



Role	PREPARE							
	PERFORM							
					PROTECT			
							RECOVER	
Key Benefits	• Warms & energises muscles • Relieves muscle & joint pain & stiffness • Increases stamina	• Clears airways and congestion • Eases breathing to increase stamina • Aids alertness • Fresh fragrance	• Protects against UV & the elements • Replaces lost moisture & essential oils • Cooling & non-greasy	• Prevents chafing & skin irritation • Repairs & soothes damaged skin	• Rapidly cools body temperature • Aids muscle recovery • Cleanses, conditions & moisturises skin	• Repairs & soothes sore, cracked, dry feet • Intense moisture & nourishment • Pleasant cooling effect	• Relieves & soothes muscle and joint pain • Cools muscles post exercise to promote recovery	
Mechanism	• Deeply penetrating heat therapy • Natural anti-inflammatory & analgesics	• Powerful vapour action • Natural functional oils and aromatics	• Protective barrier function • Ultra-light formulation • Functional essential oils	• Long lasting anti-friction barrier • Anti-fungal • Anti-bacterial • Anti-inflammatory	• Powerful cooling effect • Epsom salt formulation • Natural skin conditioning	• 5% Urea formulation • Natural functional oils & aromatics	• Powerful cold therapy • Magnesium formulation • Facilitates hands on massage	
Key Natural Active Ingredients	• Ginger • Black Pepper • Willow Bark • Meadow Sweet • Magnesium	• Menthol • Eucalyptus • Coffee Seed • Peppermint • Jasmine	• Maca Extract • Taurine • Aloe Vera • Siberian Ginseng	• Tea Tree Oil • Grapeseed Oil • Vitamin E	• Menthol • Peppermint • Eucalyptus • Magnesium • Moringo Seed	• Urea • Magnesium • Peppermint • Jasmine • Maca Extract	• Menthol • Magnesium • Maca Extract • Jasmine	



Taurine



Siberian Ginseng



Menthol



Coffee Seed Extract



Tea Tree Oil



Vitamin E



Rosemary



Evening Primrose Oil



Ginger



Black Pepper



Willow Bark



Clary Extract



Maca Extract



Magnesium



Jasmine