









Good Mood Food Remedy Balms USER GUIDE

Balm	Description	Ingredients	How we have used it	Application	Works well with
<p>BLACK Poultrice:</p> 	<p>This is a drawing poultice, which uses that wonderful detoxifying agent: Activated Charcoal! We have used it for drawing out deep seated thorns and glass and other foreign objects.</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Organic activated charcoal.</p> <p>100% Organic</p>	<p>Drawing out foreign objects from the body including:</p> <ul style="list-style-type: none"> • Thorns • Glass • Infections • Warts • Cysts • Acne and pimples • Boils • Anything that doesn't belong in the body, near the surface of the skin 	<p>This is a messy balm, so for drawing out objects, apply to the wound, and cover with a band aid. Replace every day until issue is resolved.</p> <p>For use as a face mask, apply it to the areas on the face that need impurities drawn out, and leave it on for about 20 minutes. Remove the poultice with wet wipes, or an old wet cloth that you don't mind ruining</p>	<ul style="list-style-type: none"> • CALM Sole Balm (for pain relief) • HEALING Balm
<p>FARM Sole Balm:</p> 	<p>This balm uses a targeted blend of essential oils to serve many purposes in the great outdoors. It can be used on the whole family, including animals, to keep the most annoying insects at bay.</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Lavender, Basil, Rose Geranium.</p> <p>90% Organic</p>	<p>So far, we have used this balm to prevent bites from flies, mosquitos, sand flies and ticks. It has worked very well, especially in Queensland's subtropical climate. We have also used it on wounds and itchy insect bites to ease the pain and prevent infection.</p>	<p>Humans: Apply a small amount (about the size of a pearl) to the soles of your feet in the morning, just before you put your shoes and socks on. If you need extra protection, you can also rub a small amount between your hands, and then apply to the skin that will be exposed.</p> <p>Animals: Apply to the area that is susceptible to flies/ticks. You can also apply to dog's footpads and belly area.</p>	<ul style="list-style-type: none"> • SUMMER Skin Balm (for sun protection) • CALM Sole Balm (for pain relief) • BLACK Poultrice (if insect bite is infected)

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<p>SLEEP Sole Balm:</p> 	<p>I started making this balm in response to my adrenals and thyroid becoming very tired after my third pregnancy. The combination of magnesium and lavender has really worked for me, to settle my sleep and to help me to detox better.</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Organic Magnesium Oil.</p> <p>100% Organic</p>	<ul style="list-style-type: none"> To create a deeper sleep To assist with Detox For Restless leg syndrome For Growing pains (our son would wake up screaming, this was the only thing that eased the pain) 	<p>Apply a small amount (about the size of a pearl) to the soles of your feet either just before you go to sleep, or just before you put your shoes and socks on, if applying it during the day.</p> <p>You can also apply directly to temples.</p> <p>For lymphatic detox, apply directly to swollen lymph gland, and massage to help drain the gland.</p>	<ul style="list-style-type: none"> CHEST Sole Balm (to ease cold and flu symptoms) CALM Sole Balm (for calming stress and assisting sleep) <p>*DO NOT apply to broken skin. This will cause an open wound to sting.</p>
<p>CHEST Sole Balm:</p> 	<p>This balm came about because I had to work out how to help ease my son's bronchial asthma. He would react to Vicks, but we got astounding results from CHEST balm, because it was non-toxic. It really worked for the whole family when cold symptoms hit the household.</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Lavender, Oregano, Tea Tree.</p> <p>90% Organic</p>	<ul style="list-style-type: none"> To ease the symptoms of colds, flu, and sinus allergies As an antibacterial option for cuts and scrapes 	<p>Apply a small amount (about the size of a pearl) to the soles of your feet either just before you go to sleep, or just before you put your shoes and socks on, if applying it during the day.</p> <p>You can also apply directly to temples.</p>	<ul style="list-style-type: none"> SLEEP Sole Balm or ACHY BREAKY Sole Balm (to assist with sleep during colds and flu) HEALING Balm (for cuts, where an antibacterial is required to avoid infection)

