



# The Light House

Rose Isbell

Homeopathy for Stress and Injury



*A Lovely Gift!*

## CARE PACKAGE

The Care Package contains  
**Arnica, Relief Essence and  
Trauma Relief Cream.**

**It is wonderful as a way to care  
for yourself, or as a gift for a  
friend or loved one, showing  
how much you care.**



### ARNICA

Arnica 30c is a homeopathic remedy which can be used to support healing after injuries.

The dose is 4 drops hourly at first, and then 4 drops 4 times a day.



### RELIEF ESSENCE

Relief Essence is a combination of Christchurch Flower Essences that can be used to help with the recovery from injury, illness, betrayal, grief and stress.

It contains flower essences made from Dog-Toothed Violet, Foxglove, Pig Squeak, Pussy Willow and Tiger Lily.

The dose is 4 drops hourly at first, and then 4 drops 4 times a day.



### TRAUMA RELIEF CREAM

Trauma Relief Cream can be used to help with injuries, including bruises and sprains.

It contains Relief Essence, Lemon essential oil, and three homeopathic remedies (Arnica, Bellis and Ruta).

It can be applied 2-3 times a day, and should not be used on broken skin.

Trauma Relief Cream is also available in large pots.

## OTHER PACKAGES

You can choose your own combination of remedies from the online shop.

[www.roseisbell.nz](http://www.roseisbell.nz)  
[www.thelighthouse.co.nz/shop](http://www.thelighthouse.co.nz/shop)

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