

Basic HERBAL SALVE

*Salves are topical applications made from herb-infused oil and wax. They soften when applied to warm skin, providing an emollient base that helps to protect skin and support wound healing. Some nutritive and nourishing tonic herbs that are well-suited to salves are dandelion (*Taraxacum officinale*) flower, violet (*Viola* spp.) aerial parts, burdock (*Arctium lappa*) root, and red clover (*Trifolium pratense*) aerial parts.*

DIRECTIONS

COMBINE

herb-infused oil of choice and beeswax in a dry, sterilized double boiler (or a dry, sterilized glass or ceramic bowl or canning jar over a small saucepan of simmering water) and



HEAT

over low heat until beeswax is completely melted and combined with the herb-infused oil.



DIP

a dry, sterilized spoon into the mixture and place it into a refrigerator. The salve will cool quickly, and you can determine if its consistency is what you desire.

If the sample is:

TOO SOFT

add a little more beeswax to the warm salve.



TOO HARD

add a little more herb-infused oil.



INGRE



1 cup
herb-infused oil

OPTIONAL



20–50 drops
(total) essential oil(s)

Once you are pleased with the

ADD

vitamin E oil and/or essential oil, if desired, and stir to mix into the salve. If adding essential oil, wait until the mixture has cooled down significantly, but is not yet solid.

While warm POUR

individual portions into dry, sterilized glass jars or tins and allow to cool at room temperature.

Once cool, put the lids on and label. Store in a cool location such as a cupboard. Herbal salves have a shelf

life of 6 months to 3 years, depend

Essential Oils And Natural Remedies Home Made Natural Recipes 1 Volume 1

Valerie Ann Worwood



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Remedies Relieve muscle pain and inflammation with arnica salve willow bark tea and ginger compresses Part VI Women's Health Remedies Balance hormones and ease menopause symptoms with red raspberry leaf tea black cohosh root and evening primrose oil Part VII Immune Boosting Remedies Strengthen your immune system with elderberry syrup echinacea tincture and medicinal mushrooms like reishi and cordyceps Part VIII Anti Inflammatory Dishes Heal from within with delicious recipes like turmeric and ginger latte sweet potato curry soup and blueberry basil spinach salad Part IX Gut Healing Recipes Repair and nourish your gut with recipes like bone broth sauerkraut and kombucha Part X Detoxifying Drinks and Smoothies Cleanse your body with drinks like green detox smoothies lemon and ginger tonics and charcoal lemonade Part XI Mindfulness and Stress Management Reduce stress with deep breathing exercises herbal tea rituals and guided meditation scripts Part XII Exercise and Movement Improve your flexibility strength and mobility with gentle yoga flows tai chi and low impact cardio routines Part XIII Sustainable Living Practices Embrace sustainability with organic gardening tips natural cleaning recipes and rainwater harvesting Part XIV Glossary of Common Herbs Discover the healing power of 25 common herbs like aloe vera ginger lavender and turmeric Part XV Vibrational Healing and Energy Medicine Explore vibrational healing techniques like sound therapy herbal baths and sunlight exposure for enhanced well being Part XVI Addressing Common Ailments Treat ailments like colds flu headaches heartburn and anxiety with natural remedies for fast relief Part XVII Vibrational Healing and Energy Medicine Explore holistic practices like sound healing herbal smudging and mindful gardening to enhance emotional and physical well being Part XVIII Addressing Common Ailments Find fast relief for conditions like colds migraines heartburn stress and insomnia with natural solutions that work Click Buy Now to take control of your health today [Essential Oil Recipes for Home and Body Care](#) Stephanie Ariel,2023-08-29 Whether you're new to the amazing world of essential oils or have been using them for years this complete essential oils guide details their incredible benefits as well as how to make and even monetize natural home remedies and self care products Essential Oil Recipes for Whole Body Health and Care provides thorough insight on starting your at home essential oil apothecary the power of aromatherapy how to use essential oils and other informative topics before presenting 115 essential oil recipes you can easily make and use at home gift to family and friends or even sell for a profit From all natural homemade body scrubs dryer sheets and laundry soap to homemade candles immunity boosters medicinal balms for headaches stings itches men's and women's health and so much more each recipe includes clear step by step instructions and tips for personalization Also included are helpful tables for which essential oils to start with including peppermint lavender ylang ylang and more plus need to have ingredients from coconut oil and jojoba to sea salt castile soap candelilla wax and other supplies A complete starter's guide to using essential oils this must have resource will help you understand the basics and inspire you with endless possibilities **Essential Oils & Aromatherapy Volume 2 (Boxed Set): Natural Remedies for Beginners to Expert Essential Oil Users** Speedy Publishing,2019-11-22 There's still so much more that you can do with essential oils

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recipes you make yourself contain no harmful preservatives Most basic needs can be covered with just ten essential oils

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Homemade Bath Bombs, Salts and Scrubs Kate Bello,2015-04-28 Soothe stress heal the body and smell fantastic with lush DIY bath products including meditative chakra and astrology blends and even mixes for men A revitalizing bath will transform your day mood and health like nothing else Homemade Bath Bombs Salts Scrubs offers 300 easy fun recipes These personalized creations utilize fragrant petals powerful essential oils and exotic ingredients like Sage Rose Lavender Sandalwood Patchouli Peppermint French Green Clay Jasmine Kukui Nut Bergamot Neroli Himalayan Sea Salt Made of all natural ingredients these bath additions elevate your soak and help to relieve everyday ailments including Allergies Common Cold Stress Acne Dry Skin Sunburn Perfect for the Girly Girl that loves to relax in the tub Girly Girl Lots of amazing blends of ingredients in this book to help alleviate allergies arthritis inflammation and so much more Ladies there's even a DIY cellulite sea salt soak A Magical Mess

Natural Beauty Recipe Book Gill Farrer-Halls,2006 Herbal Healing for Children Demetria Clark,2011-04-05 Master herbalist Demetria Clark provides parents with safe effective natural alternatives to conventional medicines which often have negative side effects This easy to follow hands on practical guide shows how to use herbal remedies to resolve common childhood health issues simple teas for tummy aches drops for earaches treatments for eczema and diaper rash and much more Readers are given an introduction to

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Rosemary Gladstar's Herbs for the Home Medicine Chest Rosemary Gladstar,1999-01-01 Details how to create a natural first aid kit using herbs such as chamomile echinacea and garlic

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