

Arnica Sports Massage



PRODUCTS REQUIRED FOR SERVICE:

SKU	PRODUCT NAME & PRODUCT AMOUNT
<u>KN239P6</u>	Kneipp Professional Massage Oil, Joint & Muscle Arnica, 20.28 fl. oz. PRO Pack
<u>KN249P6</u>	Kneipp Professional Active Gel, Joint & Muscle Arnica & Mountain Pine, 40.56 fl. oz. PRO Pack
<u>KN248P6</u>	Kneipp Professional Intensive Cream, Joint & Muscle Arnica, 21.12 oz. PRO Pack

CONTRAINDICATIONS

Sunburn, skin rashes or conditions, open sores or wounds, fractures, acute pain or injury, fever or infections, muscle and tendon ruptures or partial tears, contusions, burns, rheumatoid arthritis and gout, bursitis, infection of skin and soft tissue, thrombosis, artificial blood vessels, bleeding disorders, tumors, swelling, high blood pressure, pregnancy, and cancer.

HEMECARE RECOMMENDATIONS

- **Kneipp Arnica Joint & Muscle Massage Oil 3.38 fl oz, KN239**
- **Kneipp Arnica Joint & Muscle Active Gel 6.76 oz, KN249**
- **Kneipp Arnica Joint & Muscle Intensive Cream 3.52 fl oz, KN248**

SERVICE TIPS

Kneipp Professional Massage Oil, Joint & Muscle Arnica, 20.28 fl. oz. PRO Pack

Number of Treatments:
20 services

Kneipp Professional Active Gel, Joint & Muscle Arnica & Mountain Pine, 40.56 fl. oz. PRO Pack

Number of Treatments:
81 services

Kneipp Professional Intensive Cream, Joint & Muscle Arnica, 21.12 oz. PRO Pack

Number of Treatments:
84 services

Arnica Sports Massage

STEP	PRODUCT	INSTRUCTIONS
1	Kneipp Professional Massage Oil, Joint & Muscle Arnica	<p>Rub about 0.13 fl. oz. of Arnica Joint & Muscle Massage Oil into your hand and begin the massage service.</p> <p>On average, you can expect to use around 1 fl. oz. of oil per client over the course of one massage.</p>
2	Kneipp Professional Active Gel, Joint & Muscle Arnica & Mountain Pine	<p>Apply Arnica Active Gel on any smaller painful areas of the client's body.</p> <p>Suggested areas to target: knee, hip, elbow, neck, feet, or shoulders. Remember to apply sparingly to only targeted areas of pain.</p> <p>On average, you can expect to use around 0.5 oz. of gel per service.</p>
3	Kneipp Professional Intensive Cream, Joint & Muscle Arnica	<p>Apply Arnica Intensive Cream into each area of excess muscle tension and pain.</p> <p>This is a great targeted treatment to apply prior to deeper tissue concentration, trigger point, or myofascial therapy.</p> <p>On average, use around 0.13 or 0.25 fl. oz. of the cream per service.</p>