

# 27 YOU PLUS RELIEF

TIMES TO USE

## AND How to Maximize Your Pain Relief

You Plus Relief is packed with 30 incredible ingredients to go beyond simply masking pain. And because it's 100% natural with zero toxic chemicals, you can use it safely on regular basis for more than just pain. It's like a multivitamin delivered through your skin.

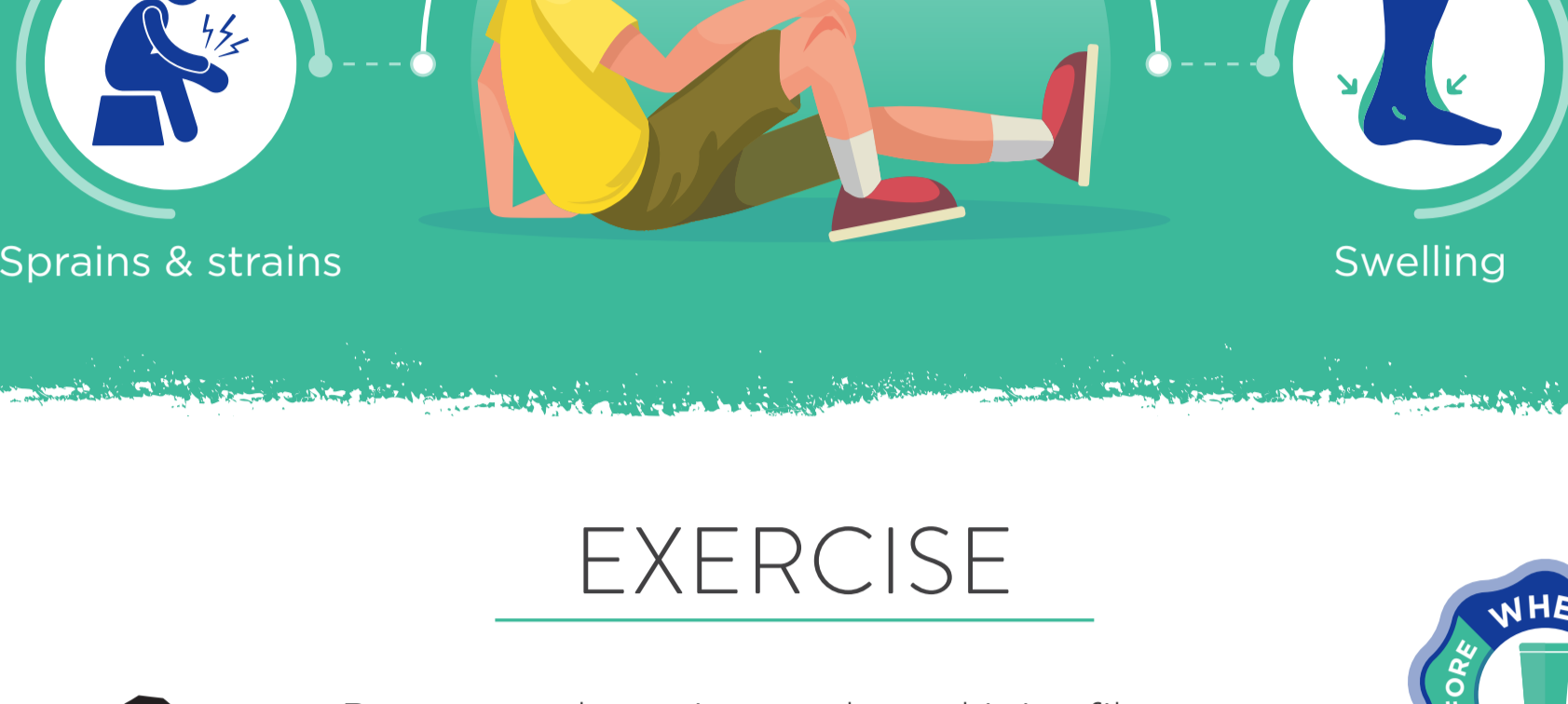
### CHRONIC PAIN

Soothe pain, reduce inflammation, and increase blood flow to support the body's natural healing processes.



