bath. Spritz Headache Essential Oil Spray lightly on the outside of the cloth. Apply non-sprayed side of cloth to face and relax!

