

special ingredient:
arnica

BANISH YOUR BRUISES WITH THIS MOUNTAIN FLOWER

Are you black and blue, sore or stiff? Then arnica, a bright daisylike flower, may be just the thing to alleviate your ailments. Used topically, arnica may help relieve mild pain, kill bacteria, fight inflammation and stop swelling. Recently, scientists measured arnica's effect on postoperative bruising in 29 face-lift patients. While no subjective changes seemed to occur, a computer-

modeling assessment showed less bruising in the patients who took arnica, reported researchers in the January/February 2006 issue of *Archives of Facial Plastic Surgery*.

While a face-lift may not be in your future, a bit of arnica cream or gel may help relieve life's bumps and bruises. □

—Carey Rossi



•••• CREAM

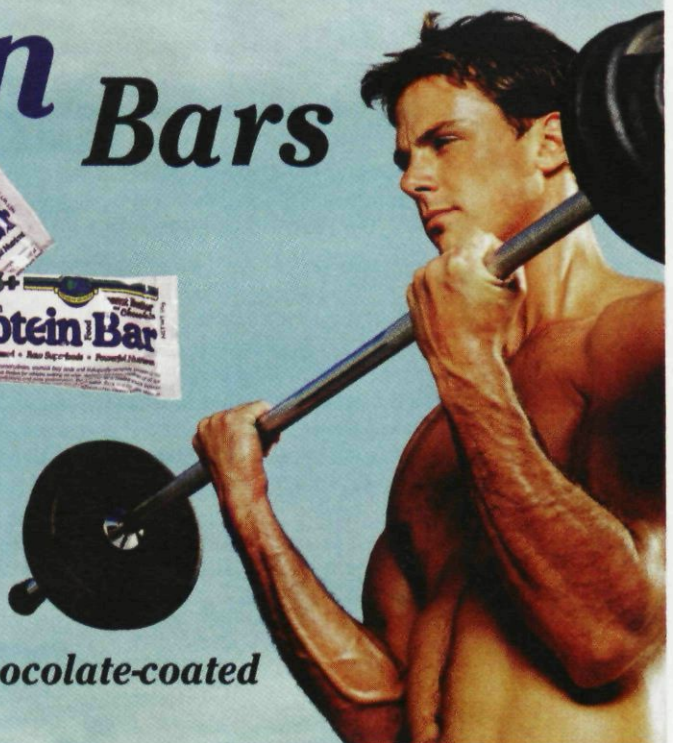
If you've fallen and have the bruise to prove it, reach for **BOIRON ARNICA CREAM** to help stop the swelling, pain and discoloration.

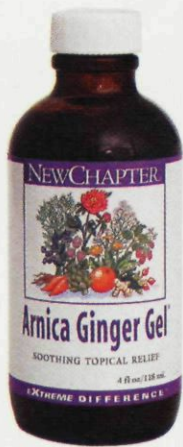
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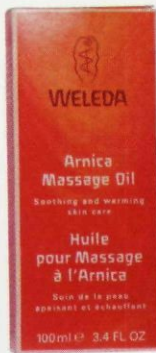
- Cold-Processed
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- High Energy Herbal Extracts
- Enzymatically-alive Superfoods
- Organic Peanut Butter & Dark Chocolate-coated





GEL ● ● ● ● ●

Massage **NEW CHAPTER ARNICA GINGER GEL** with aloe vera on sore and strained areas.



● ● ● ● ● **MASSAGE OIL**

WELEDA ARNICA MASSAGE OIL isn't just for massage. Rub on for pre-exercise warm-up or after a bath or shower to soften skin.



SPRAY LOTION ● ● ● ● ●

HYLAND'S ARNICA SPRAY lotion alleviates pain from sore or strained joints, ligaments, muscles and tendons.

BODY OIL ● ● ● ● ●

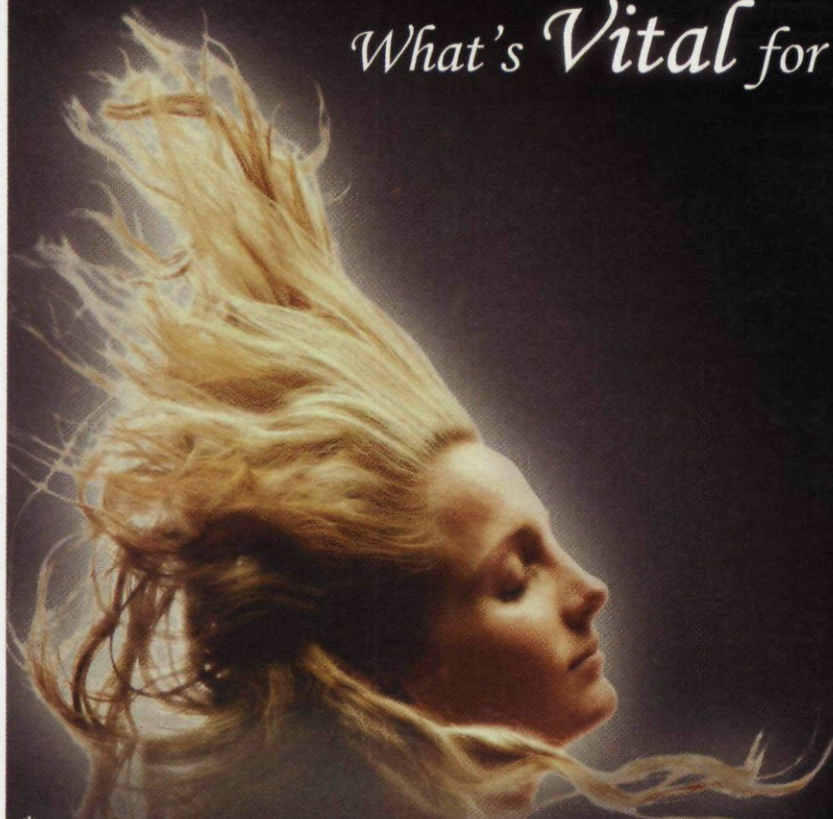
DR. HAUSCHKA BIRCH-ARNICA BODY OIL helps restore flexibility after tough workouts and may reduce the appearance of stretch marks.



BODY OIL ● ● ● ● ●

Apply **HERB PHARM ARNICA OIL** where it hurts to ward off pain, stiffness and bruising.

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