

White Cream Liniment

Article No. 2316 (325 mL/11 fl. oz.)

Rub away the pain! For relief without burning, simply rub on and feel the pain go away. A deep-penetrating formula that not only relieves minor aches, but also helps stop the pain and itching from many insect bites.

- **Time-tested:** Since 1915!
- **Cream lotion:** Won't dry the skin; leaves it feeling soft and smooth; rub into skin to stimulate circulation.
- **Deep penetrating formula:** Reduces muscular discomfort due to overexertion, fatigue and strains; provides temporary relief for minor aches and pains associated with simple backache, arthritis, strains, bruises, sprains, and stiffness; won't leave a greasy film on skin.

Active Ingredients

- **Turpentine (9%):** Extracted from pine trees, this counterirritant has been used as a folk remedy for centuries. Please note that the material used in medicinal products is rectified; that is, it is of much higher quality than the commercial product. It is a highly effective counterirritant and is perfectly safe.
- **Camphor (3%):** Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a feeling of warmth and a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.



Massage Oil for Sore Muscles

Mix a 2 to 1 ratio of Watkins Red Liniment and Watkins Natural Massage Oil to rub onto sore muscles or aches from flu and other ailments. "It rubs on easily and does not burn my hands when rubbing."

- 2 tsp **Watkins Red Liniment**
- 1 tsp **Watkins Natural Massage Oil**

Combine Liniment and Massage Oil and rub onto sore muscles. (This does not blend well in a dish, but goes on well with hands and is very gentle when applying). For more "heat" use 3 tsp Liniment. Provided by Mary Burgett.