

### Product Summary

R.C.™ is an ideal complement to V-6™ Vegetable Oil Complex for creating a spa-like atmosphere during massage. It can also be used in place of Aroma Siez™ in the Raindrop Technique®.

### Why We Love It

R.C. essential oil blend helps you get inspired and uplifted for early morning workouts. It features three varieties of Eucalyptus essential oil, as well as Cypress and Spruce. Just apply a few drops to your chest before jumping on the treadmill or grabbing your weights, and when it's time to wind down for bedtime, give your feet a relaxing massage with R.C. to create a positive, comforting environment that helps you get mentally and physically ready for tomorrow's workout.

- Rub on feet or chest before exercising for an aroma that uplifts and inspires.
- Rub 3 drops on feet before bedtime.
- Diffuse or inhale R.C.'s invigorating, comforting aroma to feel refreshed after a day of chasing the young ones.
- Add to V-6 Vegetable Oil Complex and use in massage. The soothing scent creates a spa-like atmosphere.

### Ingredients

Eucalyptus globulus† leaf oil, Myrtus communis† (Myrtle) oil, Origanum majorana† (Marjoram) leaf oil, Pinus sylvestris† (Pine) leaf oil, Eucalyptus radiata† leaf oil, Eucalyptus citriodora† oil, Lavandula angustifolia† (Lavender) oil, Cupressus sempervirens† (Cypress) leaf/nut/stem oil, Picea mariana† (Black spruce) leaf oil, Mentha piperita† (Peppermint) oil † 100% pure, therapeutic-grade essential oil



### Directions

Topical: Dilute 1 drop with 1 drop of V-6 or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

### 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 professional prior to use.

### Fun Facts

- R.C. is especially beneficial when combined with Thieves®, Wintergreen, or Raven™ essential oils.
- R.C. contains three different types of Eucalyptus (E. globulus, E. radiata, and E. citriodora).

**We Also Love**

- Rainstone™ Diffuser
- Aria™ Ultrasonic Diffuser
- Breathe Again™ Roll-On
- Dorado Azul Essential Oil
- Eucalyptus Blue Essential Oil
- V-6 Vegetable Oil Complex

**Product Information**

R.C. Essential Oil Blend—5 ml

Item No. 3409