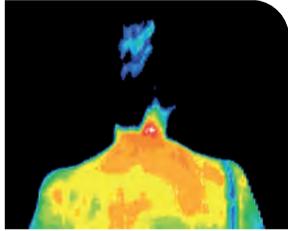
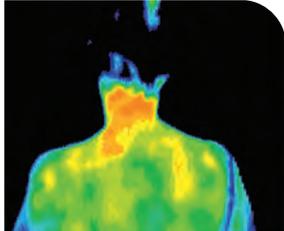


before and after

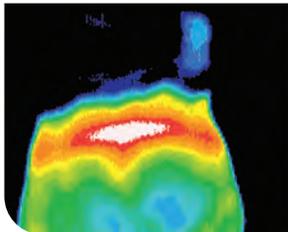
Thermal Images taken **BEFORE** and 3 minutes **AFTER** application showing how quickly essential oils penetrate and start working to reduce inflammation and pain.



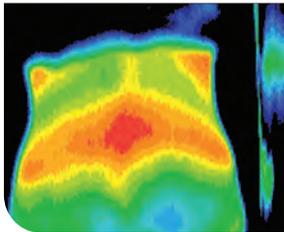
BACK VIEW: NECK & SHOULDER PAIN **BEFORE** APPLYING **be relieved**



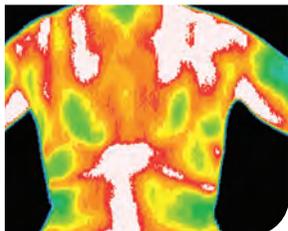
BACK VIEW: NECK & SHOULDER PAIN **AFTER** APPLYING **be relieved**



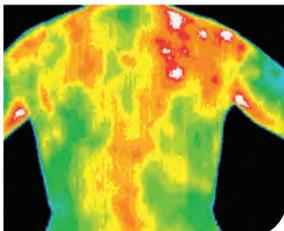
ABDOMINAL PAIN **BEFORE** APPLYING **be relieved**



ABDOMINAL PAIN **AFTER** APPLYING **be relieved**



BACK AND SHOULDER PAIN **BEFORE** APPLYING **be sport**



BACK AND SHOULDER PAIN **AFTER** APPLYING **be sport**

Thermal Imaging technology is used for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body. It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress for a number of conditions and injuries.

testimonials

*"I use **be relieved** on my kids when they have cuts or abrasions. It helps to heal them quickly. Now they just come running asking for oil whenever they hurt themselves."*
Linda Hughes

*"The benefits of **be relieved** and **be sport** are amazing for all sorts of aches, pains, muscle strains and soreness, arthritis, irritable bowel and upset stomachs, insect bites, sunburn, etc. As an added benefit to the pain relief the beautiful fragrance of the oils brings about such a feeling of wellbeing and a balance to the emotions."* Kaye Fisher

*"**be relieved** and **be sport** aided with pain relief, nerve numbness and also helped with pre-hospital anxiety and nerves."* Linda A Goddard

*"I love **be relieved** and use it on everything – bites, stings, muscle strains, sore throats, headaches – the list goes on and on. I couldn't live without this product."* Liz Nowlan

*"Thanks for your great products. **be relieved** is a 'life-saver' for me both for arthritis, damaged nerves and muscles."* Pamela Burn

*"You and your team have brought a positive touch to so many lives with your amazing healing oil blends. My son (who was a non-believer of Aromatherapy) is amazed at the difference that **be relieved** and **be sport** has made on his sore muscles after working out with weights. The **be sport** is for him."* Gloria Devlin

For more information about **be relieved** and **be sport** or any of our range of natural pain relief and skincare products go to: www.aroma.com.au or contact us at:

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B&E Balanced Essentials™

As seen on **A Current Affair**

all natural relief from pain and inflammation



be relieved and **be sport** - easy to use, versatile, fast-acting pain relief for a range of conditions.



a **calming** blend for pain and inflammation

be relieved is ideal to use for pain and inflammation and is especially useful at night when you need a good night's sleep to help with recovery. **be relieved** contains a blend of 'Grade 1' therapeutic quality pure essential oils of Bergamot, Cedarwood, Geranium, Lavender, Lemon, Lemongrass, Marjoram, Neroli, Orange (Sweet), Petitgrain, and Vetiver in a carrier base of Sweet Almond, Wheatgerm and Macadamia oils that penetrate the skin and enter the blood stream where their therapeutic qualities affect both the physical and the emotional body thus helping the body self-heal much faster than traditional topical applications. The Rose Quartz crystal bead included in **be relieved** assists with calmness and instills a feeling of love and harmony, amplifying the natural energy of the essential oils.

be relieved for: arthritis, joint inflammation, muscular aches and pains, muscular cramps and spasms, maintenance of peripheral circulation, gout, headaches, menstrual pain, breast tenderness, sprains, soft tissue trauma, low back pain, fibromyalgia, nervous tension, stress and mild anxiety, stress, sciatica and whiplash, nerve pain/mild neuralgia, shingles, rash, dry skin, minor burns (including sunburn), minor wounds (cuts, scratches, abrasions), eczema, dermatitis, insomnia, sleeplessness, enlarged and varicose veins, improvement in well-being.



a **stimulating** blend for pain and inflammation

be sport is ideal to use before or after physical exercise as it assists in preventing muscle cramps and spasms and reduces swelling, while also providing temporary relief of muscular aches and pains. It contains essential oils that are stimulating and increase blood circulation yet relax tight muscles. **be sport** contains a blend of 'Grade 1' therapeutic quality pure essential oils of Arnica, Basil, Bergamot, Geranium, Lavender, Lemon, Lemongrass, Orange (sweet), Pine Needle, Rosemary, and Sandalwood in a carrier base of Sweet Almond, Wheatgerm and Macadamia oils. The Clear Quartz crystal bead included in **be sport** helps increase talents and abilities whilst assisting with calmness and clarity, balancing the emotions and amplifying the natural energy of the essential oils.

be sport for: arthritis, joint inflammation, muscular aches and pains, muscular cramps and spasms, maintenance of peripheral circulation and blood flow, gout, headaches, migraine, menstrual pain, breast tenderness, sprains, soft tissue trauma, low back pain, fibromyalgia, stress and mild anxiety, sciatica and whiplash, nerve pain/mild neuralgia, shingles, dry skin, minor wounds (cuts, scratches, abrasions), enlarged and varicose veins, improvement in well-being.



-  **Easy to use:** Apply to the area where pain is located and help treat the problem, thereby speeding up the body's natural healing ability.
-  **Topical Application:** Apply a small amount to the painful area, i.e. knees, feet, back, etc.
Headache: apply to the temples, back of neck and under the ears.
Sinus: apply on and around the nose.
Earache: insert a couple of drops into the ear.
-  **In the bath:** Use 1-2 capfuls and enjoy a long soak.
-  **Essential oils** work from an holistic viewpoint. They also deal with the emotions as well as the anxiety.
-  **Aromatherapy** is highly effective in pain management because its ingredients are analgesic, anti-inflammatory and have prostaglandin inhibition properties that provide physiological pain relief.
-  **be relieved** and **be sport** are some of the most versatile and fast-acting pain relief products on the market today. They are listed with the TGA (Therapeutic Goods Administration) as medicines for a variety of conditions.

