

QUICK REFERENCE SHEET

ARNICA

Arnica montana



Infused in:
Almond Oil



Extraction Method:
Cold Pressed



Part Utilized:
Flower



CONSISTENCY:

medium weight, light yellow color

AROMATIC CONSIDERATIONS:

little to no aroma

APPLICATION:

Arnica carrier oil can be used all by itself, 100%. Though it is not recommended to use on open wounds.

GENERAL INFORMATION:

Arnica Oil (at least the one sold by Butterfly Express LLC) is made by soaking Arnica blossoms—fresh, whenever possible—in Almond Oil. Arnica Oil is used with amazing results for injuries where bruising, swelling, and/or inflammation are present.

Arnica is useful for bumps, bruises, and inflammation. Arnica works on sore, tight muscles and helps to reduce swelling of injured areas. Applying Arnica Oil immediately after the injury can prevent swelling; application later on can reduce swelling that has already taken place. Arnica is also effective in relieving the pain of arthritic joints and swollen feet.

In recent years, Arnica is being used by midwives as the oil of choice during exams for dilation during labor. It is absolutely incredible how the application of a little bit of Arnica oil “melts away” any swelling of tissues that may be occurring, and prevents bruising and trauma to those very delicate tissues. One of the most important things I learned in the last few years of my midwife practice. (Thanks to Laura Lechner, friend and trainer.)

Arnica Oil in herbal/oil form is ment for external use only. Arnica Oil is said to cause swelling in exposed muscle tissue, so it is not used on open wounds or deep abrasions except in homeopathic form. Arnica is one of my favorite healing plants and should be in every first aid kit!

WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction