

# HEALING HERBAL CRAFTS



## LESSON THREE MAKING HEALING HERBAL CRAFTS



[www.HealingHerbalCrafts.com](http://www.HealingHerbalCrafts.com)



# INTRO TO MAKING HEALING HERBAL CRAFTS

*Much of this information is adapted from my book **Earthly Bodies & Heavenly Hair: Natural and Personal Care for Every Body** - [www.botanicalartspress.com](http://www.botanicalartspress.com)*

In this section of the course we dive into making healing herbal crafts. Here you will learn the master techniques empowering you to make some of the very best herbal topical body care preparations and products customized for your needs.

We begin with poultices, one of the most ancient yet effective treatments for caring for the skin and the musculoskeletal system. We'll explore using different herbs, fresh and dried, as well as different wetting agents. We will also touch upon the use of essential oils.

Next we enter into the herbal infused oil realm, where you will learn how to make potent, healing oils, from start to finish. We discuss using dry herbs versus fresh, carrier oils, and the use of heat.

In the last section, I show you how to use herbal infused oils to make a variety of products such as Rejuvenating Facial Oil, an array of herbal salves, Super Healing Lip Balm, Hair Pomade, Baby Balm, and more.

Let your creative healing-herbal-crafts juices flow!

## **Important Cautionary Note:**

The information here is not intended to replace medical attention. When dealing with a medical issue, please seek guidance from your healthcare provider.



# POULTICES

## About Poultices

Poultices are one of the most ancient methods used to encourage the healings of wounds and skin and musculoskeletal system issues. They are made by mashing or masticating fresh herbs to release their juices, thereby creating a soft, moist mass that is applied directly to the affected area.

If dried herbs are used, they are usually powdered, then moistened with water, herbal infusion, herbal tincture or other suitable liquid to create a paste that is applied to the skin.

Once you have applied a poultice, you can wrap it with a cloth or cotton gauze to hold it in place for more sustained healing effects.

## Treating Wounds — Important Cautionary Note:

Always seek medical attention for your specific situation, especially when treating open wounds, or broken bones. Regarding open wounds, I prefer to disinfect them, and then apply an herbal poultice to stop the bleeding and encourage scab formation.

Once the scab starts to form, I suggest respecting the scab and minimizing applications that would compromise it. At this point, no more poulticing and only judicious use of wound washes, while applying healing balms around, but not on the healing scab.

## Spit Poultices

These are the most basic form of poultice made by chewing fresh plant material and applying it to the affected area, such as using plantain leaf for bug bites, yarrow leaf for wounds, or violet leaf for minor burns.





# FRESH HERB POULTICE

## MASTER RECIPE

*You may need to double or quadruple the amount based on the area of the body you need to cover.*

- Large handful of fresh herb of choice, chopped
- 1–2 tablespoons of water or herbal infusion
- 1–2 drops essential oil of choice for additional therapeutic action (optional)
- 30 drops tincture of choice for additional therapeutic action (optional)

Place the chopped herb into a food processor and puree with water until a thick puree results; remove and stir in optional essential oil and tincture. Or by hand, puree using a mortar and pestle.

Apply thickly to the skin and if necessary cover with a cloth bandage to keep poultice in place. Leave on for as long as makes sense for the situation and reapply as needed. When treating issues with intact skin, you may want to leave on for as long as possible. Store the unused portion in a tightly lidded container in the refrigerator.

To **disinfect** the injury, or **boost immune** response, I like to add calendula or echinacea tincture. If there is pain, I like to add St. John's wort tincture.



### POULTICE VARIATIONS:

Herbs commonly used for poultices are:

**Plantain leaf** for bug bites, wounds, hemorrhoids, styptic to stop bleeding.

**Comfrey leaf and/or root** for repairing damaged skin, bruises, broken bones, sprains, muscle strains, tendonitis and other itis-es, first degree burns (where skin is not broken), pain relief.

