

# NATUROPATHICA®

## ALPINE ARNICA BATH & BODY OIL

---

This warm oil blends *Arnica*, traditionally used by herbalists to support muscle function, with camphorous *Rosemary*, *Basil* and *Bay Laurel* for deep relaxation and relief.

Wild-crafted from Alpine meadows, *Arnica* has been used since the 16th century to soothe muscle pain and bruising.

### KEY INGREDIENTS:

#### *Arnica Flower Extract*

- Native to Europe, this extract contains *Helenalin*, the most active sesquiterpene lactone (chemical compound), which helps account for its ability to counteract inflammation.
- Studies show reduction in pain and stiffness in subjects with moderate osteoarthritis.<sup>1</sup>
- Germany's Commission E, the primary regulatory body for herbal medicine approves *Arnica* properties for topical use in cases of injury, hemotoma or edema due to fracture.

#### *Bay Laurel Leaf Oil*

- This essential oil is steam distilled from *Bay Laurel Leaves* and has a sweet, fresh and spicy aroma.
- It is known for its antiseptic, astringent, and toning properties.
- Used to help stimulate circulation and relieve aches and pains.

#### *Rosemary Leaf Oil*

- Rich in camphor, *Rosemary* stimulates blood flow to warm muscle tissue.
- Has antioxidant, astringent and stimulating properties.
- Studies have shown its ability to increase alertness and promote relaxation by lowering anxiety.<sup>2</sup>

**INGREDIENTS (INCI):** Helianthus Annuus (Sunflower) Seed Oil, Vitis Vinifera (Grape) Seed Oil, Prunus Armeniaca (Apricot) Kernel Oil, Arnica Montana (Arnica) Flower Extract, Laurus Nobilis (Bay Laurel) Leaf Oil, Ocimum Basilicum (Basil) Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract

**HOME USE:** Add to still bath water or massage into affected areas.

**PROFESSIONAL USE: For Bath Use:** Pour 2 silver dollar size amounts into still bath water. **For Body Application:** Apply 2 silver dollar size amounts for a full body massage. **Note to Therapist:** Recommend frozen Botanical Compress with Alpine Arnica Bath & Body Oil to ease muscle soreness or edema.



For more information about our ingredients, please visit our [Ingredient Glossary](#).

1. Knuesel, O., Weber, M., & Suter, A. (2002, October 19). *Arnica montana* gel in osteoarthritis of the knee: An open, multicenter clinical trial.

2. Int J Neurosci. 1998 Dec;96(3-4):217-24