

RA NATURALS

The 5-Minute Body Reset with NOPE! Botanical Balm

Seven simple steps for using a warming-and-cooling botanical massage balm safely and intentionally.

Warm. Cool. Massage. Reset.

Keep Learning. Keep Growing because
Wellness is a Journey.
Let Wellness Raine!

For general body-care education. This guide does not replace medical advice and does not make therapeutic claims.

Meet the Ritual

NOPE! Botanical Balm is designed as a concentrated topical balm for targeted massage and sensory body care. Its rich base combines plant butters, candelilla wax, cetyl alcohol and botanical oils, including RA Naturals' proprietary SproutLipid™ Hemp Infusion and arnica-infused oil. Menthol and aromatic essential oils create a noticeable warming-and-cooling experience.

The responsible way to present this product is as a massage and body-care ritual. Claims that a product treats pain, reduces inflammation or changes a medical condition require the appropriate Canadian health-product authorization.

1

Choose One Area

NOPE! is intended for focused external massage rather than full-body application. Choose one area that could use attention, such as the shoulders, hands, knees, feet or back, and begin with a small amount.

Reset cue: Start small. You can always add a little more.

2

Warm the Balm Between Your Hands

Rub a small amount between your fingertips or palms. The plant butters, candelilla wax, cetyl alcohol and botanical oils create a rich balm texture that softens with body warmth and provides slip for massage.

Reset cue: Take one slow breath before applying.

3

Massage Slowly

Use gentle circular or sweeping motions rather than pressing aggressively. The goal is to create a deliberate self-care moment and support comfortable massage, not to force the body through discomfort.

Reset cue: Massage for 60 to 90 seconds.

4

Notice the Warming and Cooling Sensation

Menthol, peppermint, wintergreen, black pepper and rosemary create a distinct aromatic and sensory experience. Sensation can vary from person to person, so avoid adding extra product simply because the effect is gradual.

Reset cue: Comfort should never feel like burning or severe irritation.

5

Let SproutLipid™ Support the Massage Experience

RA Naturals' proprietary SproutLipid™ Hemp Infusion is featured within the oil phase. In this balm, the infusion contributes emollience, glide and a conditioned skin feel while helping carry the balm smoothly across the massage area.

Reset cue: Think skin-conditioning and massage slip - not a promise to treat inflammation.

6

Use It Safely

Apply only to intact external skin. Avoid the face, eyes, mucous membranes, broken or irritated skin, and wash your hands after use. Do not combine with heating pads, tight bandages or other strong warming or cooling topical products.

Reset cue: Stop using the balm if marked irritation, blistering or an unusual reaction occurs.

7

Finish With a Pause

After massaging, give yourself a quiet moment before returning to activity. A simple body-care ritual can become a reminder to slow down, breathe and pay attention to what your body is communicating.

Reset cue: Breathe in for four counts and out for six counts.

Important Use Reminders

- For external use only.
- Use only on intact skin and avoid the face and eyes.
- Wash hands after application.
- Do not use with heating pads, tight bandages or another strong topical warming/cooling product.
- Keep away from children and pets.
- Review the final product label for ingredient-specific cautions.
- Ask a qualified healthcare professional before use during pregnancy or breastfeeding, when taking anticoagulant medication, or when you have a relevant allergy or medical concern.

What the Featured Ingredients Contribute

Plant butters and botanical oils: Create richness, emollience and massage glide.

SproutLipid™ Hemp Infusion: Supports a conditioned skin feel and smooth application.

Arnica-infused oil: A traditional botanical ingredient included in the massage-oil blend; avoid therapeutic claims unless authorized.

Menthol and peppermint: Provide a cooling sensory experience.

Wintergreen, black pepper and rosemary: Contribute to the distinctive aromatic and warming profile.

Vitamin E: Helps protect the oils in the formula from oxidation.

RA NATURALS

**A focused botanical massage ritual for the moments your body
says, “NOPE.”**

Discover • Nourish • Flourish

Regulatory note: In Canada, therapeutic claims such as treating pain or inflammation are not cosmetic claims. A product making those claims generally requires the appropriate market authorization. This guide intentionally uses massage, sensory and skin-conditioning language.

Safety note: Menthol and methyl salicylate-containing topical products can cause serious skin reactions in rare cases. Use exactly as directed on the final label and discontinue use if irritation occurs.