

Keyano Homeopathic Massage Oil Active Ingredients:

- Arnica Montana (Leopard's Bone) 30x: Helps relieve discomfort from trauma (accidental, sprains, bruises, etc.) Helps relieve bruising, muscular aches, discomfort due to prolonged physical effort. Injuries to muscles and joints. Aids in post operative surgery and dental work. Helps reabsorb blood and stop swelling and aids with black and blues.
- Bryonia (Wild Hops) 30x: Arthritis with pains worse from the slightest motion, worse from a jar or being bumped, worse with cold. Rheumatism and stiffness of muscles and joints. Fracture or sprains with pain from the slightest movement. Injuries are better from firm pressure, heat or lying on painful part. Worse cold and movement.
- Calcarea Carbonica 30x: Weakness in the back and low back pain. Degenerative arthritis of the spine. Sprains lingering or become chronic. Weakness of the muscles. Arthritis affecting mainly the knees and ankles. Cramping of the thigh, calves, foot muscles, especially in bed at night and when stretching or straining. Pain is worse cold, damp, and worse from exertion.
- Hypericum (St. Johns Wort) 30x: Gives relief of pain caused by irritation or injuries to areas rich in nerves. Injuries worse if moved. Great for pain that is sharp and shooting in nature, phantom limb pain, darting pain in shoulders, cramps in calves and sharp pain in upper and lower limbs. Injuries to the coccyx, aching pain in the sciatic nerve after prolonged sitting.
- Magnesia Phosphoria (phosphate of Magnesia) 30x: Known as the "Homeopathic Aspirin". This is known as the great cramp remedy. Indicated for menstrual cramps, uterine spasms, leg and foot cramps. Better with heat, pressure, massage, exertion (movement). Great for writer's cramp and carpal tunnel. Headaches that are worse with cold, better with pressure and hot applications.
- Rhus Toxicodendron (Poison Oak/Ivy) 30x: Indicated for pain from strains and over exertion, rheumatism, neuritis and achy flu symptoms and pain in the inner and upper scapula. Restless extremities and restless legs in bed. Arthritis pain is worse in bed at night, worse in morning upon waking but better with motion. Pain is worse in damp cold weather, worse from motion, cold application, cold drinks, better from heat, warm compresses, firm pressure and hot baths.
- Ruta Graveolens (Rue) 30x: Indicated for general stiffness throughout the body. Good for injury or bruised bones, sprains with weakness in joints and tendons. Acute bursitis and tendonitis. Vertebrae slip out of place easily. Pain in nape of back and loins. Easily fatigued and worse with exertion and from cold damp weather. Pain is better lying down and with pressure.
- Symphytum Officinale (Comfrey) 30x: Helps relieve pain and promotes healing of injuries to tissue especially by a blunt object. Good for broken bones and fractures. Also a specific for injuries to bones around the eye. Helpful with non-union of fractures that is slow to heal. Stitching pains that remain after a wound has healed or old injuries that flare up and become painful.

Full Ingredients List: Grapeseed Oil (Vitis Vinifera), Vitamin E (Tocopherol Acetate), Sorbitan Perolate, Arnica Montana (Leopard's Bone) 30x, Bryonia (Wild Hops) 30x, Calcarea Carbonica 30x, Hypericum (St. Johns Wort) 30x, Magnesia Phosphoria (phosphate of Magnesia) 30x, Rhus Toxicodendron (Poison Oak/Ivy) 30x, Ruta Graveolens (Rue) 30x, Symphytum Officinale (Comfrey) 30x.