



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:

HARVEST TIP: Tie stems in bundles and hang upside down until dry, or place stripped leaves & flowers in a paper bag until dry and crunchy!

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!



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