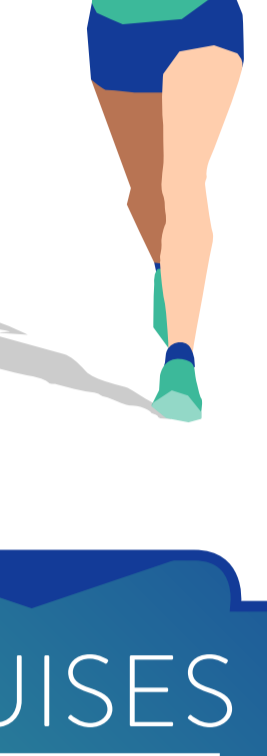
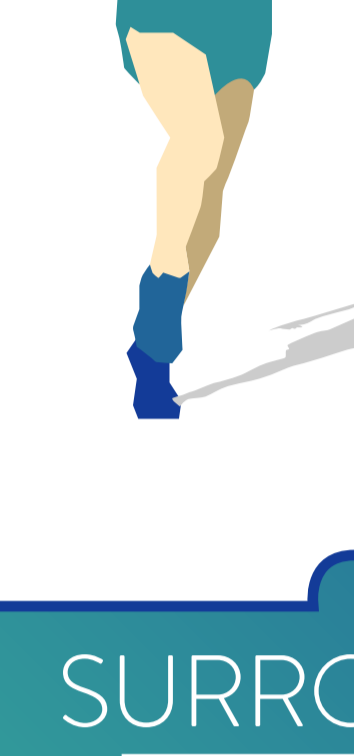
### INJURY

Accelerate recovery by supporting your body's natural healing processes.



### EXERCISE

Protect and repair muscle and joint fibers damaged from physical activity.



### SURROUNDING PARTS

Pain in one place can often be caused by problems elsewhere in the chain of movement.

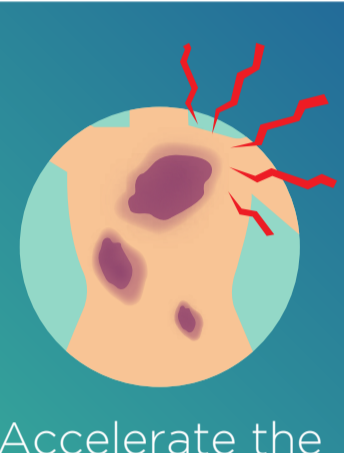


Apply to muscles and joints that are 1-2 steps away from the area in pain.



### BRUISES

Accelerate the healing process by bringing fresh blood cells to the area.

