Arnica Self Care

Warming & Releasing

WELEDA
Since 1921



Neck & Shoulders

1. Pour warm water into a bowl containing a large, folded face cloth.
2. Add 1 capful of Weleda's **Arnica Muscle Soak** to your bowl of warm water, aiming for the cloth.
3. Wring out cloth and place to back of neck, with edges reaching side of neck. Embrace the neck with your hands and hold for 15-20 seconds.
4. Reheat the cloth and place lower down to cover base of neck and trapezius muscle.

Continue with a gentle neck & shoulder massage:

1. Take one pump of Weleda's **Arnica Massage Oil** and spread over both hands.
2. With flat fingers, circle along the 3 points starting at the base of occiput and ending at the bony point behind the ears. **Fig 1**
3. Starting at the top of the neck, use circular finger strokes moving down the sides of the neck ending at the base of the neck with a gentle press. **Fig 2**

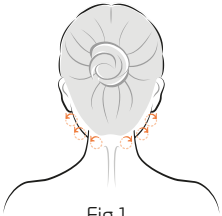

Fig 1

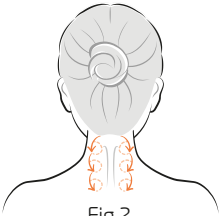

Fig 2

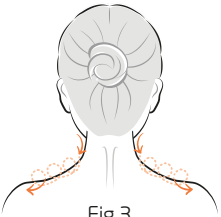

Fig 3

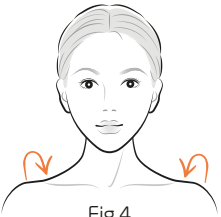

Fig 4

4. Gently stroke down the side of neck and continue with knuckling along the base of neck and along trapezius. **Fig 3**
5. Complete sequence with 3 x forward then 3 x backward shoulder rolls and lifting and squeezing your shoulders up to your ears, then let go to drop. **Fig 4**

Hands & Elbows

1. Pour warm water into a bowl containing a large, folded face cloth and add 1 capful of Weleda's **Arnica Muscle Soak**.
2. Stir water in a figure-of-8 movement and immerse both hands into the bowl, wrapping wrists with the ends of your arnica-infused cloth.
3. Take the moment to breathe in deeply, enjoying the warmth and aroma.
4. Following a soak of 3-5 minutes, dry your hands mindfully and take a pump of Weleda's **Arnica Massage Oil** and spread it over both hands.

Continue with a mindful hand massage:

1. Using your thumb pad, circle around outer wrist bone (7x). **Fig 1a**
2. Glide one hand over the top of the other hand. With the heel of your hand, finish the stroke with a meaningful stretch. **Fig 1b**
3. Starting at little finger, circle down the finger paying particular attention around each knuckle ending with a gentle squeeze at the tip of the finger.
4. Still addressing fingers, this time as you move down the sides of each finger, pause between the joints, rhythmically increasing and decreasing pressure, before moving onto the next point.

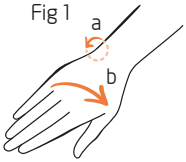


Fig 2

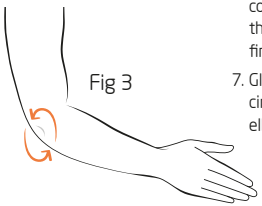
Fig 3

5. Turn hand over and circle the heel of the hand and full area of the thumb pad. Pay attention to top of thumb pad where tissue connects with wrist bone. Take time to be thorough. **Fig 2**
6. Making a loose fist with working hand and move fist consciously through other hand beginning at the heel of the hand, rolling upwards to open hand and gently stretch fingers.
7. Glide up the lower arm and circle around elbow – start the circle above the elbow, moving around, fully embracing the elbow. **Fig 3**

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