



# Steam-It Body Work Lotion

**Ingredients:** Polyglycol, glycerin, essential oils, menthol, camphor, turpentine distillates.

**Directions:** Wash treatment area with soap & warm water. Allow area to dry.

For body work: apply full strength with light massage. Cover with sheet, blanket or moist towel for 30-40 minutes.

For leg & joint therapy: apply full strength with light massage. Cover with sheet cotton or leg quilt and then bandage.

For aromatic full body wash: add 2 ounces to 5 gallons of warm water.