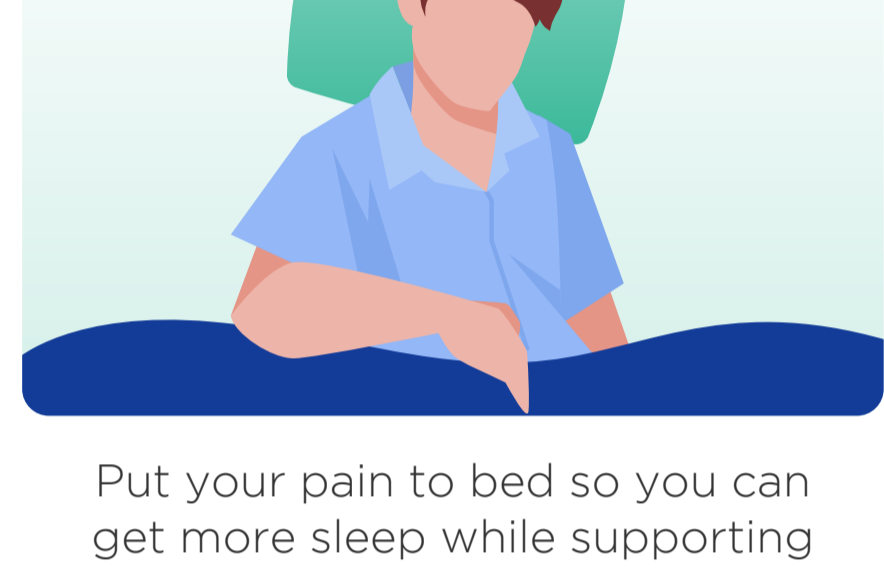


### AFTER A SHOWER



- ✓ Increase absorption by 10X.
- ✓ When your skin is clean, warm, and damp it's the perfect time to apply to maximize effectiveness.

### AT BEDTIME



Put your pain to bed so you can get more sleep while supporting healing that occurs during rest.

### DAILY LOTION

Even when pain is gone, use daily to support skin, joint, and body health.



1X PER DAY

### MASSAGE

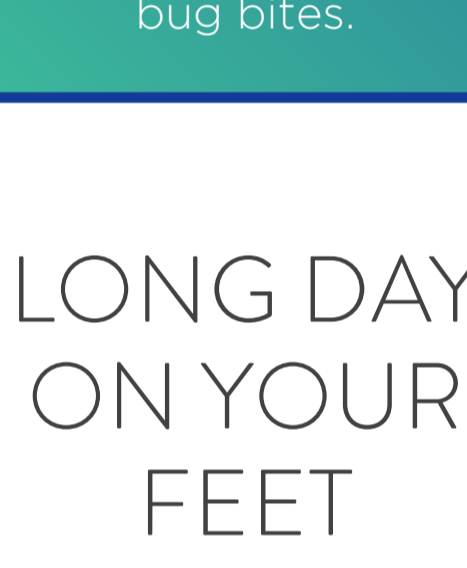
After a massage  
During self-massage



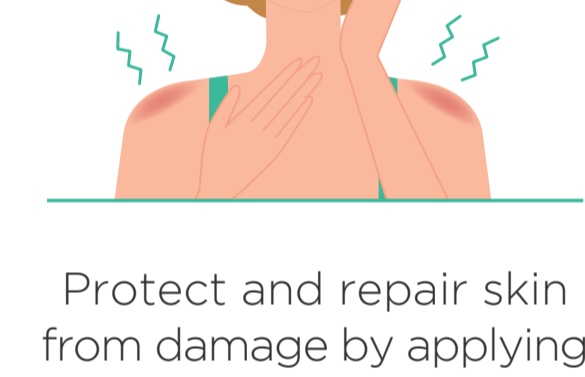
Support recovery, prevent soreness, and enhance the benefits of massage.

### BUG BITES

Soothe and help heal minor bug bites.



### SUNBURN



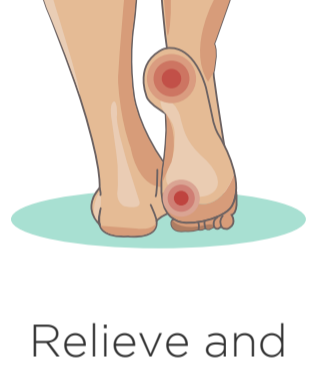
Protect and repair skin from damage by applying immediately after exposure.

### STRETCHING



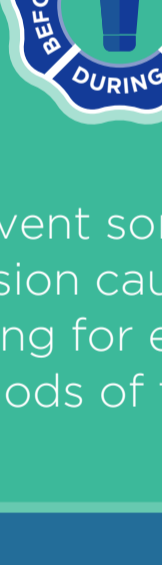
Improve the quality of your stretching by relieving tension in your muscles and fascia.

### LONG DAY ON YOUR FEET



Relieve and repair tired feet after walking.

