



## Helios Uses and Applications

**Arthritis – Neck – Back – Sensitive Teeth – Post Surgical – Nerve Joints – Tendonitis – Fibromyalgia – TMJ – Neuropathy – Knees – Elbows – Shin Splints**  
*Safe for use several times per day ~ Prepare to be amazed*

**Massage/Spa** – Professional Strength for deep tissue and myofascial release, sports, arthritis and pain management protocols. Increases effectiveness of heat or cold therapy. Apply oil to painful area, then heating pad or hot stones. Let oils absorb for 5 to 10 minute. Remove pad and massage to the level of comfort.

- Pedicures are better with Helios because of high amount of peppermint oil and effective pain relief. At 600 sprays per 2oz bottle, it's very economical to help your client feel great.
- Geriatric massage –let Helios do the work, deeply, safely and effectively.
- Equine & Canine therapy – vets and therapists use it for arthritis, joint and nerves and muscles. The jojoba and oil blend is superb for dry skin. Non drying and acts as an anti-fungal agent.

**Chiropractic/Physical Therapy** – Use before session to increase range of motion, relax soft tissues. Make adjustments quicker and easier. Use after session for pain management and continued improvement.

**Gymnastics** – Eliminate shin splints in 5 minutes and relieve sore back, wrists, knees and elbows. Improve performance.

**First Aid** – For emergencies & a “must” in every first aid kit. Acts as an instant anti-inflammatory and quiets the nerves. Pain relief from sprained ankles, pulled muscles, broken or cracked bones, etc. Great traveling companion! OK for use with wraps and splints.

**Sports activities** – Use before activity to prevent pain & increase range of motion. Use after workout to speed recovery. For sports from gymnastics to cycling to hiking, jogging, bowling, surfing, baseball, soccer, football, etc.

**Sleep Aid** – Assists a comfortable nights sleep with pain relief and aroma therapeutic qualities. Awaken feeling pain free!

**Decongestant** – Apply to chest or upper back to relax area and help breathing.

**Sunburn and burns** – Soothes and cools the area. Temporarily reduces pain and itching. Conditions skin to aid healing.

**Itchy Skin** – Stops itching of minor skin irritation. Also anti-fungal and great for dry skin.

**Insect bites and Stings** – Immediately stops pain and reduces inflammation.

**Toothaches, Sensitive Teeth, Mouth Sores** – Apply to a Q-Tip and hold against sore area for a few minutes. Repeat as necessary.

**Headaches** – Great for tension headaches – apply to back of neck/head, temples and forehead for “a cap of comfort”.

**Neck Pain** – Soothes neck and shoulder tension.

**Back Pain** – Apply Helios as soon as back pain begins. Breaks the pain cycle and habitual muscle response. The massaging pressure of finger tips and heels of the hands, coupled with this analgesic oil for 5 to 10 minutes, will melt the pain away.

**Post Surgical Pain** – Relieves pain and relaxes tension while increasing comfort and range of motion.

**Bath** – Soothing full body relief – add 2 tsp. to tub of very warm water. Beneficial to apply oil directly to sore muscles 5 to 10 minutes before soaking.

**Hand or Foot Soak** – add 1tsp. to bowl or container of very warm water. Beneficial to apply oil and massage before and after soak