Fast Relief Herbal Balm - Sprain & Bruise Rescue

DESCRIPTION

Fast, Plant-Powered Relief for Bumps, Bruises & Twists

This balm relieves the pain and soreness of everyday knocks, sprains, and overworked muscles — and it speeds you back to comfort. At its heart are two of the most storied first-aid herbs in Western folk medicine: **Comfrey**, known for centuries as "knitbone" for soothing strains and knocks, and **Arnica**, the classic herbal ally for bruises and trauma. Generations of herbalists reached for this exact pair; we blend them at full strength.

Crafted with intention:

> *Olive Oil, Beeswax, Vitamin E Oil*
> ***The herbal blend:*** *Comfrey, Arnica, and a thoughtful proprietary blend of soothing essential oils.*

What Sprain & Bruise Rescue relieves:

- **Bruises & tenderness** — eases the soreness and helps them fade
- **Sprains, strains & twisted joints** — soothes the ache and calms swelling
- **Sore, overworked muscles** — relief after workouts, gardening, sport, or hard work
- **Everyday bumps & impacts** — your go-to after life's little (and not-so-little) mishaps

Bonus everyday uses customers love:

- Post-workout or post-gardening recovery
- Soothing tired hands, knees, ankles, shoulders, or lower back
- A gentle massage balm for active families, athletes, and busy bodies
- A handy travel companion

Small-batch, all-natural, and full-strength — dependable, plant-based relief from a tradition far older than the pharmacy shelf.

Disclaimer

Sprain & Bruise Rescue is a handcrafted herbal preparation for the topical relief of everyday bruises, sprains, and muscle soreness. It is not intended to diagnose or treat any disease, and it is not a substitute for medical care for a serious injury.

We recommend consulting a qualified integrative healthcare professional before use, especially if you are pregnant, nursing, have sensitive skin, a medical condition, or take any medications.

Important Safety Information:

- For **external use only**. Do not ingest.
- Apply only to **intact, unbroken skin**. Avoid open wounds, cuts, or irritated skin. (Comfrey is for short-term external use only.)
- Perform a **patch test** before first use.
- **Discontinue use** if you experience irritation, redness, or discomfort.
- Keep out of reach of **children**. Store in a cool, dry place.

Ingredients are natural, but individual sensitivities can occur. Results may vary. Always use as directed.
