

a refreshing
**COOL MINT
FORMULA**



THAT HELPS TIRED FEET AND LEGS

feel revived!

Melt Away with Mint Bliss

- 1) Wet a washcloth and steam it in the microwave about 20-30 seconds depending on how warm the water is.
- 2) Take the Mint Bliss lotion, apply about a dime size amount to the back of your neck massage it in.
- 3) Next, take the hot towel from the microwave and put it on the back of your neck. The Mint Bliss will just melt in your body and is so soothing.

You may also want to try the Mint Bliss to help soothe restless legs and neuropathy. Some say a gentle massage with the Mint Bliss on legs or back of neck helps them fall asleep or provide relief from shingles**

Key Ingredients: Rosemary Leaf Extract, Salix Alba (Willow) Bark Extract, Betula Alba Bark Extract, & Glycerin

**This is not a proven medical recommendation.

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