

# HOT and COLD Sore Muscle Rub

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**Directions:** Liberally and frequently massage into sore muscles and joints, avoiding near eyes and other delicate areas. Wash hands thoroughly after applying.

**Ingredients:** Cayenne, Olive Oil, Beeswax Lavender Essential Oil, Cinnamon Essential Oil, Eucalyptus Essential Oil, Peppermint Essential Oil, Clove Essential Oil

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