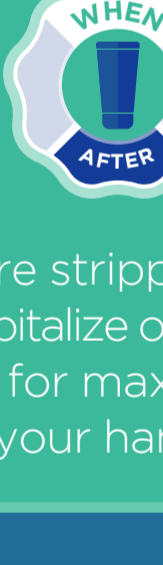
### LONG TRAVEL DAY



Prevent soreness & tension caused by sitting for extended periods of time.

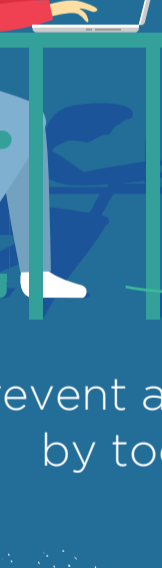
BRING IT WITH YOU

### WASHING DISHES



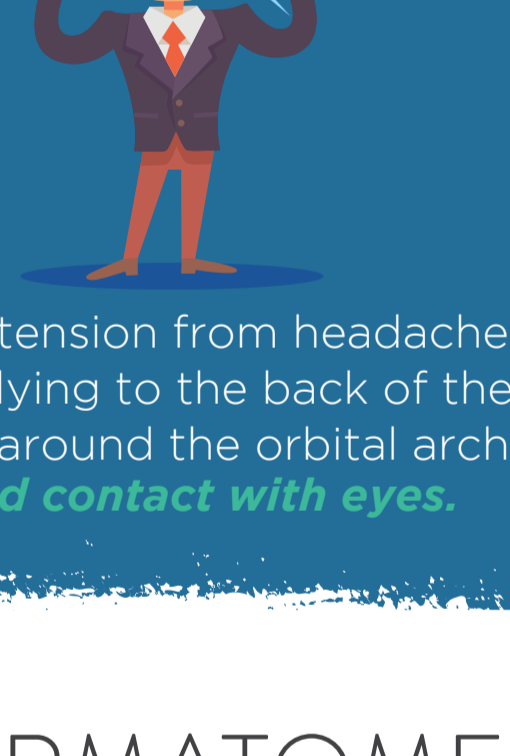
Restore moisture stripped by harsh soaps & capitalize on more permeable skin for maximum pain relief in your hands.

### SITTING AT A DESK



Prevent and relieve pain caused by too much desk work.

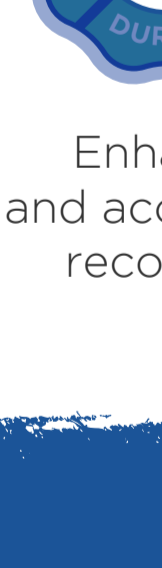
### MIGRAINES & HEADACHES



Relieve tension from headaches by applying to the back of the neck & around the orbital arch. **Avoid contact with eyes.**

