



Making a Medicinal Oil and Salve for Topical Use:

Oils to use: Use your favorite cold pressed oil! Olive Oil, Almond Oil, Avocado Oil, Sesame, Jojoba Oil. Do not use corn oil.

Herbs to Use: Lavender, Roses, St. John's Wort, Ginger, Cayenne, Yarrow, Mullein, Chickweed, Calendula, Plantain, Chamomile, Yarrow, Elderflower, Dandelion, Violets

Making an Infused Oil

- ☼ Use dried or wilted herb.
- ☼ Place herbs into a Dry mason jar.
- ☼ Pour oil up to one inch over the herbs and seal jar tightly. Label and date.
- ☼ Place the jar in a warm and sunny spot such as a window shelf and let steep for 10 days shaking jar regularly.
- ☼ Strain out herbs using cheesecloth and very clean dry hands.
- ☼ Bottle oil up and store in a cool dark place or use oil to make a salve.

Making a Salve

- ☼ To each cup of infused oil add $\frac{1}{4}$ cup shaved beeswax.
- ☼ Heat very gently until beeswax melts.
- ☼ Remove from heat immediately and pour into small glass jars or tins.
- ☼ May add a few drops of lavender or tea tree essential oil for added medicinal activity, preservation, and scent.
- ☼ Label and give out as gifts!

To order herbs and medicine making supplies check out Mountain Rose Herbs or Frontier Herbs Online.