

MAKING HERBAL SALVES

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Getting Started on Your Home Apocathary

BY ALISON MEEHAN

Herbal salves are a simple, enjoyable way to introduce the beauty and wonder of herbs into your home!

Salves are semi-solid at room temperature, but soften when put on the skin (think Chapstick). They are excellent on dry, chapped skin, cuts, scrapes, rashes, bee stings, and burns. You can put small containers of it easily in your purse or car for on-the-go healing.

Let's get started on building your very own home apothecary!



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Choosing Your Herbs

There are many herbs you can use for salves. Some help with itching, some with swelling, some have antimicrobial and antiseptic properties. If you're having trouble picking one, you can choose several! Some of them include:

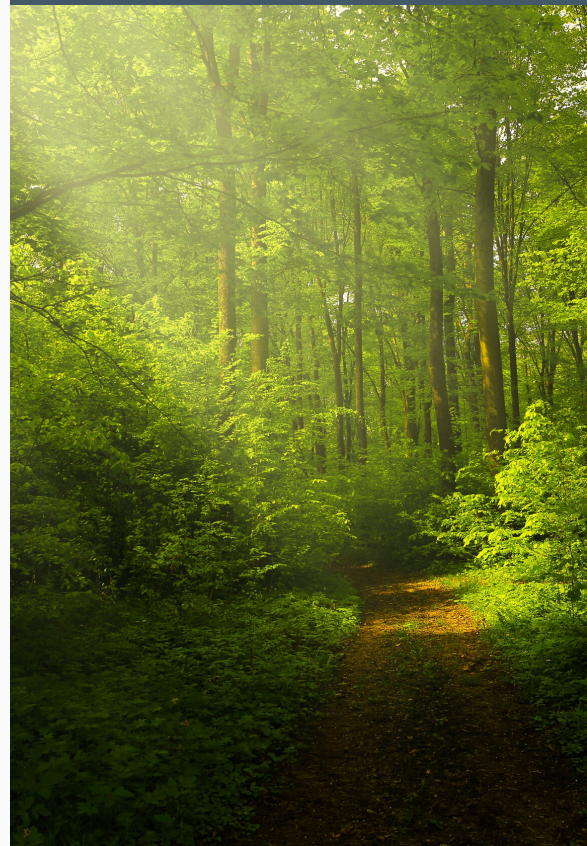
- Arnica flowers
- Burdock root
- Calendula flowers
- Chamomile flowers



- Chickweed
- Comfrey leaf or root
- Echinacea
- Ginger root
- Goldenseal leaf or root
- Lavender
- Plantain
- Rosemary
- Yarrow

“I felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, “This is what it is to be happy.”

SYLVIA PLATH, THE BELL JAR





Drying Your Herbs

Once you have chosen your herbs, you have many drying options. You can hang them up in your house on a string or put them on a tray, plate, or basket to dry. You also can use your oven at a low temperature or a dehydrator. You'll need to dry these thoroughly before storing in a jar. Any amount of moisture can cause mold to grow!



My personal favorite is hanging them around my house like decorations. I love the simple beauty drying herbs and it makes me happy every time I see them!

Another option is, of course, buying them. Online sites like Mountain Rose Herbs or Bulk Apothecary are excellent options.

“In the
spring, at the
end of the
day, you
should smell
like dirt.”

MARGARET ATWOOD,
BLUEBEARD'S EGG





Making an Infused Oil

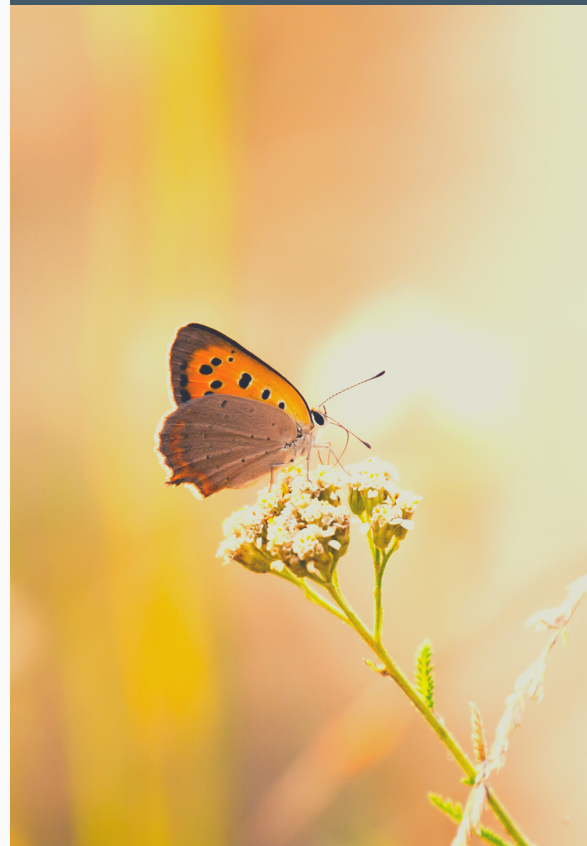
When your herbs are dry, all you need to do is put them in a glass jar with mild flavored olive oil on a sunny windowsill for two weeks. When the two weeks are up, check to see if it smells like the herb. If not, let it sit another week and check again.

Your infused oil is medicinal on its own! However, adding it to a salve will make it less messy and more useful.



“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God.”

ANNE FRANK





Finishing Your Herbal Salve!

Ingredients:

- 1 ounce beeswax (of carnauba wax if your vegan)
- 10 or more drops essential oil of your choice (I usually use lavender)
- 4 ounces of your herbal infused oil
- 10 drops of Vitamin E (optional)

Double as needed.



Tools:

- A double boiler
- Containers - could be a mason jar, metal tins, or lip balm tubes

1. Begin boiling the water and heating your double boiler.
2. Melt your beeswax.
3. Add your essential oil and stir until combined.
4. Remove from heat and add the essential oils and Vitamin E.
5. Pour immediately into your prepared containers.
6. Let cool before using.

Store for up to 3 years in a cool location!

"It always
seems
impossible
until its
done."

NELSON MENDELA



THIS IS ONLY THE
BEGINNING

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