

CALIFORNIA SOLUTIONS

USAGE TIPS FOR COMMON AILMENTS

Products with powerful essential oils combined with natural ingredients in a water based formula can create pain relief for most common ailments. **Below we have some of our top tips and recommendations based on customer feedback and results.**

HEADACHE & MIGRAINE INSTANT RELIEF

Apply **60 Second Pain Relief** to the shoulders and neck. Apply **HEAD-EZZ** to back of neck, temples and forehead. One pump into hands rub together, cup over nose and mouth and breathe deeply 3-5 times.

KNEE PAIN

Apply **60 Second Pain Relief** all the way around the knee - front and back.

BURSITIS, ARTHRITIS AND TENDINITIS

Apply **60 Second Pain Relief** all the way around the affected area.

SCIATICA

Apply **60 Second Pain Relief** on the affected area and down the leg. You can also use a 50/50 mixture of **60 Second Pain Relief** and **Foot and Leg Rub** for stronger and faster results.

FIBROMYALGIA

Mix a quarter size amount **60 Second Pain Relief** and a dime size of **Foot and Leg Rub** and apply to all areas affected.

LUPUS

Apply **60 Second Pain Relief** all the way around the affected area. You can also use a 50/50 mixture of **60 Second Pain Relief** and **Foot and Leg Rub** for stronger results.

*Flip over for more
information!*



RESTLESS LEG

Apply a quarter size amount of **Foot and Leg Rub** until it turns white and let it penetrate.

GOUT

Mix a 50/50 mixture of **60 Second Pain Relief** and **Foot and Leg Rub** in hand and apply to affected area.

BONE & HEEL SPURS

Apply **60 Second Pain Reliever** or **Foot and Leg Rub** and let soak.

PLANTAR FASCIITIS OR ROTATOR CUFF

Mix a 50/50 mixture of **60 Second Pain Relief** and **Foot and Leg Rub** in hand. Apply to heel and bottom of foot. For best results, cover with a plastic bag and let soak overnight.

NEUROPATHY

Apply a quarter size amount of **Foot and Leg Rub** to affected area and let your body draw it in.

As we say **“the more you use it the less you need it”** meaning continuous usage may lead to pain elimination. *Results may vary.*



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CALIFORNIA
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ELIMINATE PAIN | NATURALLY

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