

CAYENNE AID



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***FOR MIGRAINES AND HEADACHES :**

Use few drops of oil and rub it in your palms. Gently massage into your neck, back of your head and shoulders. Breathe! If you are able to lay down and relax please do! Massage oil into your temples. AVOID YOUR EYE AREA, KEEP YOUR EYES CLOSED!

Repeat as much as necessary.

For preventative treatment use daily before bed.

***FOR MUSCLE SORENESS, JOINT PAIN,**

TENDINITIS AND BRUISING:

Use few drops and gently massage into your sore and painful muscles, joints or bruised areas. Breathe! Repeat as much as necessary. Use before bed recommended.

Use after each workout!