



WORK IT OUT

Detoxifying Bathing & Massage Oil

purifies & soothes
juniper | arnica | menthol

Works for me!

When a tired body and mind have taken their toll, it's time to WORK IT OUT. This restorative cooling oil will truly help recondition your body and work wonders massaging away any tension. A dynamic blend of body boosting essential oils including juniper, clove & eucalyptus, renowned for their purifying superpowers, is combined with soothing arnica extract and menthol. Vitamins A, C & E work together with the lush base of natural oils including avocado, jojoba, kukui, grapeseed, olive & upcycled apricot to deliver deep moisturisation. Detox-licious!

ADDITIONAL INFORMATION:

Size: 100 ml / 3.3 fl.oz.

Partner products:

WORK IT OUT is part of our Body Therapy range – spa professional strength products to help problem solve, maintain wellbeing and create that spa experience at home. Other products in this range include:

PALM BALM
SUGAR BUFF
AAAHHH!
SOLE BALM
FROM STRENGTH TO STRENGTH
GIVING IT THE BRUSH OFF

Packaging:

Bottle - Made from glass which is 100% recyclable. Please pop it in your glass bin at home.

Cap - Made from PP with 30% recycled content which is 100% recyclable. Please pop it in your plastic recycling bin at home.

Carton - Made from sustainably-sourced FSC paper and 100% recyclable, simply pop in your card and paper bin at home.

Ingredients:

Vitis Vinifera (Grape) Seed Oil, Caprylic/Capric Triglyceride, C12-13 Pareth-3, Parfum (Fragrance), Olea Europaea (Olive) Fruit Oil, Persea Gratissima (Avocado) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Aleurites Moluccanus Seed Oil, Tocopheryl Acetate, Juniperus Communis Fruit Oil, Menthol, Helianthus Annuus (Sunflower) Seed Oil, Eucalyptus Globulus Leaf Oil, Cupressus Sempervirens Leaf Oil, Lavandula Angustifolia (Lavender) Oil, Arnica Montana Flower Extract, Thymus Vulgaris (Thyme) Flower/Leaf Oil, Eugenia Caryophyllus (Clove) Leaf Oil, Prunus Armeniaca (Apricot) Kernel Oil, Ascorbyl Tetraisopalmitate, Retinyl Palmitate, Tocopherol, Limonene, Linalool, Geraniol, Citronellol, Eugenol, Citral, Farnesol, Coumarin.

Please check your product, ingredient lists may differ due to updates in formulations.

TEXTURE:

A deeply nourishing oil with excellent play time for massage.

PERFORMANCE:

Benefits:



THE SCIENCE INSIDE:

Prebiotics, Postbiotics & Hyperactives

- ☆ Arnica Flower Extract
A hyperactive botanical used for centuries for its powerful muscle-easing properties. It also softens, hydrates and soothes damaged or irritated skin.

Juniper Fruit Oil

Naturally astringent, it supports your body's natural detoxification process by toning and cleansing the skin, and helps to encourage circulation when combined with a massage.

- ☆ Eucalyptus Leaf Oil
Purifying & stimulating, the cooling & energising scent is known to focus the mind. Topically, it helps to reduce inflammation and can also strengthen the skin barrier to keep skin hydrated.

Mediterranean Botanicals

Avocado Oil

An excellent source of healthy fatty acids and skin nourishing vitamins A, D & E. It helps soften and provide deep moisturisation to the skin.

Jojoba Seed Oil

Rich in fatty acids, this oil is moisturising & soothing. It helps create suppleness in the skin by softening it and preventing water loss.

Grape Seed Oil

Rich in linoleic acid and vitamin E, this deeply moisturising oil helps improve the elasticity of the skin and soothe dry skin conditions.

Kukui Seed Oil

A rich oil, yet easily absorbed, with excellent skin conditioning properties, it soothes and softens.

Menthol

Derived from peppermint oil, it imparts a wonderfully cooling and refreshing sensation on the skin.

Cypress Oil

Supports the skin by restoring hydration, great for dry skin. It also helps to calm the skin.

Clove Oil

Helps to encourage circulation and boost energy. It also helps to firm the skin by replacing lost moisture.

Vitamins & Minerals

- ☆ Vitamin E
Helps to soften and replenish dehydrated skin by replacing lost moisture.

Vitamin A

Helps encourage healthy skin cell production to reduce the appearance of fine lines and wrinkles.

Vitamin C

A powerful antioxidant which helps to protect and brighten the skin.

EXPERIENCE:

Customer Experience - Julie H.

"Heaven in a bottle! Just the smell alone is enough to cure anything!! A bath in this oil is luxurious, the smell helps you drift and soothe and the scent stays on your skin leaving you feeling really soft and supple. Love it 😊"

How to apply/use:

For a daily skin-fitness workout, wake up your circulation first with GIVING IT THE BRUSH OFF then vigorously massage WORK IT OUT in sweeping movements towards the heart. For a tension-easing bath, pour 2 capfuls under warm running water. Sink in and allow it to go to work.

Note – it is always advisable to protect the floor or bed with an old towel to prevent splashes of oil.