GRANDMA'S REMEDIES

Arnica Essential Oil: Relieves Muscle Ache & Helps with Hair Loss

By bestfolkmedicine · 19/12/2020 · 3 min read



Did you know that arnica oil is becoming more and more popular for pain relief and health improvement?

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It can therefore be a great idea to add it to your natural first aid kit, particularly if you're into sports and often struggle with injuries like sprains or bruises.

This oil comes from arnica, flowering perennial plants that grow naturally in Europe and Siberia, as well as in North American mountains.

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It's a well known folk medicine and it has recognizable yellow petals and an orange center. They can reach a height between 1 and 2 feet.

Arnica has several species, yet the most popular one is the Arnica Montana, also known as Wolf's bane. This variety grows in meadows up to 3000 feet above sea level.

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And, the higher the altitude, the higher the aroma of the flowers-these blossoms are also used for the production of the arnica essential oil. This oil is highly aromatic and has a yellow color.

What Are the Uses of Arnica Essential Oil?

For hundreds of years, arnica flowers and roots have been used as an herb medicine.

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Nowadays, although it keeps on being used, great care is advised, especially in its pure essential oil form. And, it's important to note that it's not recommended for aromatherapy because of being highly powerful and even toxic.

It's often incorporated in perfumes, in some cosmetic products, and topical gels and creams.

When diluted, it can be used for swelling and pain relief as well as protection from infections. Nowadays, athletes use it for relief from exercise injuries or pain.

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What Are the Best Health Advantages of Arnica Oil?

- **Relieve spasms, muscle pain, sprains, and bruises**

From a 2007 study, it was concluded that arnica had positive influence on sore muscles after running a marathon.

- **Hair loss**

When using a diluted form, it can help boost the blood flow when applied onto the scalp and encourage hair growth.

- **Speed up healing from insect bites and stings**

When you have an insect bite, apply a diluted form of the oil onto the affected area to speed up the healing process and lower risk of soreness and bruises.

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Make Your Own Infused Arnica Oil

Pure arnica essential oil is made through steam distillation or a CO2 extraction and it's quite expensive. However, if you have arnica flowers, you can make your own infusion.

Here's what you need:

Dried and ground arnica blooms

Olive oil

A jar

A bottle

Prep:

Fill the jar with the flowers and add olive oil to cover them, but still leave room. Infuse it for 2 to 3 weeks with a slow and steady heat. This can be a sunny area or an oven with pilot light on.

Then, strain the oil into the bottle.

Extra Tip:

If you want to prolong the duration of the oil, you can add a tsp of rosemary antioxidant or citric acid.

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The oil is best for topical use; inhalation and ingestion without supervision of a health expert aren't recommended!

Sources:

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