



Arnica Herbal Oil

Please read the disclaimer on the last page of this document before using this product.

What is it?

Arnica Herbal Oil is Extra Virgin Olive Oil which has been infused with Arnica at a standardized rate of 11.3% (113 g) of the herb to each liter of oil.

How does it work?

This is a traditional application for sore, tired muscles and minor bruising, and popular with athletes. The chemical composition of Arnica enables it to help reduce swelling and pain in skin and muscles tissues, when used on unbroken skin. It may have some antibiotic ability as well.

Recipe: Arnica Cream

This healing cream is helpful to athletes, gardeners, or anyone who strains their muscles once in a while.

Metric	Ingredients	Imperial
	Water Phase	
75 ml	Distilled Water	5 T.
	Oil Phase	
5 ml	Self-Emulsifying Wax - N / Pola Wax	1t.
15 ml	Arnica Herbal Oil	3 t.
	Enhancing Additives	
5 drops	Grapefruit Seed Extract	5 drops



NEW DIRECTIONS

A R O M A T I C S

10 drops	Vitamin E	10 drops
1 drop	Myrrh Essential Oil	1 drop

- Begin by sterilizing your work surface, equipment and jars.
- In a small saucepan, heat the water phase just until tiny bubbles appear on the bottom of the pot, and a light steam rises; remove from heat.
- In another small saucepan, heat the oil water phase just until the emulsifying wax melts; remove from heat.
- Pour the oil phase into a sterile pitcher or the blending container of your stick blender.
- Begin to blend the oil, and very slowly drizzle in the water phase.
- When emulsified, add the rest of the ingredients and blend until consistent. The cream will thicken as it sets up in the jars.
- Pour into prepared jars, cap, and allow it to sit undisturbed until set (about 4 hours).

How does it work?

Arnica should never be ingested or used on broken skin. It should not be used if pregnant or breast-feeding, when there are allergies to pollens and grasses, or having gastro-intestinal problems. It has anticoagulant properties, so should not be used when taking anticoagulant medications (such as aspirin or blood thinners), or if scheduled for surgery within 1 days.

Lab Notes: Q&A

Constituents include up to 50% of thymol, various ethers of thymol, thymohydroquinone dimethyl ether, phlorol isobutyrate and the compound helenalin, which may cause allergic reactions in people with sensitivity.



NEW DIRECTIONS
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