

HEAT



EXERCISE GEL

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Turn the heat up on your workout results! This circulation-inducing exercise gel boasts warming niacin and anti-inflammatory vitamins, to avoid sprains and strains and bring body-lovin' improvements to even the most problematic areas.

INGREDIENTS:

DI Water, Aloe Barbadensis Juice, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Fucus Vesiculosus (Bladderwrack) Extract, Equisetum Arvense (Horsetail) Leaf Extract, Clematis Vitalba Leaf Extract, Carboner, Niacinamide, Allantoin, Retinyl Palmitate (Vitamin A), Tocopheryl Acetate (Vitamin E), Vegetable Glycerin, Triethanolamine, Menthyl Nicotinate.

HEAT BENEFITS:

- **Keep muscles warm and moveable**
- **Increase circulation**
- **Reduce stiffness/aches after workout**
- **Lessen muscle warm-up time**

SUGGESTED USE:

Before exercising, apply HEAT to cellulite prone areas. Massage lightly into skin until invisible. HEAT may be used prior to all types of exercise, including meditation and yoga.

WARNINGS:

Keep out of the reach of children.
Do not use on face.

1 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY