



## Information Sheet – Arnica

### Arnica and Pain Relief

Arnica Gel (I would recommend Vogel's Arnica Gel) is an anti-inflammatory which can help not only bruising but for a great number of painful conditions:

- Bruising
- Back pain
- Muscular aches and pains
- Sprains and strains
- Sports injuries
- Neck pain

Freshly arnica flowers are used for this gel and contain sesquiterpene lactones when freshly harvested. These lactones are thought to contribute to the anti-inflammatory effect of Arnica. For best results massage Arnica into the affected area and allow to penetrate.

Arnica can be used alongside other painkilling medications if necessary.

Also see my fact sheet about Arnica and Arthritis.