Healing Salve Recipe

This natural healing salve is a chemical free alternative to antibiotic ointments and has herbs to help prevent infection.

Prep Time	Cook Time	Infusing Time
5 mins	20 mins	3 hrs

Servings: 2 cups Author: Katie Wells

★★★★★
4.72 from 7 votes

Ingredients

- 2 cups olive oil (or almond oil)
- 1 tsp echinacea root (optional)
- 2 TBSP comfrey leaf
- 2 TBSP dried plantain leaf
- 1 TBSP calendula flowers (optional)
- 1 tsp yarrow flowers (optional)
- 1 tsp rosemary (optional)
- ¼ cup beeswax pastilles

Instructions

Infuse the herbs into the olive oil:

1. Either combine the olive oil and herbs in a jar with an airtight lid and leave 3-4 weeks, shaking daily
2. OR heat the olive oil and herbs over low heat in a double boiler for 3 hours (low heat!) until the oil is very green.

Make the salve:

1. Strain the herbs out of the oil by pouring through a cheesecloth. Let all the oil drip out and then squeeze give the herbs a squeeze to get the remaining oil out.
2. Discard the herbs.
3. Combine the infused oil and beeswax in a double boiler.
4. Heat over low heat, stirring occasionally, until the wax is melted.
5. Pour into small tins, glass jars, or lip chap tubes and use as needed.

Notes

Use on cuts, bruises, stings, poison ivy, and skin irritations. It also helps diaper rash and baby skin irritations -- just make sure to line cloth diapers first.

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