

# Sore to Soar®

## PRODUCT SUMMARY

Sore to Soar offers a harmonious synergy of essential oils including rosewood, spruce, blue tansy, and frankincense. These therapeutic grade essential oils are combined to provide relief from physical pain, and emotional pain that is revealed as fear and anger.

## THINK ABOUT IT

What hurts? Is it your eyes, knees, hips? Is it your nerves, bones or muscles? Is it a sore throat, a burn, or a traumatic injury? These are just a few types of physical pain that may benefit from Sore to Soar essential oil. There is also emotional pain. It may be due to a painful relationship, life circumstances, or even chronic physical pain.

Physical pain and emotional pain often go hand in hand. Physical pain will often summon an emotional response, which is rarely positive. Imagine smashing your finger with a hammer; now that's an emotional response! Even the heart may respond with a gasp—skipping a beat with the sudden pain.

Chronic physical pain also affects the emotions. The constant tension and hopelessness of continual pain wears on the emotions, causing withdrawal, fear or anger. This may also happen with emotional pain as the heart and brain work to deal with the continual hurt and stress.

Sore to Soar's blend of essential oils is designed to address both physical pain (nerves, bones, joints, skin, muscles, etc.) and the emotional pain which causes the sore or inflammatory responses like fear and anger.

## KEY INGREDIENTS

Studies show **Rosewood**, which is rich in linalool, has a sedative effect. It brings emotions into balance and has been used to lift one's spirit out of depression. It is anti-parasitic. **Spruce** essential oil emotionally uplifts and balances; also known for its anti-inflammatory, antiseptic, and a cortisone-like effect. It is also anti-parasitic. **Blue Tansy** is an effective anti-inflammatory that calms the nervous system, muscles, ligaments, and tendons. It helps detoxify the liver and lymphatic system. **Frankincense** contains sesquiterpene molecules, which bring nourishing and energizing oxygen to the cells for healing and restoration.



Sore to Soar Available In 1 oz | 5 ml Bottles



# Sore to Soar®

## PRIMARY BENEFITS OF SORE TO SOAR®

- Balances the emotions and calms the wounded spirit.
- Assists the body in restoring structural balance and alignment.
- Relieves body parts afflicted with pain (bones, muscles, joints, skin, nerves).
- Anti-inflammatory, anti-bacterial, and detoxification properties offer relief from allergies and resistant infections.
- Lubricates and aids in healing the skin.
- Anti-parasitic properties help maintain a healthy gut ecosystem.

## HOW TO USE SORE TO SOAR® Choose one or more of the following.

- Topically:** Apply Sore to Soar liberally several times per day to soothe and lubricate painful, aching areas. One can also apply one drop of Sore to Soar on the inside of wrists, bottom of feet, throat, back of neck, and on spine (8th dorsal.) **Babies and Small Children:** Add 1 drop of Sore to Soar to lotion or carrier oil and rub on the bottom of each foot.
- Massage:** During a therapeutic massage rub Sore to Soar into painful areas. It can be used alone or blended with massage oil/lotion.
- Footbath:** Fill a tub or foot bath with enough warm water to cover ankles; add Sore to Soar and unscented, natural Epsom salts. Soak for 30 minutes. This may reduce pain and will benefit the body internally and externally, physically and emotionally.
- Spa Bath:** Soak entire body in a warm water spa bath with Sore to Soar and unscented, natural Epsom salts; soak for a minimum of 30 minutes allowing body to release emotional and physical pain.
- How Much?** The amount of essential oil needed varies from person to person. It may range from a couple drops to 10 mL or more of essential oil depending on the circumstances. It is recommended that one start with 10 drops of Soar to Soar and increase/decrease the amount as needed with each bath.
- Side Effects:** The body absorbs essential oils and releases toxins during a foot or spa bath. Though rare with Black Cumin, a person may occasionally experience a burning sensation on the skin if toxins are released. (The more toxins, the greater a burning sensation may be felt.) The burning sensation indicates the therapy is complete; stop the bath and shower off. A fresh bath may be resumed later using less essential oil and adding unscented, natural Epsom salts to draw out toxins.
- Note:** Eat prior to soaking in a spa bath or footbath so the stomach has food in it. This provides the body hydration and nourishment to draw on when the body begins to balance and heal.

**Therapeutic Grade Essential Oil Safety** Keep out of reach of children. Use caution and the gentlest oils at extremely low doses when using oils with children. It is recommended that a qualified healthcare practitioner be consulted before using oils with children. If you are pregnant, nursing, taking medication, or have a medical condition, please consult your healthcare practitioner prior to use. A skin patch test on the inner arm is recommended prior to using any oil for the first time.

## VERVITA PRODUCTS ARE FREE FROM:

GMOs, Soy, Gluten, Corn, Egg and Dairy, Fish, Crustaceans/Shellfish, Tree Nuts, Peanuts, MSG, Sugar and Sweeteners, Artificial Colors, Dicalcium Phosphate, Magnesium Stearate, Croscarmellose, Excipients/Synthetic Fillers and Flow Agents.

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“Celebrate your success and stand strong when adversity hits, for when the storm clouds come in, the eagles soar while the small birds take cover.”

Unknown

VerVita®