



Arnica Bumps & Bruises Skin Salve Ointment

Uses

A traditional herbal medicinal product used for the relief of muscular aches, pain, stiffness, sprains, bruises, swelling after contusions and minor sports injuries based on traditional use only.

Dosage

Adults and children: For muscular pain, stiffness, sprains, bruises and minor sports injuries: apply sparingly to the affected area with gentle massage three to four times daily. For contusions: apply a small amount immediately at the site of the injury.