

# Natural Relief!



## Resque Concentrate 10ml

### Do you suffer from:

- Sinus
- Congestion
- Blocked nose
- Muscle tension
- Headaches
- Insect bites

Then Resque Concentrate can help provide natural relief!

### Other benefits:

- Easy to travel with
- Easy to apply to affected areas as often as needed
- Uplift your mood in stressful situations

ANNIQUE  
rooibos

This unique herbal formulation contains an amazing blend of essential oils and extracts:

### Eucalyptus Oil:

Well-known for its decongestant, anti-inflammatory, antiseptic and antibacterial properties.

### Menthol:

Helps to relax muscles while easing tension headaches, nausea, dizziness and can be used as decongestant for its ability to promote the feeling of airways opening.

### Camphor:

Helps to alleviate pain and swelling as it works as a counterirritant in the skin. It helps treat respiratory challenges like nasal congestion, clearing phlegm, cough and cold.

### Peppermint Oil:

Has a cooling and calming effect on the body and helps to relieve anxiety and uplift mood.

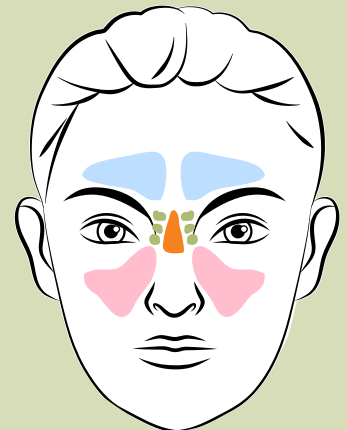
### Green Rooibos:

Known to be hypoallergenic, which helps to calm and soothe irritated, itchy skin and rashes.

## Sinus Solutions

You have a group of 4 pair air-filled spaces surrounding your eyes. The frontal sinus is located above the eyes, the ethmoidal sinus is between the eyes, the maxillary sinus is below the eyes and the sphenoidal sinus is behind the

### Paranasal sinuses



Frontal sinuses

Ethmoidal sinuses

Sphenoidal sinuses

Maxillary sinuses

### Relieving Frontal Sinus (above the eyes)

- Roll the Resque Concentrate in circular motions above the middle of your eyebrows.
- After application, use your index fingers to massage the liquid in, in a clockwise motion for about 20 seconds, then counterclockwise for 20 seconds applying a bit of pressure to the area. Apply more Resque Concentrate if needed.

### Relieving Ethmoidal Sinus (between the eyes)

- Roll the Resque Concentrate alongside your nose on each side but be careful not to get it into your eyes.
- Using your index fingers, start next to the bridge of your nose and glide your fingers straight down alongside the base of your nose, applying pressure until you reach the bottom sides of your nose. The pressure can cause tenderness, but the pressure helps to drain those cavities. Repeat this motion for about 20-30 seconds.

### Relieving Maxillary Sinus (behind the eyes)

- Use your index fingers, start right below ears and trace your fingers forward until you reach your nose. As you trace your fingers to the front you will feel the maxillary bone starting right next to your nose. Apply the Resque Concentrate in that area on both sides in circular motions.
- Starting next to your nose, massage outward in small circular motions with a little pressure, repeating this motion for 20-30 seconds.
- Next, use your thumbs and push up on your maxillary bone. This can be uncomfortable but try and keep it there for 20 seconds.

You should start to feel a bit of relief in the next few minutes.

Using the Resque Concentrate alongside these techniques on a daily basis will help to elevate the sinus and congestion.