



Arnica Massage Balm

Uses

A traditional herbal medicinal product used for the symptomatic relief of rheumatic pain, muscular pain and stiffness, backache, fibrositis, bruising, cramp, sprains and minor sports injuries, based on traditional use only.

Dosage

Over 12 years: apply sparingly to affected area with gentle massage 3-4 times daily. Under 12 years: not recommended.

Format and Ingredients

Balm containing:
0.70g of liquid extract from dried flowers of arnica (equivalent to 0.032g Arnica montana)
Dried birch leaves (equivalent to 0.032g Betula pendula)
Rosemary oil 0.039g
Lavender oil 0.0095g