



## 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.

### Format and Ingredients

Ointment containing: