

Five Uses for Arnica + Healing Cream

Oct 2, Feb 12, 2020 10:23:45 AM / by The Institute of Skin Science



If you've ever experienced bruising, inflammation, or muscle aches and searched the Internet to find a solution, I'm sure you came across Arnica; but what exactly did you learn about this amazing herb? Arnica has been trusted for centuries as a homeopathic healing medicine and treatment for a variety of conditions. The active compound in Arnica is Helenalin, which has strong anti-inflammatory responses in the skin and body. Arnica+ Healing Cream's revolutionary formula contains mega doses of pure, chemical-free Arnica Montana Extract as well as healing and nourishing Shea Butter.

I'm sure you've heard arnica being used for bruises, but did you know there are many other ways that you can use Arnica+ Healing Cream in your treatments? Here are the top five treatments for using Arnica+ Healing cream:

Bruising: This is the most common use, but it is still important! Arnica has great pain-relief, antiseptic, and anti-inflammatory properties, and is used topically for treating bruises. Helenalin reduces clot formation following an injury to the blood vessels and helps resolve bruises faster. Arnica+ Healing Cream is perfect for use in treatment and retailed for post-procedures and treatments.

Sore Muscles: This is extremely beneficial for athletes, body builders or anyone who

lives an active life style. Applied topically, it relieves and reduces pain and inflammation caused by strenuous workouts or muscle sprains. It is the perfect ingredient to mix with your massage oil in treatment.

Arthritis: In one case of osteoarthritis of the hand, Arnica proved to be just as effective as ibuprofen in lessening the pain and improving hand function. It has been used in topical preparations for healing joint pains, muscle aches, and swelling associated with arthritis for many years. Arnica+ Healing Cream can be used in treatment or retailed as a pain relief joint cream that can be used almost anywhere your client is experiencing discomfort.

Acne: Helenalin, the main restorative compound in Arnica Montana, along with flavonoid, helps soothe and renew the skin after exposure to stress. The antibacterial, antiseptic, and anti-inflammatory properties of this herb help prevent inflammatory skin disorders such as acne. Apply once a day (preferably at night) to the inflamed area to soothe and heal a breakout. Be careful to not use on an open active breakout.

Bug Bites: Similar to treating acne, Arnica contains antibacterial, antiseptic, and anti-inflammatory properties allowing it to reduce swelling and relieve the pain and itchiness of bug bites!

This powerful “miracle product” is a must-have for anyone’s skin care arsenal to assist in overcoming anything from challenging acne inflammation, bumps, bruises, and even sore muscles. Loved by plastic surgeons, Arnica+ Healing Cream is a superior post-operative maintenance formula that reduces healing time.

If you have any questions and would like to speak to one of our friendly Master Aestheticians in your area please email support@glymedplusaustralia.com.au

Written by The Institute of Skin Science