



Restorative Sodium Arnica Muscle Bath

Cost Per Treatment: **\$1.03**

Time: **15-20 minutes**

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

A warm bath with arnica and restorative salts 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 Mineral Bath Salt Professional Pack (4-pack provides a total of 70.5 oz.) / KN134P

What They'll Want:

- Kneipp Arnica Joint & Muscle Mineral Bath Salt (17.63 oz.) / KN134

What to Do:

1. Add 2 oz. of bath salt to warm bath water (97°-100°F / 36-38°C).
2. Allow client to enjoy bath for 15-20 minutes. ***An excellent enhancement prior to a massage or facial.***
3. For best results, client should take home Arnica Joint & Muscle Bath Salt and use weekly during at-home baths.