



SAFETY DATA SHEET

Arnica Oil Massage Oil

Product Type: Arnica-Infused Massage Oil

Product Name: Arnica Oil Massage Oil

Version: 1.0

Date: 17 September 2026

SECTION 1: IDENTIFICATION OF THE PRODUCT AND SUPPLIER

Product Name: Arnica Oil Massage Oil

Product Type: Arnica-infused massage and body oil

Recommended Use: Massage, muscle-relief massage, sports and recovery massage, body relaxation and therapeutic massage.

Intended Users: Professional massage therapists, spas, physiotherapy clinics, salons and domestic users.

Suitable Applications:

- Muscle and joint relief massage
- Sports and recovery massage
- General body relaxation
- Therapeutic massage
- Spa treatments
- Physiotherapy and wellness applications
- Salon and professional massage services
- Home massage use



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SECTION 2: HAZARD IDENTIFICATION

Product Classification

Arnica Oil Massage Oil is an oil-based topical massage formulation containing Arnica montana extract and skin-nourishing oils. Based on the information supplied, the product is intended for external topical use.

The final GHS hazard classification must be confirmed from the complete formulation, including the concentration and form of Arnica extract, fragrance components, preservatives and carrier oils.

Potential Hazards

- Direct eye contact may cause irritation.
- Prolonged or repeated contact may cause irritation in sensitive individuals.
- Individuals sensitive to Arnica or other botanical ingredients may experience skin irritation or an allergic reaction.
- The product is not intended for consumption.
- Do not apply to open wounds, broken or damaged skin.
- Spilled oil may create a slippery surface.
- Keep away from excessive heat and flames.

Precautionary Measures

- For external use only.
- Avoid contact with eyes.
- Do not apply to open wounds or broken skin.
- Discontinue use if irritation or an adverse skin reaction occurs.
- Wash hands after application where appropriate.
- Keep container tightly closed when not in use.
- Keep away from excessive heat and flames.
- Keep out of reach of children.

Signal Word: To be confirmed following final GHS classification.

Hazard Pictograms: To be confirmed following final formulation assessment.



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SECTION 3: COMPOSITION / INFORMATION ON INGREDIENTS

Arnica Oil Massage Oil is an oil-based massage formulation.

Typical formulation components may include:

- Carrier oils such as grapeseed oil
- Almond oil
- Sunflower oil
- Arnica montana extract
- Fragrance
- Antioxidants
- Preservatives/stabilisers, where applicable

Exact chemical names, concentrations and CAS numbers: To be confirmed from the final manufacturing formulation.



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SECTION 4: FIRST-AID MEASURES

Eye Contact

Immediately rinse eyes thoroughly with clean running water. Continue rinsing for several minutes. Remove contact lenses if present and easy to do. Seek medical attention if irritation persists.

Skin Contact

Wash the affected area with soap and water. Discontinue use if redness, irritation, itching or other adverse reaction occurs. Seek medical advice if symptoms persist or become severe.

Inhalation

Inhalation is not expected to be a significant route of exposure during normal use. If discomfort occurs from fragrance or vapour, move the affected person to fresh air and allow them to rest.

Ingestion

The product is not intended for consumption. Rinse the mouth with water. **Do not induce vomiting** unless directed by medical personnel. Seek medical attention if a significant quantity has been swallowed or if symptoms develop.

Most Important Symptoms

- Eye irritation
- Skin irritation
- Redness or itching in sensitive individuals
- Allergic or sensitisation reaction in susceptible individuals
- Gastrointestinal discomfort following accidental ingestion



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SECTION 5: FIRE-FIGHTING MEASURES

Suitable Extinguishing Media

Use extinguishing media appropriate for the surrounding fire, including:

- Dry chemical
- Carbon dioxide
- Foam
- Water spray

Specific Hazards

Arnica Oil Massage Oil is an oil-based product and should be kept away from open flames, sparks and excessive heat.

When heated strongly or involved in a fire, the product and its packaging may produce irritating smoke, fumes or combustion products.

Protective Equipment for Firefighters

Firefighters should wear suitable protective clothing and respiratory protection where necessary, particularly in enclosed areas or where smoke and combustion products are present.



