

QUICK REFERENCE SHEET

LN

Linament-Infused Oil

Arnica Flower, Angelica, Calendula, Cayenne, Comfrey Root, Ginger, Lobelia, St. John's Wort, Valerian



CONSISTENCY:

medium weight, bright yellow color

AROMATIC CONSIDERATIONS:

herbal aroma

APPLICATION:

LN Carrier Oil can be used all by itself, 100%.

GENERAL INFORMATION:

Contains the herbs Comfrey, Arnica, St. John's Wort, Lobelia, Calendula, Angelica, Valerian, Ginger, and Cayenne. These herbs, infused in Almond Oil, create a carrier oil that is amazing for injuries, bruising, inflammation, and the general pain and soreness that accompany injuries. The addition of lobelia in this infusion helps to deliver the other healing herbs to the area of concern quickly and relieves pain.

The Arnica works on sore, tight muscles and helps to reduce swelling of injured areas. Arnica is not usually recommended for use on open wounds but in the small percentage that exists here, we have never had any problem over the course of many years. Comfrey is probably best known for its healing ability for bones and tissues, but it is also very helpful for chest congestion. Cayenne works on the blood and is very effective at improving overall circulation. With increased circulation comes better oxygenation and healing.

Using LN Oil as a carrier oil topically for injuries would be especially effective when coupling it with essential oils such as ^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare and ^{Le}WarmDown.

WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.