

## PAIN FREE

### Practitioner Information Sheet

#### 100ml Spray Bottle

Magnesium Chloride presents no particular contraindications. Note that there may be some mild itching on initial use, but this will subside quickly.

MSM , consider clients/patients with Sulfur allergy.

Copaiba Oil: this powerful analgesic is considered safe for topical use.

Arnica Oil is safe to use.

Wintergreen is contraindicated for people with Salicylic Acid allergies.

Ginger Oil is considered safe.

Rosemary Oil, while considered not safe to use during pregnancy, use discretion if recommending.

**DO NOT USE ON BROKEN SKIN**