

What is Deep Tissue Repair Oil

Deep tissue repair oil is one of the most helpful formulas in my arsenal of supplements and tinctures. I use it almost daily for a mired of different things. Primarily, as the name suggests, deep tissue repair oil is used for deep tissue injuries. You can apply deep tissue to any sore muscle, ache, pain, bruise or internal injury that you may be dealing with. I haven't discovered anything that works as well as this. You can also use it on external inflammation, I like to use it on red spots and zits whenever they may occur, and this oil can drastically reduce the appearance of redness very quickly. You can also apply small amounts to your temples to help with headaches.

When I was training jiu-jitsu during covid I broke or bruised a rib (never went to the doctor to confirm which, what good is a doctor for a broken rib anyway). I could barely move and could hardly sleep at night. Recovery was not easy but with persistent application of deep tissue oil, as well as alternating a hot and cold compress, I was back on the mats within 3 weeks. I applied deep tissue oil before each training session and could hardly feel my injury as I finished up healing. Deep tissue oil continued to be a saving grace for me during training throughout the years.

I've shared this product with many friends and family and they all continue to use it to this day. Deep tissue is full of anti-inflammatory and naturally healing properties. Below I break down the ingredients and what they're used for.

Joboba oil is an oil that is beneficial for skin, hair, and nails. It has properties to help with sunburns and is good for moisturizing skin. It has general nourishing properties for the skin, hair, and nails but in this particular blend it

works largely as a neutral carrier oil for other ingredients and to help aid in moisturizing the skin.

Arnica is a flower, in this formula we infuse arnica into the oil we use. Arnica has many anti-inflammatory properties. It can aid in healing bruises, sprains, muscle aches, wounds such as cuts and scratches, and can soothe bug bites, swelling from broken bones, and burns.

Calendula has anti inflammatory properties and is great for rashes, it is also anti fungal and antimicrobial making it great for aiding in the relief of wounds.

Comfrey leaf is similar to Arnica flower in its anti inflammatory properties however it can be toxic if taken orally in large doses. Comfrey can help repair skin cells making it a powerful aid in treating burns, wounds, and joint inflammation like sprains.

Wintergreen oil has cooling properties that can aid in healing muscle inflammation, aches and pains and swelling caused by injury. It can also help with headaches, alleviate muscle pain, joint pain arthritis, lumbago, and bursitis

Similar to wintergreen oil, menthol crystals having cooling properties that provide relief to different kinds of inflammation based aches and pains. It can be used for cold and flu relief as well as sprains, bruises etc.

Both wintergreen and menthol crystals are also said to have anti microbial properties.

Cayenne pepper has pain relief properties when applied topically. The heat generated from cayenne can help numb the area it's applied to, and it also helps improve blood circulation.

Ginger root can promote blood flow and increased circulation making it great for aiding in the healing properties of this

tincture. It also said to help reduce scarring, and has anti-inflammatory properties.

Olive oil moisturizing and acts as a good carrier oil for the other ingredients in this tincture, as well as helping to regrow skin cells.

While this tincture has some aggressive ingredients such as cayenne and menthol, it can be helpful for aiding in wounds and burns, but not the most pain free for topical wounds. If you're looking for something more gentle, or something to treat topical issues, the herbal first aid salve might be a better fit. Both the deep tissue repair oil, and the herbal first aid salve can be purchased on our website. You can order deep tissue repair oil [here](#).