



Musculoskeletal References Modules 1 – 8

Module 3:

Bergamot

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Clove

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, helps in stiff and painful joints, helps in arthritis, promotes musculoskeletal health

Eucalyptus

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism

Frankincense

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles, aids in carpal tunnel and restless leg syndrome

Lavender

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Tea tree

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Modules 4 & 5

Fir

Musculoskeletal: aids in arthritis, relieves muscle aches and pains, helps in rheumatism

Inula

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, relaxes strained muscles

Laurel

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, helps in carpal tunnel syndrome and plantar fasciitis

Monarda

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Myrtle

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Pine

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes, stimulates

Pinon Pine

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes

Spruce

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes, stimulates

Modules 6 & 7:

Black pepper

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Cardamom

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, helps in stiff and painful joints, helps in arthritis, promotes musculoskeletal health

Chamomile, Roman

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles, aids in carpal tunnel and restless leg syndrome

Chamomile, German

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles, aids in carpal tunnel, reduces inflammations

Fennel

Musculoskeletal: relieves joint pain, soothes sore muscles, reduces muscle and joint inflammation, relieves spasm

Ginger

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes sore muscles

Module 8:

Grapefruit

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Lemon balm

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Peppermint

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, helps in stiff and painful joints, helps in arthritis, promotes musculoskeletal health

Ravensara

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes, stimulates

Rosemary

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes sore muscles

Tulsi

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, helps in stiff and painful joints, helps in arthritis, promotes musculoskeletal health