



NATURE'S SUNSHINE

# Tei-Fu® Soothing Blend

GOOD FOR

Musculoskeletal System

Muscles

Nervous System

SIZE **15 ml**

ITEM # **3875**

**DIRECTIONS FOR USE** Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

## — How the Key Ingredients Work

Tei-Fu® Soothing Blend brings together six time-honored botanical oils — each chosen for its ability to cool, calm, and comfort the body. Together they create a synergistic formula that supports everyday comfort, relaxation, and a sense of refreshed well-being.

**Menthol Oil** — Derived from peppermint and cornmint plants, menthol is the cool, tingly sensation you feel the moment this blend touches your skin. It helps ease muscle and joint discomfort, supports a feeling of relief in the back and knees, and has a long history of calming occasional stomach unease when used in digestive formulas.

**Camphor Oil** — Drawn from the wood of the camphor tree, this warming oil has been trusted for centuries to soothe sore muscles and stiff joints. It absorbs readily and works at the surface to help ease minor backache and joint discomfort, and it brings a familiar, comforting warmth that complements the cooling effect of menthol.

**Wintergreen** — Wintergreen's key active component, methyl salicylate, is FDA-recognized as a topical counterirritant for simple backache and arthritis discomfort. A large real-world study involving thousands of participants found it meaningfully reduced soft-tissue pain. Wintergreen also carries natural antimicrobial properties and has been used in oral-care products to freshen breath.

**Eucalyptus** — Eucalyptus oil is best known for its crisp, clean aroma, but it does much more than smell refreshing. Its primary active component supports the body's natural defenses against oxidative stress, and research shows it has anti-inflammatory and analgesic properties. Studies in joint-care settings have found it helped reduce post-operative pain and supported comfortable breathing when inhaled.

**Lavender** — Lavender is one of the most researched botanicals for relaxation and comfort. Multiple clinical trials show it can ease feelings of anxiety and tension, and it has been studied for its ability to relieve abdominal discomfort. Its gentle antimicrobial properties and antioxidant activity round out a profile that supports both body and mind.

**Clove** — Clove oil is packed with eugenol, a naturally occurring compound with impressive antioxidant activity — clove ranks among the highest of any botanical for free-radical-fighting capacity. Eugenol also helps the body manage everyday inflammation, making clove a meaningful contributor to joint and muscle comfort. It adds a warm, spicy depth to the blend's overall aroma.

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