First Aid Creams Company, LLC

Herbal & Homeopathic. Handmade in small batches.



Arnica has many uses in first aid or traumatic situations. It is the first remedy to think of for an accident victim. Arnica should be thought of for shock or trauma.

Arnica Montana Cream

Bruises, Trauma, Sprains, Falls

01

WHEN TO USE THE CREAM

Use Arnica cream for the minor head injuries of children. Use Arnica cream for the common bruise. Use Arnica cream for tired and sore muscles from overexertion. Use Arnica cream for ankle sprains. Use Arnica cream for shock from minor accidents. Use Arnica cream for back pain from overlifting. **

As an internal remedy Arnica can be used for gunshot wounds, contusions where the flesh is crushed and torn, and for wounds caused by blunt instruments.

02

HOW TO APPLY

Arnica can be used topically on bruises. Remember to cover the entire bruised area with the cream and cover it with a gauze pad. Apply the cream several times a day until the bruise clears.

03

FIRST AID AND INJURIES

Arnica works quickly to alleviate pain, stop bleeding and promote healing. Arnica reduces the swelling and inflammation from traumatic injuries. Arnica stops external and internal bleeding. Arnica helps heal bruises.

Arnica is the first remedy to be thought of for head injuries. For minor head injuries this cream works very well.

For serious head injuries please consult your doctor or go to the hospital.

Ankle sprains and sprains of other joints can be helped by Arnica. It will take away the black and blue appearance of the sprained joints in a very short time, and relieve the lameness and soreness. Arnica should be thought of for back and hip joint injuries with lameness and soreness. There are other remedies for back injuries as well, such as Hypericum and Rhus toxicodendron, so please consult your doctor or homeopath to figure out what is the best remedy for this situation.

Arnica cream can be used for sore muscles from overexertion, such as doing too much gardening or walking. **

04

PRECAUTIONS

Arnica can be used for many types of injuries, but it should never be used topically on an open wound. Use Calendula cream instead. For injuries to areas rich in nerves, use Hypericum.

WHAT'S IN THE JAR

12.5% Organic Arnica montana Tincture HPUS. Handmade in small batches. 1.5 oz amber glass jar.

Wishing you health and happiness,

Deborah Olenev **CCH RSHom (NA)**

Homeopathic remedies are made to the standards of the Homeopathic Pharmacopoeia of the United States, and the FDA regulates them. For external use only. Keep out of the reach of children. Not intended to prevent, diagnose, treat, or cure any disease. Please see a health professional for assistance if your symptoms persist. Based on homeopathic theories, not accepted by some medical doctors. © 2026 First Aid Creams Company, LLC · firstaidcreams.com