

# Arnica Massage Balm



**Category**  
Analgesics  
**Manufacturer**  
WELEDA UK LTD  
**Pack size**  
50ml, 100ml, 200ml  
**RRP**  
£8.95, £12.95, £19.95  
**Legal Status**  
(THR), (THR), (THR)



## 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.



## 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  
Lavandin oil 0.0095g



## Dosage

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