**Yarrow leaf** for cleansing, healing wounds, acne, hemorrhoids, styptic to stop bleeding, pain relief.

**Calendula flower** for cleansing, speeding up the healing of wounds, acne.

**Violet leaf** for soothing inflamed skin, eczema, first degree burns (where skin is not broken), lymphatic congestion.

# DRY HERB POULTICE

## MASTER RECIPE

*You may need to double or quadruple the amount based on the area of the body you need to cover.*

- 2 tablespoons dry herb of choice, chopped
- 2–4 tablespoons of water or herbal infusion
- $\frac{1}{4}$  teaspoon cold pressed olive oil or herbal infused oil of choice
- 1–2 drops essential oil of choice for additional therapeutic action (optional)
- 30 drops tincture of choice for additional therapeutic action (optional)

Grind herb into a fine powder and place in a small bowl, add water, a tablespoon at a time, stirring well until a thickened paste results, then add olive oil, optional essential oil and tincture. Apply the paste to the affected area. Leave on for as long as makes sense for the situation and reapply as needed.

When treating issues with intact skin, you may want to leave on for as long as possible. To remove a poultice that has dried onto intact skin, soak area with warm water or apply a warm wet cloth and gently rinse off.

Store the unused portion of poultice in a tightly lidded container in the refrigerator.



### Poultices as Body and Facial Packs

Food for thought: The same techniques for making poultices can be used for making facial and body packs. For example someone with hot dry skin might be helped by a fresh violet leaf poultice to soothe as well as clean the skin. We touch on this here, but facial and body packs are for another lesson.



# HONEY POULTICE / FACIAL MASQUE

## MASTER RECIPE

MAKES ENOUGH FOR ONE FACIAL APPLICATION

*A soothing cooling humectant for all skin types. May be used to cleanse acne, and address wounds due to honey's antimicrobial action. By combining honey with essential oils one can create an aromatically delightful and healthful array of masques and poultices. If applying to larger areas of the body you will need to multiply the recipe.*

- ½–1 teaspoon raw honey per facial
- 1–2 drops essential oil of choice (optional)

Pat and massage honey into skin, spreading it evenly over your face. For a standard facial, leave on for 20 minutes, then rinse off with warm water. For supporting wound care, apply honey very gently but thoroughly, and leave on for as long as the situation calls for.

If using essential oils, place honey in the palm of your hand, or a small bowl for larger quantities, and stir in the essential oil and proceed as above.



### Honey Poultice Essential Oil Variations

1. Use one drop tea tree, thuja, or wintergreen for acne infections.
2. Use one drop chamomile, or lavender for irritated and inflamed skin.
3. Use one drop peppermint for tired skin.
4. Use one drop fennel or sandalwood for dry skin (or no essential oil, as they are drying).
5. Use one drop orange, lime, or lemongrass for oily skin.

**Essential Oil Warning:** Essential oils are too strong for some folks and should be avoided entirely. I suggest not using them on babies or during pregnancy.

# HERBAL INFUSED OILS

## Herbal Infused Oils

These are oils in which herbs have been steeped so as to extract the healing properties of the herbs, along with their subtle color and scent. They are used topically in massage oils, salves, lip balms, creams, and more. Please note that herbal-infused oils are not the same as essential oils and cannot be used interchangeably. Herbal infused oils can be made with dry or fresh herbs, with or without heat.

When infusing herbs in oil it is best to use a stable oil that will not go rancid quickly, such as cold pressed olive oil. Not recommended, but when infusing with a less stable oil, such as almond, you will need to use it up more quickly.

Making herbal infused oils is very similar to making herbal tinctures where oil is the menstruum instead of alcohol and water.

## Carrier Oils or Base Oils

Carrier or base oils serve as a foundation for skin care products and for essential oils. Carrier oils are generally extracted from fruits, grains, nuts or seed, such as olive, almond, sesame to name a few. Many of them are the same products that you use for cooking. The various carriers have particular qualities that make them useful for different situations and different skin types. However, for this lesson, we focus on one of the most stable carrier oils for creating herbal infused oils which is olive oil. You can use jojoba, coconut and even sesame which are also very stable. Later in this lesson we will consider a few different carriers when creating formulas.

