

HELIO SKIN SUPERFOOD Q&A



❧ Q. What is the difference between Helio and Magnesium Lotion, and when do I use each?

A. Magnesium Lotion is a wonderful product with many benefits to the body, particularly in how it contains concentrated amounts of this crucial element, of which so many are deficient. The magnesium absorbs into the body through the skin and helps relax tense or spasmodic muscles. Helio contains magnesium but in smaller quantities. The power of Helio comes from the carefully blended ingredients including skin relief lotion (shea butter, green tea, chamomile, and aloe) with magnesium and specifically chosen essential oils. Magnesium is your day-to-day go-to lotion and Helio is the perfect choice for when you need to go deeper for pain relief or inflammation.

❧ Q. How much magnesium is found in Helio?

A. Helio contains approximately 525 mg per teaspoon of lotion. The Magnesium Lotion (Unscented and Peppermint) contain approximately 625 mg per teaspoon.

❧ Q. Is Helio safe to use on children?

A. As mentioned above, babies and small children are much more sensitive to medications, herbs, chemicals, and even essential oils. Their little bodies are still developing, and at a much faster rate during the first couple years of life. Helio contains very potent and powerful essential oils, which are absorbed very quickly into the bloodstream. Although there are no documented cases of injury or death due to essential oils in general, here at Jordan Essentials, we feel that the safety of your children is most important of all. Therefore, we highly recommend only using Helio on children over 3 years old and when in doubt always consult your healthcare professional.

❧ Q. Can Helio be used on sunburns?

A. Yes, although it is recommended to test a small area of skin before applying liberally in case the body has a reaction to the essential oils. For particularly bad cases of sunburn, add a little Lavender Essential Oil with the Helio for an even greater soothing effect.

❧ Q. How does Helio help with pain and inflammation?

A. Helio contains the perfect blend of ingredients to maximize absorption to the cellular level, encouraging healing and reducing both pain and inflammation. The Skin Relief soothes the skin and penetrates into the first layers, supporting topical healing for skin irritations. The magnesium absorbs deeper, relaxing tense muscles. Magnesium is also needed by the body to oxygenate the cells, a crucial part of the healing process. Then, the carefully selected essential oils are absorbed into the bloodstream to support the body on a systemic level. Helichrysum, Clove, Peppermint, and Wintergreen are well known and well scientifically documented for their ability to support the body with pain and inflammation.

❧ Q. Is Helio safe to use during pregnancy or while nursing?

A. During pregnancy and while nursing, the body goes through many changes and is supporting another life. While JE is confident in the safety of our products, it is highly recommended to consult a healthcare professional prior to using Helio Skin Superfood Lotion while pregnant or nursing. This lotion does contain powerful essential oils that are absorbed into the bloodstream, and thus into the bloodstream of the baby. Essential oils are potent natural elements in concentrated forms. Babies are much more sensitive to concentrations of any medications, herbs, chemicals, or essential oils, and therefore it is recommended to proceed with caution when using any product while pregnant or nursing without first consulting your doctor.

❧ Q. Is Helio safe to use while taking medications?

A. The cornerstone ingredient in our Helio lotion is the Helichrysum Essential Oil. Helichrysum is an amazing herb with a wide range of benefits to the body including documented benefits in reducing inflammation in the body. Helichrysum also has been found in some studies to increase blood clotting, therefore it is recommended to consult your doctor prior to using Helio if you are currently taking any medications, particularly those as blood thinners, high blood pressure medication, or thyroid medication.

❧ Q. Can Helio be used on open wounds?

A. It is not recommended to use Helio on any open wounds. However, Helio is a wonderful topical treatment for scar tissue, stretch marks, varicose veins, burns, bruises, abscesses, psoriasis, and eczema.

❧ Q. Can Helio be used on the face?

A. The face is a much more sensitive area of the body than any other. It is not recommended to use Helio on the face, particularly the thinner skin areas around the eyes, nose, mouth, and ears. We love Helichrysum Essential Oil's anti-wrinkle benefits, which works great on the décolletage, arms, or other areas where you may have aging skin. For the face, we recommend the Age Defying Serum and Time Rewind Eye Gel.