

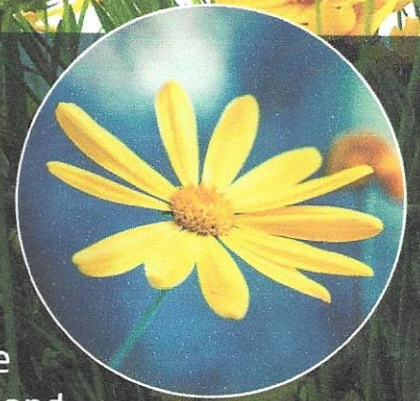
WELEDA

Since  1921

ARNICA INSIGHT DAY

Friday 24th May
10.30am - 4.30pm

Join us as we journey further into the natural world's healing wonders and meet Arnica in its native habitat. This is a unique opportunity to experience Arnica's therapeutic qualities firsthand. It's not just about using Arnica as a remedy; it's about understanding how ultra-dilute arnica preparations are created, understanding arnica's healing pathways and forging a bond with nature, tapping into its wisdom for holistic wellbeing.



Things to consider:

- Please wear suitable clothing for being outside for the whole day (dress for four seasons!) not forgetting a waterproof coat and a warm layer (and a blanket if you're nesh!)
- Please consider bringing a sun hat, sunglasses and a cushion.
- Wearing the correct footwear is really important. The ground is uneven so ideally wear walking boots. White shoes may not remain white by the end of the day and open toed sandals are not recommended.

Cost: £60 per person
includes lunch and refreshments.

Venue: Studio Equinox
Poynitzfield herb Nursery, Black Isle,
By Dingwall IV7 8LX, Scotland, UK



Buy tickets today
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