

Soothe and Relieve Body Oil – Ingredient Validation Data Sheet

Product Overview

Soothe and Relieve Body Oil is a powerful, spiritually aligned topical formula designed to relieve muscle tension, inflammation, nerve pain, and emotional distress. Each ingredient is selected for its traditional use in healing and supported by scientific research for topical pain relief, circulation enhancement, and deep body restoration.

Documented Ingredient Validity

Ingredient	Evidence of Efficacy	Source Type
Tamanu Oil	Promotes tissue regeneration, pain relief, and reduces inflammation	Polynesian herbalism; dermatological and wound healing studies
Jojoba Oil	Balances sebum and deeply nourishes skin without clogging pores	Native American herbal use; emollient and carrier oil research
Black Cumin Seed Oil	Anti-inflammatory and supports immune response in skin	Middle Eastern traditional medicine; skin inflammation studies
St. John's Wort Infused Oil	Traditionally used for nerve pain and deep tissue inflammation	Western herbalism; topical pain and nerve repair uses
Arnica Infused Oil	Reduces muscle soreness, swelling, and bruising	European folk use; sports injury and inflammation studies
Ashwagandha Infused Oil	Supports circulation and helps regulate nervous system response	Ayurvedic medicine; topical adaptogenic use
Turmeric Oil	Anti-inflammatory and antioxidant, supports joint and tissue health	Ayurveda; curcumin-based topical and oral inflammation research
Ravintsara Essential Oil	Clears inflammation and enhances circulation	Madagascan traditional use; anti-inflammatory and antiviral studies
Helichrysum Essential Oil	Supports pain relief and tissue regeneration	Mediterranean herbal medicine; wound and scar healing studies
Frankincense Essential Oil	Calms inflammation and improves joint and spiritual grounding	Biblical and aromatherapeutic traditions
Myrrh Essential Oil	Promotes circulation and healing of wounds	Biblical and Eastern medicine; natural antiseptic use
Tea Tree Essential Oil	Antimicrobial and cleansing	Aboriginal medicine; topical infection prevention

Blue Tansy Essential Oil	Rich in chamazulene; soothes inflamed or irritated tissue	Aromatic medicine; anti-inflammatory research
Saro Essential Oil	Promotes respiratory ease and energizing immune support	Madagascan ethnobotany
Myrtle Essential Oil	Gentle respiratory and skin soother	Mediterranean herbal tradition
Geranium Essential Oil	Balances inflammation and supports emotional ease	Egyptian herbalism; hormone and skin calming
Chamomile Essential Oil	Calms nerves and soothes the skin	European folk use; clinical trials for anti-inflammatory effects
Lavender Essential Oil	Relieves tension and soothes irritated or inflamed areas	European traditional medicine; sleep, pain, and stress research
Black Pepper Essential Oil	Stimulates blood flow and eases muscle stiffness	Ayurveda and folk use; warming and circulation-enhancing
Ginger Essential Oil	Warming, improves circulation, and eases joint and nerve discomfort	Ayurveda and TCM; topical inflammation and pain studies