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SECTION 6: ACCIDENTAL RELEASE MEASURES

Personal Precautions

- Avoid contact with eyes.
- Avoid prolonged skin contact with spilled product.
- Wear suitable gloves when handling large spills.
- Take care because spilled oil may create a slippery surface.
- Keep unnecessary personnel away from the spill area.
- Keep the product away from heat and ignition sources.

Environmental Precautions

Prevent large quantities of product from entering stormwater drains, waterways or soil.

Spill Containment and Cleaning

- Stop the source of the spill where it is safe to do so.
- Keep the area away from ignition sources.
- Contain the spilled oil.
- Absorb using suitable inert absorbent material such as sand or another appropriate absorbent.
- Collect the absorbed material into a suitable container.
- Clean the affected surface using an appropriate cleaning agent.
- Take care when cleaning because residual oil may leave the surface slippery.
- Dispose of collected waste in accordance with applicable local requirements.



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SECTION 7: HANDLING AND STORAGE

Safe Handling

- Use only as directed.
- For external use only.
- Avoid contact with eyes.
- Do not apply to open wounds or broken skin.
- Discontinue use if irritation occurs.
- Wash hands after handling where appropriate.
- Avoid unnecessary contact with contaminated surfaces.
- Keep away from flames, sparks and excessive heat.
- Keep the container tightly closed when not in use.

Storage Conditions

- Store in a cool, dry place.
- Protect from direct sunlight.
- Keep away from excessive heat.
- Keep away from open flames and ignition sources.
- Keep the container tightly closed.
- Store in the original container where possible.
- Keep out of reach of children.

Incompatible Materials

- Specific incompatibilities should be confirmed from the final formulation. Avoid unnecessary mixing with strong oxidising agents and other reactive chemicals.



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SECTION 8: EXPOSURE CONTROLS / PERSONAL PROTECTION

Occupational Exposure Limits

No specific occupational exposure limits have been established for the complete finished product based on the information supplied. Exposure limits for individual ingredients should be confirmed from the final formulation.

Engineering Controls

Normal room ventilation should generally be adequate during routine massage application. Additional ventilation may be appropriate during bulk handling or where strong fragrance is present.

Eye Protection

Eye protection is not normally required during routine massage application but is recommended when handling large quantities or where splashing may occur.

Hand Protection

Protective gloves may be used during bulk handling or where prolonged contact with the product is expected.

Skin and Body Protection

Normal protective clothing appropriate to the intended massage application is generally adequate. Avoid application to broken or damaged skin.

Respiratory Protection

Respiratory protection is not normally expected to be required during normal use. Adequate ventilation should be maintained during bulk handling.

Hygiene Measures

- Wash hands after handling.
- Avoid touching the eyes during application.
- Do not eat or drink while handling bulk quantities.
- Keep containers clean and properly closed.



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SECTION 9: PHYSICAL AND CHEMICAL PROPERTIES

Property	Specification
Appearance	Clear to pale yellow liquid
Colour	Clear to pale yellow
Odour	Mild herbal, Arnica-based
pH (neat)	Not applicable – oil-based product
Viscosity at 25°C	Medium viscosity suitable for massage application
Density at 25°C	0.90 – 0.94 g/cm ³
Solubility	Insoluble
Boiling Point	To be determined
Physical state	Liquid
Flammability	Not expected to be flammable under normal conditions
Flash point	Not determined; water-based product not expected to be highly flammable
Oxidising properties	Not expected under normal conditions; confirmation required



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SECTION 10: STABILITY AND REACTIVITY

Reactivity

No significant reactivity is expected during normal handling and storage.

Chemical Stability

The product is expected to remain stable when stored under the recommended conditions and protected from excessive heat, sunlight and ignition sources.

Conditions to Avoid

- Excessive heat
- Direct sunlight
- Open flames
- Sparks and ignition sources
- Prolonged exposure to high temperatures
- Contamination with incompatible chemicals

Incompatible Materials

- Specific incompatibilities should be confirmed from the final formulation. Avoid contact with strong oxidising agents and other reactive chemicals.

Hazardous Reactions

Hazardous reactions are not expected during normal use and storage when the product is handled according to the manufacturer's instructions.

Hazardous Decomposition Products

Thermal decomposition or combustion may produce smoke, irritating fumes and other combustion products.