I believe it is very important to choose unrefined cold pressed or expeller pressed oils. These grades of oils have been mechanically pressed rather than extracted with petro-chemical solvents such as hexane and heptane. The colder the pressing temp the better as heat negatively impacts oils, causing rancidity and loss of nutrients. Also unrefined oils are more nourishing than refined oils, whether ingested or used topically. Be aware, however, that unrefined oils are stronger in color and scent than refined oils, and that they may have a cloudy appearance.

Keep in mind too that light, heat and oxygen cause rancidity and spoilage in oils. You may want to purchase oils in relatively small quantities and store them in airtight containers in a cool, dark place. Oil-based preparations should be stored in the same way. If an oil or oil-based product begins to smell rancid, it is best to discard it or use it for polishing the floor or furniture.

This is all to say that we want to use the best quality olive oil we can get, preferably unrefined cold pressed and organic for making our herbal infused oils.

## Essential Oils Are Not Herbal Infused Oils

Essential oils are concentrated, volatile plant extracts obtained from various flowers, roots, barks and peels, usually by a steam distillation process. Essential oils should not be confused with herbally infused oils, which are produced by infusing plant materials into a carrier oil that are then allowed to steep for a period of time.

Essential oils enhance preparations with their scent, and can add therapeutic value. Aromatherapy uses essential oils for their subtle influence on mental, emotional, spiritual and physical well-being. Essential oils are also generally strong antimicrobials, and thus function as natural preservatives. They can be added to creams, salves, oils, baths, and almost any skin and hair preparation.



These plant essences are very volatile, meaning they evaporate into the air, so they must be stored in a dark, cool, place, with their lids tightly capped. When using essential oils it is necessary to dilute them, since they are so concentrated; using them “neat” (undiluted) can irritate and burn the skin. Be sure to store essential oils out of the reach of children. I would not suggest ingesting essential oils without qualified supervision. Essential oils are generally drying to the skin.

There are literally thousands of essential oils to choose from. And there are many excellent resources (books, courses, etc) that just focus on essential oils. However for the purposes of this course, we will touch upon just a few of the most commonly used ones, and in a basic yet practical way.

### Essential Oil Uses At a Glance

- **Lavender:** anti-inflammatory, calming, uplifting, skin regenerative.
- **Chamomile:** anti-inflammatory, calming.
- **Peppermint:** stimulating, cooling, refreshing, counteract fatigue and muscle aches.
- **Tea Tree:** anti-fungal and cleanser (but really all the essential oils are cleansers).
- **Rosemary:** stimulating, refreshing, invigorating, circulatory issues.
- **Citrus:** (grapefruit, lemon, lime): drying (more than other eos), muscle relaxant.
- **Fennel:** antispasmodic, belly calming, for dry skin (but still could be too drying).

### Basic Essential Oil Dilution Guidelines

- For face, lips, and delicate areas of the body, use 1–5 drops of essential oil per 1 oz of carrier oil.
- For feet, hair, and less delicate areas of the body, use 10–(20) drops essential oil per 1 oz of carrier oil.

**Cautionary Note:** Essential oils are too strong for some folks and should be avoided entirely. I suggest not using them on babies or during pregnancy.



# HERBAL INFUSED OIL MASTER RECIPE

## made with Freshly Dried Herb

- 1 oz (by weight) dry herb of choice, coarsely ground right before use
- From 4 oz to 6 oz cold pressed olive oil; depending on how voluminous the plant material is

Place the herb in a 6 oz glass jar with a tight fitting lid. Pour oil over the herb in the jar. Stir oil into herb until thoroughly saturated. Cap the jar tightly. Label jar with date and contents. Place jar on saucer to catch any oily drips. Try to shake the jar daily—the agitation maximizes the release of the herbal properties into the oil—but even if you don't shake the jar you will have a potent oil. Let the herb steep (macerate) in the oil for at least 4 weeks, ideally 6 weeks or longer. Or if using heat (see **Herbal Infused Oil with Heat Technique below**), steep for 10 days.

