

# Herbal Salve 1



## Infused Oil

“Folk method” (i.e. not precise measurements)

### Tools needed:

- Glass jars or containers for storage
- Glass measuring cup
- Pot
- Heat source

### Ingredients:

- Oil of choice (i.e. olive, sunflower, almond, jojoba, coconut, rosehip seed)
- Dry herbs

### Instructions:

- 1) Put dried herbs in a jar (fresh may work in some cases, i.e. calendula, St. John's Wort, arnica, but watch for mold or fermentation)
- 2) Cover with oil so the oil rises about 1 inch about the herb
- 3) Use one of the following methods:
  - Sun-infused oil:
    - Let sit in a sunny window for a few weeks, then strain and use.
  - Double boiler:
    - Place your jar in a double-boiler for 30-60 minutes, then strain and use.
  - Oven:
    - Place the jar in the oven on very low heat for an hour, then strain and use.

### How to make a double boiler:

- 1) Put a steam basket in a pot of water, bring to a boil and put a pyrex measuring cup filled with the oil in the steam basket
- 2) Fill a pot with water and bring to a boil, place a larger pot on top of the smaller pot and allow the steam to gently warm the larger pot. Use the larger pot on top to combine your oil and beeswax.

# Herbal Salve 2



## Basic Salve

### Tools needed:

- Salve tins or jars for storage
- Glass measuring cup
- Pot
- Heat source

### Ingredients:

- Beeswax - 1 part by weight (i.e. 1 ounce)
- Infused herbal oil - 6 parts by volume (i.e. 6 fluid ounces)
- Essential oils (optional) - a few drops per tin of salve

### Instructions:

- 1) Heat the oil gently in a double boiler
- 2) Add the beeswax and stir until it melts
- 3) Pour the oil into your salve containers, add essentials if you like
- 4) Let cool and enjoy!

This basic salve is healing and nourishing to the skin even if you just used plain olive oil and beeswax, so don't be afraid to jump in and try something simple, such as a simple plantain or calendula salve.

Feel free to add more beeswax for a harder salve, or less beeswax for a softer salve.

Note that if you have used coconut oil this may be solid at room temperature so you may choose not to add beeswax at all, in which the infused oil itself can instantly become your salve! This is a good option for vegans or others who may wish to avoid bee products.

# Herbal Salve 3



## Hand Balm

### Tools needed:

- Salve tins or jars for storage
- Glass measuring cup
- Pot
- Heat source

### Ingredients:

- 1/2 cup sunflower oil (or other liquid oil of choice)
- 1/2 cup herbs (comfrey, calendula, and/or chamomile, to your liking)
- 4 tablespoons coconut oil
- 1 tablespoon beeswax
- 1 tablespoon cocoa butter
- 2 tablespoons shea butter
- Essential oils (optional) – a few drops per tin of salve

### Instructions:

- 1) Combine oil and herbs and heat in a double boiler for at least 20 minutes (alternately use oven or sun method).
- 2) Strain oil.
- 3) Clean out glass vessel and return oil to it.
- 4) Add solid ingredients and stir until everything is melted.
- 5) Remove from heat and pour into glass jars.
- 6) Label, date, store in a cool, dark place or next to the sink.

Works great for dry hands. Use liberally as needed.

For a thicker salve, use more beeswax