

How to Choose our Topical Remedies

Active/Daytime Salve: Apply anytime you plan to be active and/or use painful joints, muscles or arthritic areas. It contains the herbs in our Repair Salve, herbs for stopping bleeding and disinfecting a wound. It also contains a small amount of our Arnica Tincture. It will help heal up an injured area and will prevent further injury.

Arnica Tincture: Our Arnica Tincture relieves pain, reduces inflammation, and heals up bruising. It doesn't have any healing herbs or oils. It can be used on its own, but is also a great complement to most of our salves.

Cayenne Plus Oil: Cayenne warms tissues and increases circulation. It works well when applied to arthritic joints, stiff muscles, or a clean, open wound. It has herbs which heal infection and relieve pain. Best used in cold weather or when there is stiffness in muscles and joints. Helps prevent stiffness in the morning if you use it at night; helps mobilize tissues in the morning.

Chronic Pain Numbing Oil: This oil is our strongest product, designed for painful muscles and joints which are preventing you from resting because of the intensity of your pain. Best at bedtime (or before trying to rest), it will have a numbing effect so you can relax.

Cold Therapy/Ice Pack (Biofreeze Gel etc.): Apply with oils or salves or arnica when there is swelling, heat radiating off the injury and/or sharp pain.

Nerve Pain Salve: This salve is most useful when nerve injuries cause sharp, burning pain. Firing of the nerves causes sharp pain in the root of the nerve. When applied to the nerve ending, the salve will calm this. Nerve Pain Salve is especially helpful for nerve pain caused by compressed discs in the spine, or a bad hip, knee, or ankle. It works extremely well for pain on the skin surface caused by sores from viral infections (herpes, chicken pox, shingles, etc). These kinds of infections damage the nerve endings.

Repair Salve: Our Repair Salve is designed to nourish tissues healing from arthritis, injuries or wounds. Best in combination with our Cayenne Plus Oil, our Repair Salve contains a more complex combination of herbs which are in the Bone Flesh and Cartilage formula sold in our Injury Kit. This salve works wonderfully for repairing an injury when applied topically. If a wound is open, clean it well with soap and water and debride it (make sure any debris is removed as best you can). Apply the Cayenne Plus Oil to it with a cotton swab to disinfect and stop the bleeding. Apply the salve. Cover with a bandage and repeat 2-4x/day as needed to close and heal the wound.

Resting/Nighttime Salve: A companion to our Active/Daytime Salve, this salve is best used anytime you plan to rest or sleep. This salve contains herbs which help to stop bleeding, herbs for disinfecting wounds, and herbs to soothe nerve pain which prevents restful sleep. Apply to painful and/or injured muscles or arthritic areas.

Warm Therapy/Hot Pack (Sombra gel etc.): Apply with oils or salves or arnica when there is aching pain and the area is stiff or cold. Especially helpful in the morning or when planning to rest during cold weather or to warm up stiff arthritic areas before moving/working.