MAKING HERBAL SALVES

an ointment, cream, or balm made with healing herbs to soothe or protect the skin. Often made with infused herbal oils and beeswax.

HEALING ORCHARD HERBS:

COMFREY
astringent, wound-healer
topically can help skin regeneration, helps heal bruises, ulcers, inflammation

CHAMOMILE
soothing anti-inflammatory
topically can relieve itchy, red skin, psoriasis, eczema & heal wounds

OREGANO
anti-bacterial, anti-fungal,
topically can help cold-sores, acne, dandruff

PROCESS:

1. Start by making an INFUSED HERBAL OIL:
   - In a dry, pint-size jar, crumble 1/2 cup dried herbs and cover with 1 cup of olive oil (ratio 1 part dried herbs : 2 parts oil).
   - Cap and place the jar in a soup pot filled with water. Bring to a boil, reduce heat, then simmer for 1 hour.
   - Strain the herbs from the oil with a piece of clean cloth.

2. To make the SALVE:
   - Combine 8 ounces of infused oil with 1 ounce of shaved beeswax in a glass bowl (ratio 8 parts infused oil: 1 part beeswax).
   - Place the bowl overtop a soup pot filled with water over medium-high heat until the beeswax melts into the oil.
   - Mix in 10-15 drops of essential oil if you like!
   - Pour into clean containers. Allow to cool and harden.

3. To APPLY:
   - Spread the salve on your skin any way you might use lotion!

www.phillyorchards.org