

**MOVE
MENTUM**

THE MOVEMENTUM WORLD

WHY MOVEMENTUM?

Movementum Health is one of the fastest growing fitness trends. It is an effective and efficient complement to massage and recovery solutions for anyone looking for a competitive edge or facing a limited range of motion or mental health challenges.

The main benefit of improved movement health is that the results are felt and measured instantly but also cumulatively over time, building towards a better quality of life.

Movement health covers all areas physically and psychologically. From preparation and performance to recovery and regeneration. Combining elements of movement health including mobility, flexibility and core stability ensures the body's ability to perform everyday movements and fundamentally improving and enhancing overall wellness. This aids physically performing at your optimum level and increasing your ability to recover.



AN ECOSYSTEM OF PREMIUM PRODUCTS AND KNOWLEDGE EMPOWERING PHYSICAL AND MENTAL HEALTH THROUGH MOVEMENT

The product is aspirational and enhances the 'movement moment' but the underlying message is about doing something for yourself everyday and celebrating all it's extraordinary benefits and positives.

MOVEMENTUM PROFESSIONAL PRODUCT RANGE

PRIME

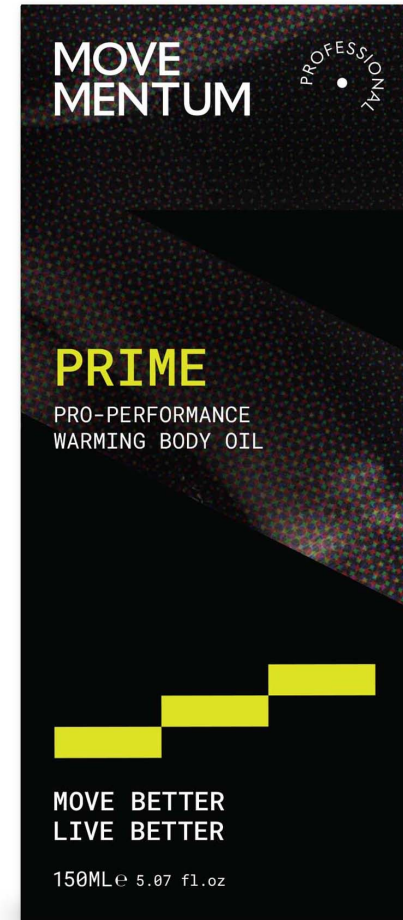
PRO-PERFORMANCE WARMING BODY OIL

100% natural oil intelligently engineered by our medical lifestyle team to prime the body and optimise movement. Our **intensely warming** oil stimulates blood flow, increasing **energy**, and activation of the neuromuscular system for long lasting **muscular wellbeing**.

Key Ingredients

- Ginger Root Extract
- Clove Flower Oil
- Black Pepper Oil
- Ginger Root Oil
- Wild Chilli Pepper Radish Root
- Cinnamon Bark Oil

Our powerhouse ingredients with anti-inflammatory, anti-oxidative and stimulating properties are perfectly balanced to activate the body, provide energy and focus, and deliver high intensity skin hydration.



RESTORE

PRO-RECOVERY COOLING BODY OIL

100% natural oil intelligently engineered by our medical lifestyle team to restore the body and enhance movement. **Our intensely cooling oil** increases **energy**, preventing swelling, **reducing fatigue**, promoting full mind and body restoration.

Key Ingredients

- Mediterranean Cypress
- Lemongrass Oil
- Black Pepper Fruit Oil
- Turmeric Root Extract
- Citrus Derived Extract
- Arnica Flower Extract
- Chamomile Derived Extract

Our powerhouse ingredients with muscle soothing, mood boosting, anti-inflammatory and antispasmodic properties are perfectly balanced to restore the body, provide energy and positivity, and deliver high intensity skin hydration.



ACTIVATE

PRO-DYNAMIC PERFORMANCE

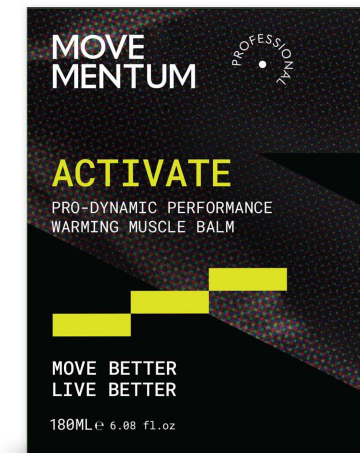
WARMING MUSCLE BALM

Intensely warming balm intelligently engineered by our medical lifestyle team to rapidly enhance movement by stimulating blood flow, activating the neuromuscular system and increasing **mobility, power and strength** throughout the body thereby **maximising performance**.

Key Ingredients

- Wild Chilli Pepper, Radish Root
- Ginger Root Extract
- Frankincense Gum Extract
- Clove Flower Oil
- Black Pepper Oil
- Ginger Root Oil
- Cinnamon Bark Oil

Natural powerhouse ingredients with anti-inflammatory, anti-oxidative and stimulating properties designed to activate the body, provide energy and focus, and deliver high intensity skin hydration.



REPLAY

PRO-RAPID RECOVERY COOLING MUSCLE SERUM

Naturally **cooling** and calming muscle serum intelligently engineered by our medical lifestyle team to **enhance movement** through **rapid regeneration** by preventing swelling, reducing fatigue and **optimising recovery**.

Key Ingredients

- Arnica Flower Extract
- Mediterranean Cypress
- Lemongrass Oil
- Liquorice Root Extract
- Black Pepper Fruit Oil
- Turmeric Root Extract
- Fruit Sugar
- Citrus Derived Extract

Powerhouse ingredients perfectly balanced to restore the body and sharpen focus, confidence and motivation, and deliver high intensity skin hydration. Packed with anti-inflammatory, antioxidative, antispasmodic properties, Replay is the perfect muscle and inflammation soother.



MOTIVATE

PRO-MOVEMENT DIFFUSER OIL

100% natural, stimulating oil intelligently engineered to **enhance movement** by optimising **breath** and aiding **respiration**, increasing **energy** and focus thereby maximising performance.

Key Ingredients

- Menthol
- Eucalyptus
- Lemon
- Myrtle Lime
- Orange

Our powerhouse ingredients include a unique combination of essential oils to encourage deep breathing to energise and are perfectly balanced to aid confidence, alertness, focus and motivation.



THE MOVEMENTUM PROFESSIONAL PRODUCT RANGE

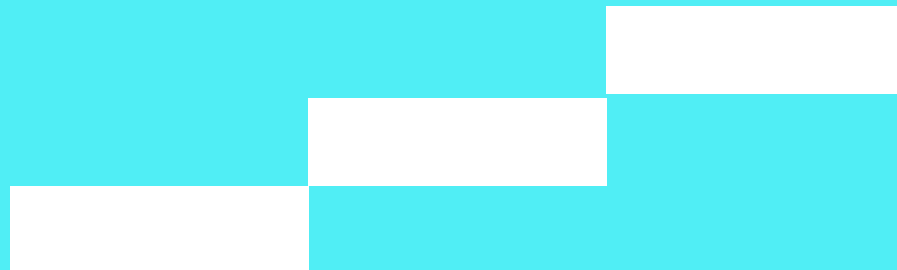




We are a community of the worlds leading experts in movement health dedicated to helping anyone improve, maintain and perform to their best potential. Empowering physical and mental health through a unique philosophy.

WE ARE MOVEMENTUM

MOVE BETTER LIVE BETTER



**MOVE
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