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SECTION 11: TOXICOLOGICAL INFORMATION

Likely Routes of Exposure

- Skin contact
- Eye contact
- Accidental ingestion
- Inhalation of fragrance/vapour during unusual or prolonged exposure

Eye Effects

Direct contact with the eyes may cause temporary irritation.

Skin Effects

The product is intended for topical application. However, sensitive individuals may experience irritation, redness, itching or an allergic reaction to Arnica or other ingredients.

Inhalation

Significant inhalation exposure is not expected during normal use. Fragrance or vapour may cause discomfort in sensitive individuals.

Ingestion

The product is not intended for consumption. Accidental ingestion may result in gastrointestinal discomfort.

Chronic Effects

No specific chronic toxicity data are available for the complete finished formulation based on the information supplied. A complete toxicological assessment should be based on the individual ingredients and their concentrations.



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SECTION 12: ECOLOGICAL INFORMATION

Ecotoxicity

No specific ecotoxicological data are available for the complete finished formulation. Large quantities of massage oil should not be released directly into drains, waterways or natural environments.

Persistence and Degradability

Biodegradability data for the complete finished formulation have not been supplied. The environmental behaviour will depend on the carrier oils, Arnica extract and other formulation ingredients.

Bioaccumulative Potential

No specific data are available for the complete finished product.

Mobility in Soil

The product is insoluble in water. Spilled oil may remain on surfaces or soil and should be contained and cleaned up promptly.

Environmental Precaution

Prevent uncontrolled release into:

- Rivers
- Dams
- Streams
- Stormwater systems
- Soil and other natural environments



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SECTION 13: DISPOSAL CONSIDERATIONS

Product Disposal

Dispose of unused product, residues and contaminated absorbent material in accordance with applicable local, municipal and national waste-disposal requirements.

Do not discharge large quantities of oil directly into drains, waterways or soil.

Container Disposal

Empty containers should be disposed of or recycled according to applicable local requirements.

Do not reuse containers for food, beverages or other unrelated purposes.

Contaminated Packaging

Packaging containing significant product residues should be treated as contaminated and disposed of responsibly.



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SECTION 14: TRANSPORT INFORMATION

- The final transport classification must be confirmed from the complete formulation and applicable transport regulations.

Transport Mode	Classification
Road	Not regulated as dangerous goods based on available information
Rail	Not regulated as dangerous goods based on available information
Sea	Not regulated as dangerous goods based on available information
Air	Not regulated as dangerous goods based on available information

Based on the information supplied, the product is an oil-based massage preparation. Final transport classification should be determined from the measured physical properties and complete formulation.



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SECTION 15: REGULATORY INFORMATION

The finished product should be assessed against all applicable South African requirements relating to:

- Chemical classification and labelling
- Safety Data Sheets
- Occupational health and safety
- Hazardous chemical substances, where applicable
- Consumer chemical products, where applicable
- Cosmetic or topical-product requirements, where applicable
- Environmental protection
- Waste management
- Transport of hazardous substances, where applicable

Any claims relating to **therapeutic effects, anti-inflammatory effects, muscle or joint pain relief, bruising relief or medicinal benefits** should be supported by appropriate product evidence and comply with applicable regulatory requirements for the intended market and product classification.



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SECTION 16: OTHER INFORMATION

Recommended Uses

Arnica Oil Massage Oil is intended for:

- Muscle and joint relief massage
- Sports and recovery massage
- General relaxation massage
- Therapeutic massage
- Spa treatments
- Physiotherapy and wellness applications
- Salon and professional massage use
- Home massage use

Directions for Use

- Warm a small amount of Arnica Oil Massage Oil between the hands.
- Apply directly to clean, dry skin.
- Massage gently into the affected or target area.
- Continue massage until the desired absorption and glide are achieved.
- Reapply as needed for prolonged massage sessions

DO NOT APPLY TO OPEN WOUNDS OR BROKEN SKIN.

Important Safety Warning

For external use only. Avoid contact with eyes. Do not use on open wounds or broken skin. Individuals with known sensitivity to Arnica or botanical ingredients should exercise caution.

Keep away from excessive heat and flames. Store in a cool, dry place away from direct sunlight.



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