

## **New Cool Gel Sombra from Inner Outer Health**

*Sombra Cool Therapy gel relieves minor aches and pains of muscles and joints associated with arthritis, backaches, strains, bruises and sprains*

(Ivanhoe, VIC)—Leading Myotherapy clinic Inner Outer Health is pleased to announce Sombra Cool Therapy Gel, the newest addition to its line of all-natural pain relieving gels.

Sombra Cool Therapy Gel is a new topical analgesic that relieves pain associated with arthritis and other pain disorders, tired muscles, sports injuries, fatigue, and other causes with a pleasant, cool sensation. Like Sombra Original Warm Therapy Gel, Sombra Cool Therapy Gel is non-greasy, alcohol-free, and leaves no stain; it is made with completely natural ingredients and contains absolutely no animal by-products. Sombra Cool Therapy Gel is designed to be absorbed quickly for maximum effectiveness. Both Sombra gels are made in the USA.

Sombra Cool Therapy Gel is a natural product used by Inner Outer Health in the field of myotherapy. Myotherapy (derived from the Greek root "myo," meaning "muscle") is concerned with relieving pain and maximising flexibility in muscles, tendons, and other soft tissues. Myotherapy has helped many people live fuller lives through improvements to their range of motion, relaxing their muscles, and getting over acute and chronic pain. Inner Outer Health offers a full range of myotherapy treatments, of which Sombra Cool Therapy Gel and Sombra Original Warm Therapy Gel are a part. While Sombra products are excellent for relieving minor aches and pains when they occur, full myotherapy solutions include stretching, corrective exercises, soft tissue manipulation, thermal therapies (both hot and cold), and other procedures that have proven effectiveness in ending muscular and joint pain.

Sombra Warm Therapy Gel relieves minor aches and pains of muscles and joints associated with arthritis, backaches, strains, bruises and sprains with a warm sensation and an orange scent. Sombra Cool Therapy Gel does the same thing, but with a refreshing cool sensation and a lemon scent.

New Sombra Cool Therapy Gel is available online from [www.innerouterhealth.com.au](http://www.innerouterhealth.com.au) for \$29.95 (AU, sales tax included) in 4oz containers. It is an excellent alternative to commercial, chemical-laden liniments and over-the-counter pain killers.

### **About Inner Outer Health**

Inner Outer Health is an Australian Myotherapy Clinic (therapy for muscles, tendons, and other soft skeletal tissue) and promote the use of natural products. The clinic was founded by Lena Yamine, a licensed fitness instructor and registered myotherapist with over a decade of experience in helping people maximise their mobility and improve their posture. Inner Outer Health was a finalist of the 2006 Fitness & Wellbeing category and the Winner of the 2008 "Leader" awards for business achievement and the Fitness & Wellbeing category.

Lena Yamine works with her clients to help them understand the root causes of their painful or tired muscles and how to prevent recurrence of pain and discomfort through a variety of myotherapy methods.

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