

Relieve It

Product Size: 15 ml

Item No. 33318

Created by Young Living Founder D. Gary Young, Relieve It essential oil blend was designed as a trusted companion for active days and moments of recovery. This refreshing blend combines Black Spruce, Black Pepper, Hyssop, and Peppermint essential oils to create a crisp, woody aroma with cooling minty notes and a touch of spice.

Whether you're preparing for a busy day, taking a moment to recharge, or enjoying a relaxing massage, Relieve It brings an invigorating aromatic experience to your routine. Dilute with a carrier oil for a comforting massage or simply inhale the refreshing scent whenever you need a moment of revitalisation.



Benefits and Features

- Features a fresh, woody, minty aroma with subtle peppery notes.
- Creates an invigorating and refreshing aromatic experience.
- Provides a comforting, cooling sensation when applied topically.
- A versatile addition to massage, bathing, and self-care routines.
- Contains the naturally occurring constituents menthol, alpha-pinene, beta-pinene, and isopinocampone.

Suggested Use

- Gently inhale the refreshing aroma whenever you need an uplifting moment.
- Dilute if desired and rub a drop between your palms, then enjoy the invigorating scent.
- Add 6–8 drops to a warm bath for a relaxing aromatic experience.
- Dilute a few drops with 10 ml of Young Living V-6® Enhanced Vegetable Oil Complex and use as part of a soothing massage routine.



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Ingredients

*Picea mariana** (Black Spruce) leaf oil, *Piper nigrum** (Black Pepper) fruit oil, *Hyssopus officinalis** (Hyssop) leaf oil, *Mentha piperita** (Peppermint) oil, Citronello***, Geraniol**, Limonene**, Linalool**.

*Premium essential oil.

**Natural constituents of essential oil.

Directions

Apply to desired area. In case of sensitivity, dilute 5 drops in 10 ml of Young Living V-6®.

Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use.