After steeping, strain oil by placing a strainer lined with a thin cloth over a bowl, and pour the entire contents of the jar into the cloth-lined strainer. Allow the oil to seep into the bowl, then gather the ends of the cloth together and squeeze out any remaining oil. The more you squeeze or press, the more oil you will end up with. However, you can expect a loss of 20–30 percent even after thoroughly squeezing, since the dried herb and pressing cloth will absorb a portion of the oil.

Label your creation with date and contents. I suggest you use an indelible ink marker and place plastic tape over your label for protection. Store in a tightly lidded container (the less air exchange the better) in a cool dark place.

### Pressing Cloth / Bag

- For pressing herbal infused oils, I like to use old white polycotton sheets (thrift store or garage sale finds) that have been well washed and dried. I cut them to size. Then after pressing, I discard them.
- Another option is a high tensile pressing cloth (or bag) made of food grade polypropylene or nylon with a micron range of 20 to 70 micron. The smaller the micron, the tighter the weave so the slower the straining, but also the more effective the straining will be. These pressing clothes are washed (an ordeal) and reused again and again.



## Pressing Implements

- Hands.
- Oxo Good Grips Potato Ricer Model #26981; small capacity 9 oz; all stainless steel; \$26.
- Norpro 469 Deluxe Cast Aluminum Jumbo Potato Ricer; larger capacity about 24 oz; has stainless steel strainer but the white paint covering the aluminium frame flakes off if scraped (which has happened to me while pressing, hence the large pot in video); \$32.

## Using Dried Versus Fresh Herbs & St John's Wort

I prefer to use freshly dried herbs for making herbal infused oils (with a couple of exceptions). Dry herbs means no moisture entering the oil which in turns means no molding and ruining the oil. Mold issues aside, often a stronger infused oil results when using dried herbs like calendula blossoms.

However St John's wort is one of those exceptions. I like to use fresh St John's wort, but before infusing it in oil I wilt it, and then use heat. More details about this in the St John's wort recipe below.

## Important Spoilage Prevention Step When Using Fresh Herbs

If using fresh or wilted plant material to make herbal infused oils, allow the strained oil to sit until the watery liquid has separated from the oil. This can take between 1–24 hours. This allows any water from the herb to collect at the bottom of the jar. Next pour or siphon off the oil and discard the watery liquid that has collected at the bottom. If you don't separate out the water, the oil may spoil.

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## Herbal Infused Oil with Heat Technique

The use of heat speeds up the extraction process, making the oil ready in 10 days. Heat also facilitates the extraction process often resulting in a more potent oil. If using fresh or wilted plants, heat also helps to evaporate some of the moisture from the plant material.

## Heat Temperatures for Steeping Herbal Infused Oils

- The ideal temperature for steeping herbal infused oils made with dry herbs is about 100°F.
- If using plant material that has moisture in it, and so needing to evaporate off this moisture, best to steep at 120°F for about 4–5 days, with a vented lid, before lowering the temperature to 100°F.

## Heat Sources For Infusing Oils

Radiator, woodstove, warming shelf, oven with pilot on, crock pot, turkey roaster, boiler room, hot water bath (when using closed containers), etc.





## CALENDULA INFUSED OIL

MAKES ABOUT 7–8 OZ, DEPENDING ON HOW WELL YOU PRESS

*Calendula is a cleansing vulnerary that promotes and speeds up the healing of wounds, minor burns, inflammations, eczema, split cuticles, diaper rash and more. Thickened into a salve (see below) it also makes an excellent lip balm for dry damaged lips—one of my favorites.*



- 2 oz (by weight) freshly dried calendula blossoms, coarsely ground right before use
- 10.6 oz organic cold pressed olive oil
- 16 oz glass jar with tight fitting lid

Follow directions for Herbal Infused Oil Master Recipe with Freshly Dried Herb.

Formulation Notes: This recipe uses 1 part dried blossom by weight to 5.3 parts menstruum (oil) by volume (1:5.3 ratio).

