

How to use Holistic Organic Magnesium Chloride Oils Spray / Gel roll on

Stress / Mild anxiety / Menopause

Apply to pulse points and chest first thing in the morning.

PMS Symptoms

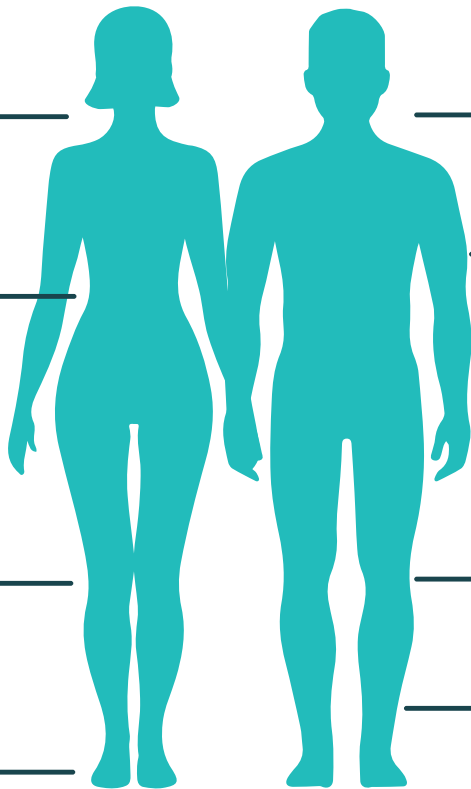
Apply to your abdominal and lower back daily to help prevent systems.

General Health

Apply inside elbows, arm pit and behind knees twice daily.

Assist in Sleep

Apply to tops of feet, back of legs & lower back before bed.



Headaches / Mild Migraines

Rub into the back of neck, temples and jaw each morning.

Muscle Health

Massage into your affected areas and surrounding muscle groups daily.

Mild Arthritis

Rub directly into the area and surrounding joints, twice daily.

Restless Legs / Cramps

Apply liberally and massage into the area each night, before bed.

Topical Magnesium can be part of your daily routine as a spray, gel or a bath soak. Use daily, apply 4-5 sprays to your upper body in the morning to energise, then to lower body in the evening for relaxation (especially where skin is thin for optimal absorption). Gel roll-on apply 2-3 rolls to the affected area as often as required. Rub in well for best results.



  Holistic Organic
www.HolisticOrganicMagnesium.com



Australian Made - Sunshine Coast

How to use Holistic Organic Magnesium Oils (highly concentrated) formula



UNWANTED BITS STICK
ASSISTS WITH REDUCTION & REMOVAL OF

Skin Tags
Warts
Sun Spots
Pigmentation
Acne
Black Heads
Headaches / Migraines
Mosquitoes
Coldsore
Keratosis Moles
Ingrown Hairs

Use the roller ball and roll liberally on the spot itself and around the outside (at least 1cm either side) until desired result is achieved.

The more times you can apply through the day, the better. We suggest 4-6x daily for best results. If you only remember 1-2x a day, this is also fine, however, results may take a little longer.

If you experience any reactions such as tingling or irritation; apply to damp skin (or over a light moisturiser) for the first week.



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