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<p data-bbox="165 193 528 236">SUMMER Skin Balm:</p> 	<p data-bbox="577 172 891 635">SUMMER Skin Balm is natural skin moisturiser, with added non-nano zinc oxide for sun protection. I developed balm to look after our family's skin especially in the hot summer months: it is smooth and nourishing for the skin, and we were delighted to find that it also offered us a natural protection from the sun</p>	<p data-bbox="918 172 1086 491">Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Zinc Oxide Powder (non-nano)</p> <p data-bbox="918 531 1070 563">90% Organic</p>	<ul data-bbox="1113 172 1406 419" style="list-style-type: none"> • As a natural alternative to sunscreen • Skin protection and moisturiser when spending lots of time in the Sun and Sea <p data-bbox="1113 464 1406 703"><i>PLEASE NOTE: While we have found that this offers us a good non-toxic alternative to sunscreen, this product has not been SPF tested.</i></p>	<p data-bbox="1431 172 1753 595">Apply this to the skin that will be most exposed outdoors. You do not need to slather it on like conventional sunscreen. If you choose to use it as a sunscreen, please use it in conjunction with sun safe measures, like hats, shirts and avoiding the midday sun. The beeswax makes it mildly water resistant.</p> <p data-bbox="1431 639 1753 778">We tend to reapply every 30 minutes to 1 hour, and always after swimming and sweating.</p>	<ul data-bbox="1785 172 2085 311" style="list-style-type: none"> • FARM Balm (for repelling insects and protecting skin when outdoors)
<p data-bbox="165 842 450 962">All Purpose HEALING Balm:</p> 	<p data-bbox="577 821 891 1034">This is an All-Purpose skin ointment that we have used for the whole family to ease the symptoms from all sorts of skin complaints.</p>	<p data-bbox="918 821 1086 1069">Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Jojoba oil.</p> <p data-bbox="918 1109 1070 1141">90% Organic</p>	<p data-bbox="1113 821 1361 853">We have used it for:</p> <ul data-bbox="1113 861 1395 1268" style="list-style-type: none"> • eczema • burns • rashes • cuts • scrapes • insect bites • cracked lips • cracked (BF) nipples • stretch marks • nappy rash • scars 	<p data-bbox="1431 821 1731 885">Simply apply the balm to the affected area.</p>	<ul data-bbox="1785 821 2101 1252" style="list-style-type: none"> • CALM Sole Balm (for pain relief on cuts and scrapes) • CHEST Sole Balm (for antibacterial properties on cuts and scrapes that are susceptible to infection) • BLACK Poultice (to draw out infection on cuts and scrapes)

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<p>ACHY BREAKY</p> <p><i>Sole Balm:</i></p> 	<p>This is an intoxicating blend of minerals and essential oils that I created to ease muscle aches and headaches. The blend of magnesium, arnica and frankincense has brought us much relief from aches and pains, both from exercise and detox. It is also wonderful as an alternative to Sleep Balm, and as a massage balm!</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Organic Magnesium, Arnica, Frankincense</p> <p>90% Organic</p>	<p>We have found ACHY BREAKY Balm to be effective for:</p> <ul style="list-style-type: none"> • Headaches • Muscle Aches • Joint Inflammation • Sleep • Detox • Swollen Lymph glands • Sore Throats 	<p>Apply a small amount (about the size of a pearl) to the soles of your feet either just before you go to sleep, or just before you put your shoes and socks on.</p> <p>Apply directly to pain*, including temples, neck, sore muscles and joints. For lymphatic detox, apply directly to swollen lymph gland, and massage to help drain the gland.</p>	<ul style="list-style-type: none"> • CHEST Sole Balm (to ease cold and flu symptoms) • CALM Sole Balm (for pain relief) <p>*DO NOT apply to broken skin. This will cause an open wound to sting. Also, Arnica is not recommended for use on open cuts.</p>
<p>CALM Sole Balm:</p> 	<p>This is another magical dual-purpose balm: we have found that it works incredibly quickly to dull the pain of open cuts and wounds on the skin! This has been a very valuable balm for use on pre-verbal babies who cannot understand the pain of a grazed knee or a cut on their foot, as well as for highly sensitive kids who don't cope well with pain. And of course, for adults who get a boo boo 😊</p>	<p>Organic Beeswax, Organic Cold pressed Olive Oil, Organic Coconut Oil, Hypericum (St John's Wort)</p> <p>90% Organic</p>	<p>St John's Wort has a rich history of research and use for calming the nervous system, and it has particularly been tested as a panacea for depression and anxiety. We were delighted to discover that 'calming the nervous system' doesn't just refer to improved mental stress, but also to alleviation of physical pain, where skin is broken, and therefore nerve endings have been damaged.</p>	<p>Pain Relief: Apply directly to broken skin*, including:</p> <ul style="list-style-type: none"> • cuts • scrapes • insect bites • nappy rash • burns <p>For Stress and Anxiety: Apply directly to the soles of the feet, either just before bed, or just before you put socks and shoes on. You can also gentle massage a small amount onto the temples</p>	<ul style="list-style-type: none"> • HEALING Balm (to assist with healing cuts etc) • BLACK Poultice (if insect bite is infected) • SLEEP Sole Balm (for calming anxiety) • ACHY BREAKY Sole Balm (Use AB on the soles of the feet, and either apply Calm to feet as well for stress, or apply Calm to the wound for dual pain relief) * <p>Not effective for bruising or aches where the skin is unbroken. For this, use Achy Breaky Balm.</p>