## COMFREY LEAF INFUSED OIL

MAKES ABOUT 6–7 OZ, DEPENDING ON HOW WELL YOU PRESS

*Comfrey also known as “knitbone” contains allantoin, a cell proliferant, that helps us close or knit things back together. Use on sprains, healing wounds, scar tissue, first degree burns, etc.*



- 2 oz (by weight) freshly dried comfrey leaf, coarsely ground right before use
- 9 oz organic cold pressed olive oil
- 16 oz glass jar with tight fitting lid

Follow directions for Herbal Infused Oil Master Recipe with Freshly Dried Herb.

Formulation Notes: This recipe uses 1 part dried leaf by weight to 4.5 parts menstruum (oil) by volume (1:4.5 ratio).

## COMFREY ROOT INFUSED OIL

MAKES ABOUT 6 OZ, DEPENDING ON HOW WELL YOU PRESS

*Comfrey also known as “knitbone” contains allantoin, a cell proliferant, that helps us close or knit things back together. Use on sprains, healing wounds, scar tissue, first degree burns, etc. The root is more mucilaginous than the leaf, and so more soothing.*



- 2 oz (by weight) freshly dried comfrey root, coarsely ground right before use
- 8 oz organic cold pressed olive oil
- 16 oz glass jar with tight fitting lid

Follow directions for Herbal Infused Oil Master Recipe with Freshly Dried Herb.

Formulation Notes: This recipe uses 1 part dried root by weight to 4 parts menstruum (oil) by volume (1:4 ratio).

## ST JOHN'S WORT INFUSED OIL USING FRESH HERB

MAKES ABOUT 11 OZ, DEPENDING ON HOW WELL YOU PRESS

*A calming topical nervine for restoring nerve health. Use for stiff sore muscles, back, spine, shingles, sciatica, pain, inflammation, burns, sunburns, etc.*

- 4 oz (by weight) fresh St John's wort flowering tops —include bud, flower and leaf
- 11 oz organic cold pressed olive oil
- Slow cooker that can hold temps from 100°F to 120°F

Wilt fresh St John's wort by spreading it out on screen or sheet in a low humidity, warm room (approx 90°F) with good airflow for about 24–36 hours. Chop herb up, place in slow cooker (or similar apparatus) along with olive oil. Make sure the plant material is submerged under the oil. Add a touch more oil if needed. Set temp at 120°F. Vent the lid to allow moisture to escape. After 4–5 days lower temp to 100–110°F for the remaining 5–6 days.

After steeping, strain oil by placing a strainer lined with a thin cloth over a bowl, and pour the entire contents of the slow cooker into the cloth-lined strainer. Allow the oil to seep into the bowl, then gather the ends of the cloth together and squeeze out any remaining oil. The more you squeeze or press, the more oil you will end up with.

Allow the strained oil to sit until the watery liquid has separated from the oil. This can take between 1–24 hours. This allows any water from the herb to collect at the bottom. Next pour or siphon off the oil and discard the watery liquid that has collected at the bottom. If you don't separate out the water, the oil may spoil.

Lastly don't forget to label your creations with date and contents. I suggest you use an indelible ink marker and place plastic tape over your label for protection.



Heat Source: Use a slow cooker or other source of gentle but consistent heat that will not introduce any moisture. (Do not use a water bath as this can increase moisture content in oil).

Formulation Notes: This recipe uses 1 part fresh herb by weight to 2.75 parts menstruum (oil) by volume (1:2.75 ratio). Ratio in the video demo is 1 part herb to 2.8 parts menstruum.





## REJUVENATING FACIAL OIL

MAKES 3 OZ OIL

This reparative, richly emollient oil is nice for dry, aged, damaged, inflamed or fragile skin.

- 1 oz comfrey root infused olive oil
- 1 oz St John's wort infused olive oil
- 1 oz jojoba oil
- 3 drops lavender or chamomile essential oil (optional)

Pour oils into a glass jar, cap and shake well. It is ready for use.



