



**Magnesium (1500 mg) USP grade:** Published uses include: Soothe tired muscles and joint pain, alleviating menstrual cramps and hormonal migraines, improve sleep, and reduce stress To learn more about Magnesium go to: <https://www.epsomsaltcouncil.org/uses-benefits/>

**C\*-250mg:** Is a proprietary ingredient found in McShea Dream Cream. CBD isolate effects the body by interacting with the native endocannabinoid system, or ECS. This large self-regulatory system, found in you and every other mammal, plays a crucial role in a number of physiological functions related to the central and peripheral nervous systems and the immune system. The [endocannabinoid system](#) is responsible for regulating key aspects of our biology – including mood, memory, cognition, sleep, immune system function, metabolism and energy balance, and more — serving a vital purpose for our health and well-being. To learn more about C\* go to: <https://www.medicalmarijuanainc.com/cbd-isolate-effects/>

**Shea Butter:** High concentrations of fatty acids and vitamins make **shea butter** an ideal cosmetic ingredient for softening skin. **Shea butter** also has anti-inflammatory and healing properties. Using **shea butter** on your body, especially your face, can condition, tone, and soothe your skin. To learn more about Shea Butter go to: <https://wellnessmama.com/27324/shea-butter-benefits/>

**Honey:** Honey has antiseptic and antibacterial properties. Modern medical science has managed to find uses for honey in chronic wound management and combating infection. ... It has been used in medicine for over 5,000 years. To learn more about honey on your skin go to: <https://www.dermatocare.com/blog/8-Benefits-of-honey-on-skin--know-from-dermatologist>

**Emu Oil:** You can use emu oil as a topical treatment or a carrier oil. Mixing it with lotions and creams may help your skin absorb the ingredients better. You can also take emu oil as an oral supplement in the form of capsules for inflammation and cholesterol. To learn more about Emu Oil go to: <https://www.healthline.com/health/emu-oil#uses>

**Arnica:** Arnica is used for bruises, sprains, muscle soreness, and muscle spasms often associated with sports activity. Arnica is also used to treat muscular aches, joint pain, and arthritis. It is believed that the arnica plant has anti-inflammatory properties. To learn more about Homeopathic Arnica go to: <https://www.drugs.com/npc/arnica.html>

**Hypericum:** Hypericum Perforatum, is a remedy with a specific affinity to the nervous system. Useful first aid treatment for lacerated wounds from sharp instruments or any injury to nerve rich areas (e.g. slamming door on fingers or falling on the coccyx). Pains are extreme and shoot along the nerves. To learn more about Homeopathic hypericum go to: [https://www.huffpost.com/entry/st-johns-wort\\_b\\_1291761](https://www.huffpost.com/entry/st-johns-wort_b_1291761)

**Jojoba Oil:** Jojoba oil has anti-inflammatory properties which help to tame chaffing and chapping, reduce redness caused by drying, ease the effects of eczema and rosacea, and keep skin calm and comfortable. The Vitamin E and B-complex vitamins in the Jojoba oil help in skin repair and damage control. To learn more about Jojoba Oil go to: <https://ogee.com/blogs/the-daily-good/top-10-benefits-of-jojoba-oil-for-skin>

**Vegetable Glycerin:** Is a humectant. Used topically, Vegetable Glycerin attracts and locks moisture into the skin, thereby softening, smoothing, and soothing the complexion. Its pH level closely matches that of the skin, which makes it gentle enough to be used by those with sensitive skin and in baby skincare. To learn more about Vegetable Glycerin go to: <https://www.newdirectionsaromatics.com/blog/products/all-about-vegetable-glycerine.html>

**Vegetable Emollient Wax:** Vegetable based Emulsifying Wax is used to prevent oil and water from separating in creams and lotions. To learn more about Vegetable Emollients go to: <https://knowledge.ulprospector.com/3779/pcc-natural-based-emollients/>

**Grapefruit Seed Extract:** Grapefruit Seed Extract (GSE) is a citrus seed based anti-microbial used as a preservative in skin care products. ... It is said to be anti-microbial, anti-septic, anti-bacterial, astringent and does also have some antioxidant activity. It's also an astringent and anti-inflammatory. To learn more about GSE go to: <https://curlbox.com/2018/03/13/the-insane-benefits-of-grapefruit-seed-extract-for-troubled-skin/>

## Essential Oils:

**Blue Chamomile:** The versatile herb – known in German as “alles zutraut,” which translates as “capable of anything,” blue chamomile has, as its nickname suggests, a myriad of healing capabilities, especially because of its high levels of chamazulene, an anti-inflammatory compound that is only found in chamomile essential oil. To learn more about Blue Chamomile go to: <https://www.floracopeia.com/organic-blue-chamomile-oil>

**Blue Tansy:** It's got antioxidant and anti-inflammatory properties, so you see it used to calm the skin, reduce heat, and relieve delicate or troubled skin.” You don't just have to have a skin issue to benefit from it, however. “Everyone can benefit from using blue tansy because of all the antioxidants.” To learn more about Blue Tansy go to: <https://www.wellandgood.com/good-looks/blue-tansy-ingredient-anti-inflammatory-antioxidant/>

**Helichrysum:** When used in aromatherapy, the scent of helichrysum essential oil is said to fight conditions such as allergies, arthritis, eczema, and anxiety. In addition, helichrysum is said to reduce inflammation, promote the healing of wounds and burns, stimulate digestion, boost the immune system, and soothe body and mind. To learn more about Helichrysum go to: <https://www.verywellhealth.com/helichrysum-essential-oil-88781>

**Lime:** I chose lime as a main ingredient in the essential oil make-up of McShea Dream Cream because of it's fresh and light scent. Very few people do not like the aroma of Lime. However there are other

benefits of lime as well. It's known as an anti depressant, anti bacterial, anti carcinogenic and more. To learn more about Lime go to: <https://www.aromafoundry.com/blogs/aroma-foundry/lime-essential-oil-uses-description-recipes-precautions>

**Osmanthus Absolute:** Osmanthus Absolute serves as a sumptuous note in perfume blends or can be used as its own perfume with just a single drop. Jojoba, is an excellent blending choice for highlighting the soothing, comforting, uplifting fragrance of Osmanthus Absolute, which is said to inspire feelings of happiness.

**Peppermint:** Peppermint oil is used topically (applied to the skin) for headache, muscle aches, itching, and other problems. To learn more about Peppermint oil go to: <https://nccih.nih.gov/health/peppermintoil>

**Wintergreen:** The active ingredient in wintergreen oil, methyl salicylate, is closely related to [aspirin](#) and has analgesic and anti-inflammatory properties. As such, products containing wintergreen oil are often used as an anti-inflammatory and topical pain reliever. To learn more about Wintergreen go to: <https://www.healthline.com/health/wintergreen-oil#uses>

**Ylang Ylang:** People apply ylang ylang oil to the skin to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire. To learn more about Ylang Ylang go to: <https://www.verywellhealth.com/the-benefits-of-ylang-ylang-essential-oil-88793>