



PRODUCT LIST

At Inspire we made the commitment that all of our products must be quality, affordable, simple and most of all - actually work! We constantly refine our product list and test the products personally before recommending them to our clients.

Our Favourite Products

FOAM ROLLERS

An essential addition to your daily routine!

Five minutes a day on the roller mobilises your spine releasing tension from the day and reversing the effects of computer posture. Or add it to your exercise program to improve balance, proprioception, core stability and general strength and agility. Perfect for doing your own muscle releases at home to complement your physiotherapy treatment and prevent injury.

Investment long foam roller \$49 incl GST

MASSAGE BAR

Simple, lightweight and effective the massage bar literally rolls out muscular tension with little effort. No batteries or power required and small enough to take travelling.

Investment \$20 incl GST

MEDIHERB's CURCUMA ACTIVE

Curcumin is the active ingredient in turmeric that has demonstrated antioxidant, anti-inflammatory and anti arthritic activity. By down-regulating numerous anti-inflammatory mediators, curcumin reduces joint swelling and inflammation providing relief of pain and a natural alternative to pharmaceutical anti-inflammatory medications. Please note consultation with the physiotherapist is required prior to purchase to determine its suitability for you.

Investment \$43 incl GST

HEAT PACK

Lightweight quality lupin heat packs that are perfect to melt the tension in your neck, shoulders, back or legs. Perfect for cramps, headaches, menstrual tension and general muscle tightness.

Investment \$32 incl GST

doTERRA's ICE BLUE ATHLETIC CREAM

A natural anti-inflammatory cream that warms and soothes aching muscles and joints. The combination of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus in a natural carrier cream effectively reduces pain, inflammation and tension particularly in the neck and back. Effects are immediate and sustained and we can't recommend this product highly enough!

Investment \$48 incl GST



doTERRA ESSENTIAL OILS

We sell and endorse doTERRA's essential oils for their high quality, purity and therapeutic effect. Select oils are available onsite or order from the complete selection of oils online at mydoterra.com/inspirephysio to have them delivered directly to your door.

If you feel that you would like to buy several doTERRA products or become a doTERRA Wellness Advocate, consider signing up at mydoterra.com/inspirephysio and follow the links to buy them at a wholesale prices (25% off).

Choose from 2 wholesale enrolment options:

1. Wholesale account:

- no monthly order required,
- \$35 enrolment fee and \$25 per year to maintain your membership,
- earn compensation and bonuses,

- if you do wish to order every month, select the Loyalty Rewards Program and take advantage of incentives such:
 - I. A free oil if you order a minimum amount,
 - II. Place the order before the 15th of each month to earn 10-30% of your total purchase in free product points.

2. Preferred Member:

- no monthly order required,
- once off enrolment fee and no annual renewal fee,
- option to receive 10-30% of your total purchase in free product points.

If you have any queries please contact us on [0449 115 231](tel:0449115231) or email bernie@inspirephysio.com.au