# HERBAL SALVES AND BALMS

Salves or balms are effective and convenient preparations for soothing and healing skin. One very popular salve is lip balm. These preparations are very easy and satisfying to make. Any herbal infused oil or carrier oil can be turned into a salve with the addition of beeswax, which solidifies the oil. The hardness or softness of the salve depends on how much beeswax we use. In general, I prefer balms on the harder side because they are more stable and don't ooze out of the jar and into my bag on a hot day. The addition of beeswax slows down the oil's oxidation process, delaying rancidity and prolonging shelf life. Keep in mind you can vary the beeswax to oil ratios, resulting in softer or firmer consistencies, depending on the purpose of the salve.

## **Herbal Salves vs Herbal Oils**

A salve travels better than an oil, stays on the surface of the skin more effectively, holds more moisture in the skin, so is more emollient and moisturizing, and preserves the oil from oxidation and rancidity. But if you want a lighter product, then an oil may be more appropriate than a salve.





# SALVES & BALMS

## MASTER TECHNIQUE

MAKES 4 OZ SALVE

*You may want to double or triple the recipe based on your needs. If you are sensitive to essential oils, omit them. Additionally, if using a balm on the face, lips, sensitive skin, babies, or pregnant women, it may be best to leave essential oils out. Note: liquid oil refers to an oil that is liquid at room temperature (68–72°F).*

- 3 oz liquid oil of choice (herbal infused or carrier)
- 1 oz beeswax (liquid measure)
- Essential oil from 1–40 drops (optional)

Put a pot filled 4 inches high with water on the stove over medium heat. Fill a heat-proof measuring cup with liquid oil to the 3-oz mark, then add small pieces of beeswax to the oil, bringing the level up to the 4-oz mark. Place the measuring cup in a hot-water bath and heat until the beeswax has thoroughly melted into the oil, stirring it well with a spoon. Pour the preparation into a dry, wide mouth, 4 oz glass jar and watch it solidify as it cools.

If you are going to add essential oils to the salve, do so by adding them to the jar before you pour in the mixture and / or right after pouring in the mixture. Cap the jar immediately to prevent the volatile essential oils from evaporating. Leave the salve undisturbed while it is cooling. Once cooled it is ready to use.

Store salves tightly capped away from heat and direct light.

### Salve Consistency Test

To test salve consistency, drip a small amount of melted salve onto a saucer and place it in the freezer until it firms up, about 1 minute. You may choose to experiment and change the oil-to-beeswax ratio if you prefer or firmer or softer salve.

### Summer Salves

During the summer months use more beeswax for a thicker and more stable salve, since the ambient heat can turn a salve into a thick liquid and also may cause the oil to go rancid. Use 1oz of beeswax, 2 oz of oil and a 3 oz glass jar, proceeding as above.

### Looser Salves

Sometimes a looser balm is desirable similar to the consistency of vaseline. For this use 1oz of beeswax, 4–5 oz of oil, and a 5–6 oz glass jar, proceeding as above.

# COMFREY SALVE

MAKES 4 OZ SALVE

*Here we have the healing gifts of comfrey in salve form. As mentioned in the Comfrey Infused Oil recipe, comfrey contains allantoin, a cell proliferant, that helps us close or knit things back together. Use on sprains, healing wounds, scar tissue, first degree burns, etc.*



- 1½ oz comfrey leaf infused olive oil
- 1½ oz comfrey root infused olive oil
- 1 oz beeswax (liquid measure)
- Essential oil from 1–40 drops (optional)

Follow directions for Salves & Balms Master Technique.

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# BABY BALM = LIP BALM = CALENDULA SALVE

MAKES 4 OZ SALVE

*Here we have the healing gifts of calendula in salve form. As mentioned in the Calendula Infused Oil, calendula is a cleansing vulnerary that promotes and speeds up the healing of wounds, minor burns, inflammations, eczema, split cuticles, diaper rash and more. It also makes an excellent lip balm for dry damaged lips—one of my favorites.*

- 3 oz calendula infused olive oil
- 1 oz beeswax (liquid measure)

Follow directions for Salves & Balms Master Technique.

