# bellabaci™

# Cool Down Post-Workout Lotion



This lightweight, deeply moisturizing lotion is designed to be your post-workout necessity, the active aromatherapy, herbal, and energetic synergies will help to leave your body ready for the next round. The Bellabaci Sport Cool Down is the professional's choice to end off a workout perfectly as it calms and soothes, leaving no greasy hands behind. Ingredients include Katafray, Clove, Rose Geranium, Comfrey, and Marjoram, well known for their benefits that may include assistance with muscle pain, acid stagnation, and discomfort.

#### **BENEFITS**

- Reduce muscle and joint pain
- Moisturizing lotion will keep your skin hydrated for the long run
- Relieve stiffness and pain

- Speed up recovery
- Prepares your muscles for the next workout

Apply to your body after exercise, focusing on the muscles.

#### MAIN INGREDIENTS

## **CASTOR OIL**

It has the ability to stimulate collagen and elastin production, deeply penetrate the skin and provide lubrication, hydration, and moisturization.

## ST JOHN'S WORT OIL

Remedy for closed wounds, veins, bruising, ulcers, neuralgic, and rheumatic pains.

## **CLOVE BUD OIL**

It is a warming oil that soothes strains, pain, and swelling, reduces bruising, and relieves aching muscles.

#### KATAFRAY OIL

Treat general body pain, muscular pain, arthritis, and rheumatism.

## ARNICA EXTRACT

Beneficial effect on soft tissue injury, swelling, muscle and joint pain, inflammation, and bruising.

## WILD ROSEMARY EXTRACT

Reduces swelling, inflammation, and bruising.

## **DIRECTIONS**

Apply directly to the targeted area as needed.

## ARNICA MONTANA OIL

Reduces inflammation and pain related issues and dissolves bruising.

#### **OLIVE OIL**

It has nourishing, protective, anti-oxidant, and toning properties. It has humectant, moisturizing, and cell rejuvenation properties.

## LEMON EUCALYPTUS OIL

It has analgesic and anti-inflammatory agents for muscular, rheumatic, and joint pain treatment.

#### LAVENDER OIL

Excellent for muscles aches, pain, and inflammation.

## **DAISY EXTRACT**

Improves blood circulation, offering healing to strains, sprains, spasms, and bruises.

## **RUE EXTRACT**

Treats injuries to ligaments, tendons, and joints. Effective for stiffness, rheumatic and connective tissue problems, bruising, and inflammation.

## **CONTRAINDICATIONS**

Do not use if allergic to any of the ingredients.

# **COMFREY OIL**

Great for healing broken bones and healing in general

#### SHEA BUTTER

Contains natural vitamin A. Reduces muscle fatigue, is moisturizing, hydrating, skin smoothing, softening, and anti-inflammatory.

## **GERANIUM OIL**

It has analgesic and anti-inflammatory properties, soothing muscle and nerve pain. It invigorates the skin, improving blood and lymphatic circulation, and aiding with detoxification.

# **SWEET MARJORAM OIL**

It is a potent parasympathetic tonic, a beneficial action in a pain remedy and great for muscle relaxation.

## FORMIC ACID EXTRACT

Relieves pain and stiffness and improves blood circulation in the muscles, especially after an injury.