

Making Herbal Salves

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Why Herbal Salves?

- ~Herbal salves are great for gifts and easily accepted by people who are unfamiliar with the healing powers of herbs
- ~Great to travel with
- ~Very versatile, can be used to treat a myriad of health problems from cuts and scrapes to bruises, sprains and strains, arthritis, insect bites, inflammation, mild burns, chest congestion and itchy skin
- ~Less messy than oils

Herbal Combinations That Work Well With Salves

Salves can be utilized in a variety of ways: chest rubs for congestion and coughs, cuts, scrapes and general wound healing, treating fungal issues, dissolving scars, reducing pain and inflammation from sprains, strains and overexertion. Below are a few ideas to get you started in salve making, the possibilities are endless!

General wound healing:

Calendula flowers (*Calendula officinalis*)
Comfrey leaf or root (*Symphytum officinale*)
Prunella flowering tops (*Prunella vulgaris*)

Antifungal:

Black Walnut hulls (*Juglans nigra*)
Calendula flowers (*Calendula officinalis*)
Peppermint (*Mentha x piperita*)

Pain relief/inflammation:

Willow bark (*Salix spp.*)
Cottonwood buds (*Populus alba*)
Prunella flowering tops (*Prunella vulgaris*)
Goldenrod flowering tops (*Solidago spp.*)

Eczema, Psoriasis and other itchy skin:

Chickweed aerial parts (*Stellaria spp.*)
Plantain (*Plantago spp.*)
Jewelweed (*Impatiens biflora*)

General Muscle/Skeletal/Nerve pain relief:

Goldenrod flowering tops (*Solidago spp.*)
Skullcap flowering tops (*Scutellaria laterifolia* and other *S. spp.*)
St. John's Wort flowers (*Hypericum perforatum*)

Healing after surgery for scar tissue and nerve damage:Comfrey leaf or root (*Symphytum officinale*)St. John's Wort flowers (*Hypericum perforatum*)Insect stings and bites:Plantain leaves (*Plantago spp.*)Prunella flowering tops (*Prunella vulgaris*)Chickweed (*Stellaria media*)Breast Health:Violet leaves (*Viola spp.*)Red Clover blossoms (*Trifolium pratense*)Poke root (*Phytolacca americana*)**How to Make Herbal Salves**

Before making a salve, you will need to have a herbal infused oil prepared. We covered this in last month's class. If you missed that class, you can review with the handout that's available on my website. See resources.

To make a salve, you will need your infused oils, beeswax and vitamin E. You can purchase vitamin E capsules at your local drugstore. You'll only need a few drops.

Measure your oil and place it in the top of a double burner. For every 8 parts oil, add 1 part beeswax. For instance if you have 8 oz. of oil, you'll add 1 oz. of beeswax.

Gently heat until the beeswax is melted. Dip a teaspoon into the salve and bring out, shake off. Let it set up either at room temperature or in the freezer for quicker results.

When it has hardened, you can tell how thick the salve is. If you think it's going to be too hard, add a bit more oil. If you'd like it harder, add a bit more beeswax. It will become a bit harder than it is on the spoon so keep that in mind when you make any adjustments.

When it is the consistency you want it, use the tip of a sharp knife to poke a hole in the vitamin E capsule and squeeze it into the salve. Stir and pour your salve into a wide mouthed jar or metal container.

Recommended Herbal Books (*indicates available through library loan system):

~Making Plant Medicine by Richo Cech

~The Herbal Medicine Maker's Handbook: A Home Manual by James Green*

~Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*

~Healing Wise by Susun S. Weed*

~Practical Herbs by Henriette Kress

~Herbal Medicine From the Heart of the Earth by Sharol Tilgner, N.D.

Online Resources

Stony Mountain Botanicals on making salves with many recipes:

<http://www.wildroots.com/salves.htm>

Mountain Rose Herbs article on making salves:

<http://mountainroseblog.com/diy-herbal-salves/>

Handout for making infused oils from last month's class:

<http://www.lunaherbco.com/Making-Herbal-Oils.pdf>

Herbal Ally Challenge by me:

<http://lunaherbco.com/2011/05/herbal-ally-challenge-12-make-a-herbal-salve/>

Once your salves are made, this is a handy way to carry salve in your purse or day bag:

<http://lunaherbco.com/2012/03/individual-salve-packet-tutorial/>

Pindari Herb Farm detailed ointment making instructions:

<http://www.pindariherbfarm.com/educate/makeoint.htm>