



NATURE'S SUNSHINE

Tei-Fu Recovery Massage Lotion

GOOD FOR

Musculoskeletal System

Muscles

Joints

SIZE **4 oz**

ITEM # **21913**

DIRECTIONS FOR USE Adults and children 2 years of age and older: massage lotion onto affected area not more than 3-4 times per day. Consult a physician before applying to children under 2 years of age.

— How the Key Ingredients Work

Tei-Fu Recovery Massage Lotion brings together time-honored botanicals and nourishing oils in one easy-to-use formula. Each ingredient plays its own role — cooling, calming, or comforting — so your muscles and joints get well-rounded support right where you need it most.

Menthol Oil — That familiar cooling rush you feel the moment lotion touches skin? That's menthol at work. Derived from peppermint and cornmint plants, menthol creates a refreshing sensation that helps ease the feeling of sore, achy muscles and stiff joints. Studies show topical menthol products provide real, temporary relief for everyday muscle and joint discomfort.

Arnica — Arnica montana has been a go-to botanical for sore muscles and joints for centuries, and modern research backs up that reputation. Clinical trials show topical arnica gel can meaningfully reduce joint discomfort and has even been compared favorably to common over-the-counter options. It's also traditionally used to soothe minor skin irritation from everyday bumps and activity.

Salicin (White Willow Bark) — White willow bark has been used for pain relief since ancient times — and for good reason. Its key compound, salicin, has been studied in multiple clinical trials for back and joint discomfort, with research showing it can provide meaningful short-term relief. It works gently and steadily, making it a trusted herbal ally for everyday aches.

Eucalyptus — Eucalyptus oil brings both a refreshing scent and real functional benefits to this formula. Its active component has been studied for its ability to support comfort in sore joints and muscles. One clinical trial in knee surgery patients showed measurable reductions in post-procedure discomfort when eucalyptus oil was used, pointing to its genuine soothing potential.

Peppermint — Peppermint does double duty in this lotion. Its natural menthol content adds to the cooling sensation on the skin, while its rich antioxidant compounds — including rosmarinic acid — help protect skin cells from everyday oxidative stress. Clinical research also shows peppermint aromatherapy has a calming effect, so even the scent of this lotion may help you unwind.

Ginger — Ginger has been prized for thousands of years as a warming, comforting botanical. Its active compounds — gingerols and shogaols — are well-studied antioxidants that help the body manage everyday oxidative stress. Ginger's warming character makes it a natural complement to the cooling menthol in this blend, creating a balanced, soothing sensation on the skin.

Beta-Caryophyllene — Found naturally in cloves, black pepper, and many herbs, beta-caryophyllene is a plant compound that has attracted growing scientific interest for its ability to support the body's normal response to inflammation. Research shows it works through specific receptors in the body to help ease joint and muscle discomfort, making it a quietly powerful addition to this recovery formula.

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