



Healing Waters Arnica Muscle Soak

Cost Per Treatment: **\$1.07**

Time: **15-20 minutes**

What to Charge: **\$50-\$75**

A warm bath with arnica bath oil after a workout or participating in strenuous activities can help with soothing and calming tired, overworked clients.

What You'll Need:

- Kneipp Arnica Joint & Muscle Bath Oil Professional Pack (4-pack provides a total of 13.5 fl. oz.) / KN116P

What They'll Want:

- Kneipp Arnica Joint & Muscle Bath Oil (3.38 fl. oz.) / KN116

What to Do:

- Pour 2 teaspoons of the oil into warm running bath water (97-100°F / 36-38°C).
- Allow client to enjoy the bath for 15-20 minutes. **An excellent enhancement prior to a massage or facial.**

For best results, client should take home Arnica Joint & Muscle Bath Oil and use weekly during at-home baths.