

## Recommended essential oils for athletes

Essential oils are effective in preparing muscles, relaxing them or in preventing soreness.

Here are some essential oils in the athlete's pharmacy kit:

Note that the use of these essential oils is not prohibited in high-level competitions.

In case of competition, start the cure at least three days before.

 <p>BASIL</p>	<p><b>BASILIC EXOTIC</b> (<i>Ocimum basilicum</i>)</p> <p>It acts at the neuromuscular level and thus offers a particular support of the technical performance.</p> <p>Useful against cramps, tendonitis and muscle contractures.</p> <p>Mix with sesame oil, calendula oil, sweet almond oil or shea butter.</p>
 <p>BLUE TANSY</p>	<p><b>MATRICARIA CHAMOMILE</b> (<i>Matricaria recutita</i>)</p> <p>Powerful and versatile painkiller</p>
 <p>ROMAN CHAMOMILE</p>	<p><b>ROMAN CHAMOMILE</b> (<i>Chamaemelum nobile</i>)</p> <p>Very analgesic, it will calm the sore muscles and joints by exertion.</p> <p>Mix with oil from Arnica, Calendula, Neem or Tamanu</p>
 <p>LEMONGRASS</p>	<p><b>JAVA CITRONNELLA</b>. (<i>Cymbopogon winterianus</i>)</p> <p>Tendonitis, pain (fights inflammation), anti-infective.</p> <p>Mix with oil from Arnica or Calendula.</p>
 <p>COPAIBA BALSAM</p>	<p><b>COPAIBA</b> (<i>Copaifera officinalis</i>)</p> <p>Will help in case of shocks, blows, small wounds (healing), in case of soreness</p>
 <p>EUCALYPTUS</p>	<p><b>EUCALYPTUS CITRIODORA</b> (<i>Eucalyptus citriodora</i>)</p> <p>It is the anti-inflammatory of the athlete, it can be used by everyone and without contraindication.</p> <p>Mix it with oil from Arnica, Calendula, Neem, Tamanu, Shea butter.</p>
 <p>GINGER</p>	<p><b>GINGER</b> (<i>Zingiber officinale</i>)</p> <p>Analgesic, heating and toning, prepares the muscle for exercise, it will uplift nerves and morale</p> <p>Mix with Sweet Almond, Tamanu, Shea butter.</p>
 <p>GRAPEFRUIT</p>	<p><b>GRAPEFRUIT</b></p> <p>Relaxant and toning for muscles, eliminates lactic acid, against cramps, aches, curative and preventive</p>
 <p>HELICHRYSUM</p>	<p><b>HELICHRYSUM</b> (<i>Helichrysum italicum</i>)</p> <p>It is the anti-hematoma oil</p> <p>You can use it alone or in a synergistic blend with other essential oils in case of blows, bruises, joint problems (osteoarthritis, polyarthritis, deformation of joints).</p> <p>Pure or slightly diluted in oil of Arnica, Tamanu, Shea butter.</p>

 <p>JUNIPER BERRY</p>	<p><b>JUNIPER</b> (<i>Juniperus communis</i>) Removes toxins from the body, anti muscle pain, it is recommended for preparation for exertion Mix with Calendula, Sweet Almond, Tamanu or Shea butter.</p>
 <p>BAY LEAF</p>	<p><b>LAUREL</b> (<i>Laurus nobilis</i>) Analgesic and relaxing, it soothes muscle pain. A real boost in morale, it will give you confidence before a competition. Mix with calendula oil, sweet almond oil, shea butter.</p>
 <p>LAVENDER</p>	<p><b>FINE LAVENDER</b> (<i>Lavandula angustifolia</i>) Soothing and anti-inflammatory, it relaxes muscles It is used in case of cramps, contractures and muscle spasms. Pure or diluted in oil of Tamanu, Sweet Almond, Neem, Calendula, Arnica, Shea butter.</p>
 <p>LEMONGRASS</p>	<p><b>LEMONGRASS</b> (<i>Cymbopogon flexuosus</i>) Vasodilator, improves blood circulation, promotes bone remineralization. Mix with oil from Arnica, Calendula</p>
 <p>PEPPERMINT</p>	<p><b>PEPPERMINT</b> (<i>Mentha piperita</i>) It will help you in case of pain, thanks to its powerful local anaesthetic power, Mix with oil of Arnica, Sweet Almond, Calendula, Neem or Tamanu.</p>
 <p>PINK PEPPER</p>	<p><b>BLACK / PINK PEPPER</b> Warming up, anti pain, it dilates blood vessels, relieves pain. Mix with Arnica, Sweet Almond, Neem, Tamanu, Shea butter.</p>
 <p>ROSEMARY</p>	<p><b>ROSEMARY CAMPHOR</b> (<i>Rosmarinus officinalis</i>) Very toning, as well as nervous, muscular, venous, it is ideal to relax the muscles, prepare them for exertion, neutralize a cramp, or avoid pain (myalgias, muscle rheumatism). It promotes muscle recovery. Mix with Calendula, Sweet Almond, Tamanu, Shea butter</p>
 <p>ROSEMARY</p>	<p><b>ROSEMARY CINEOLE</b> (<i>Rosmarinus officinalis</i>) Toning, it is also ideal to relax muscles, prepare them for exercise. Mix with Calendula, Sweet Almond, Tamanu, Shea butter</p>
 <p>TARRAGON</p>	<p><b>TARRAGON</b> (<i>Artemisia dracunculus</i>) It is powerful antispasmodic, very useful in case of cramps, muscular contractures, moreover it is positive and tonic on the mental level. Mix it with oil from Arnica or Calendula</p>
 <p>WINTERGREEN</p>	<p><b>WINTERGREEN</b> (<i>Gaultheria fragrantissima</i>) It has anti-inflammatory and analgesic properties thanks to the methyl salicylate. Useful for tendonitis, tennis elbow, contracture or muscle cramps. Mix it with oil from Arnica, Neem, Tamanu. *Beware, methyl salicylate belongs to the salicylate family (beware of aspirin allergies)</p>