

## Arnica Muscle Soak



Manufacturer: Weleda  
Order ID: W6945  
Price: 13.95 €

### Product description:

A warm bath with this aromatic soak helps soothe the body and mind while relaxing muscles and weary limbs

Extracts of arnica flowers and birch leaves, rosemary and lavender essential oils, helps aid recovery during times of over-exertion and exhaustion, working to lift feelings of tiredness and fatigue.

### Ingredients:

Aqua(Water), Rosmarinus officinalis (Rosemary) Leaf Oil, Potassium Oliviate/Sunflowerseedate, Lavandula Angustifolia (Lavender) Oil, Lavandula Hybrida (Lavandin) Oil, Alcohol, Arnica Montana Flower Extract, Betula Alba (Birch) Leaf Extract, Limonene\*, Linalool\*

\*from natural essential oils

### Tips from Gabi Köberl:

Shake the bottle before use. Pour 2-3 capfuls into running water. After bathing dry gently with a soft towel and relax in a warm room. For best results after strenuous exertion combine with Arnica Massage Balm, Muscular Pain Relief Oromucosal Spray or Arnica Bumps and Bruises Skin Salve.