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# RELAXATION BALM = ST JOHN'S WORT SALVE

MAKES 4 OZ SALVE

*Here we have the healing gifts of St John's wort in salve form. As mentioned in the St John's Wort Infused Oil, St John's wort is a calming topical nervine for restoring nerve health. Use for stiff sore muscles, back, spine, shingles, sciatica, pain, inflammation, burns, sunburns, etc.*

- 3 oz St John's Wort infused olive oil
- 1 oz beeswax (liquid measure)

Follow directions for Salves & Balms Master Technique.



# PLANTAIN SALVE

MAKES 4 OZ SALVE

*Use plantain salve for bug bites, irritations, hemorrhoids, and more. Although I prefer a fresh plantain leaf poultice, this salve comes in handy when fresh leaf is not available.*

- 3 oz plantain leaf infused olive oil
- 1 oz beeswax (liquid measure)

Follow directions for Salves & Balms Master Technique.

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# SUPER HEALING LIP BALM

MAKES 4 OZ SALVE

*Similar to calendula salve, but has the addition of jojoba oil for more emolliency. Also has the addition of lavender essential oil (for those who can tolerate it) for helping clear inflammation.*

- 2 oz calendula infused olive oil
- 1 oz jojoba oil
- 1 oz beeswax (liquid measure)
- Lavender essential oil from 1–12 drops (optional)

Follow directions for Salves & Balms Master Technique.

## ***Healing Lighter Lip Balm Variation:***

If you want a lighter lip balm, replace rich, dense jojoba with the thinner, more neutral almond oil.



# HAIR POMADE

MAKES 6 OZ POMADE

*This rich hair and scalp emollient soothes, nourishes and softens. It can help with dry, flaky, itchy scalp, and damaged, flyaway hair. Helpful with detangling hair too. It can be left on or washed off. I prefer to leave it on.*

*To use, place a very small amount of pomade on fingertips and comb fingers through hair and into scalp. Beware of applying too much and ending up with slick, greasy hair, unless that is the effect you desire. Warning: oil is very difficult to wash out if applied too thickly.*

- 2 oz comfrey root infused olive oil
- 1 oz jojoba oil
- 1 oz beeswax (liquid measure)
- 1 oz shea butter
- 1 oz virgin coconut oil
- Rosemary essential oil from 1–60 drops (optional)

Put a pot filled 4 inches high with water on the stove over medium heat. Fill a heat-proof measuring cup with liquid oil to the 3-oz mark, then add small pieces of beeswax to the oil, bringing the level up to the 4-oz mark. Add the shea butter and coconut oil, bringing the mixture up to the 6-oz mark. Place the measuring cup in a hot-water bath and heat until the beeswax has thoroughly melted into the oil mixture, stirring it well with a spoon. Pour the preparation into a dry, wide mouth, 6 oz glass jar, let cool undisturbed and cap when solidified.

If you are going to add essential oils to the pomade, do so by adding them to the jar before you pour the mixture in, and / or right after pouring the mixture in. Then cap the jar immediately to prevent the volatile essential oils from evaporating. Leave the pomade undisturbed while it is cooling. Once cooled it is ready to use.



## Clean Up

You will save time and hassle if you wipe oils and waxy residues from your equipment before washing it with soap and hot water. This is important to do after making oils and salves. Cotton rags from old shirts, socks, sheets, and the like work best for this purpose — much better than paper towels. Once you have wiped the surfaces clean, proceed to wash with very hot water and soap.



# RESOURCES

Below is a list of mail order suppliers for herbs, carrier oils, essential oils, beeswax, containers, and more. In addition I suggest you check your area for local herb growers, bee keepers, natural food stores, and container companies.

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Healing Spirits: <https://www.healingspiritsherbfarm.com/>

Zack Woods Herb Farm: <https://www.zackwoodsherbs.com/>

Pacific Botanicals: <https://www.pacificbotanicals.com/>

Jean's Greens: <http://www.jeansgreens.com/>

Mountain Rose Herbs: <https://mountainroseherbs.com/>

Liberty Natural Products: <https://www.libertynatural.com/>

Burch Bottle: <https://www.burchbottle.com/>

SKS: <https://www.sks-bottle.com/>