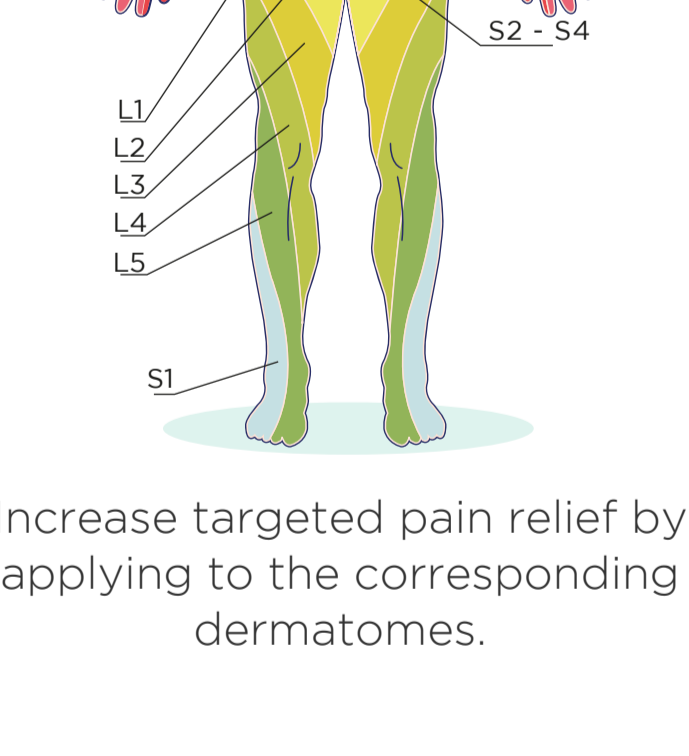
### COLD & FLU

Use for mild decongestion and cough suppression by applying to the chest before bed.



Enhance and accelerate recovery.

### DERMATOMES



Increase targeted pain relief by applying to the corresponding dermatomes.

### AFTER SURGERY



Reduce soreness and limit excess inflammation caused by surgery while priming your body to heal. **External use only.**

### PHYSICAL THERAPY



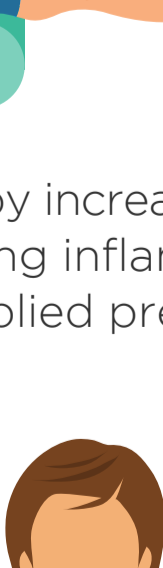
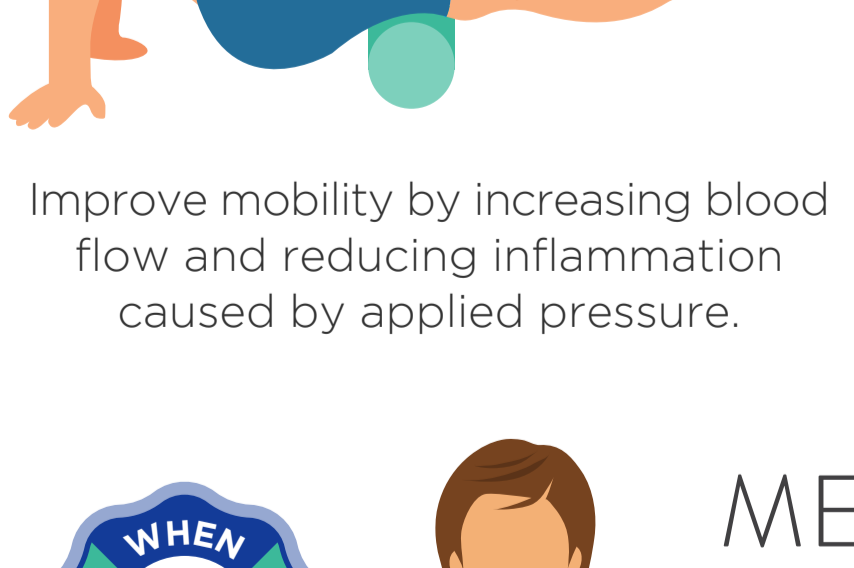
Prime your body for maximum benefits of physical therapy.

### CHIROPRACTIC TREATMENT



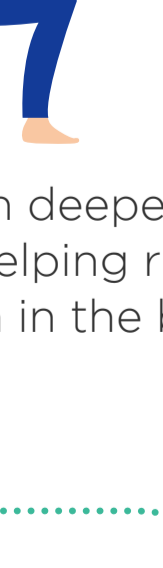
Naturally support treatment of musculoskeletal pain.

### FOAM ROLLING



Improve mobility by increasing blood flow and reducing inflammation caused by applied pressure.

### YOGA



Relax more, stretch deeper, and end refreshed by helping release even more tension in the body.

### MEDITATION

Cue your mind to avoid distraction while deepening the connection to your body. **FEEL EXTRA REFRESHED AFTERWARDS.**



### WASHING HANDS

Maximize pain relief in your hands with 10x more absorption due clean, damp, warm skin.