



14 Homegrown Healing Salves From Local Plants



**Christine Dalziel
Joybilee Farm**



Copyright © 2020 by Christine J. Dalziel

All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the address below.

Joybilee Farm Media
Box 667
Greenwood, BC V0H 1J0
<https://joybilee farm.com>

Note to Reader: This book is offered for informational purposes only and should not be construed as medical advice. The recipes and techniques offered here are meant to supplement and not take the place of professional advice. For medical problems always seek the help of a qualified health professional.

14 DiY Healing Salves for Your Home Apothecary

WHAT ARE SALVES?

Herbal salves are a traditional way to preserve the healing actions of plants and capture them in a form that is easy to use. Salves have been used for thousands of years to transfer the benefits of medicinal herbs to the skin.

Salves are mixtures of oil and wax that deliver benefits. If you've ever rubbed a Vapor Rub™ on a child's chest or had someone put it on your chest, you've used a salve. If you've ever applied a tube of Chap Stick™ to your lips, you've used a salve. If you've ever used a tube of diaper rash cream on a baby's bum, you've used a salve. The problem with most salves that you buy at the drug store is that these salves are petroleum based, using paraffin wax and petrolatum (Vaseline™) as the base, rather than natural nourishing oils and beeswax.

Your skin is your largest organ. The skin absorbs whatever is put on it. If you apply salve to your skin, your body absorbs the benefits of the herbs, infused in the oil that the salves are made from. Herbs can be used to balance, detoxify, and heal the body by applying the herbs to the skin, in a salve. This is only one way that herbs can help your body heal.

SAVE \$\$ BY MAKING YOUR OWN SALVES

You can buy herbal salves made with beeswax instead of paraffin wax or olive oil instead of petrolatum. In fact this shift back to organic, natural, renewable ingredients is what made the Burt's Bees™ line of products so popular. Organic products come with a premium price tag though.

Organic salves often sell for \$15 to \$20 or more for a 2 ounce tin. So by making your own you can save a lot of money. In fact with my easy method of salve making, you'll feel like you're getting paid to play in the kitchen. One salve making session, using my method, can set you up with all the salves you'll need for months.

LOCAL PLANTS ARE MORE POTENT

Healing salves are easy to make from the weeds you have in your garden. Different weeds offer different healing actions so knowing what to expect from different plants can help you customize the herbal salves that you make to suit your needs.

The plants growing in your own back yard and in close proximity to your home are challenged with the same stressors that you are challenged by. If they are thriving they have the energetics to also help you thrive. Plants growing close to you, that you harvest yourself, will also be fresher and filled with vitality. So begin your herbal harvest in your own backyard for the most potent medicine.

Harvest only plants that you know haven't been sprayed with herbicides or pesticides. Choose organically grown weeds. If you are harvesting on private property, not your own, ask permission before you harvest. If you are harvesting on public land ensure that you have the permission to do so.

Ninja Salve Making

You'll need:

- 2 saucepans
- 2 glass 1 cup measuring cups
- 2 canning jar rings
- 2 medium size cloth tea bags, 4 x 6 inches
- Olive oil or other carrier oil
- Beeswax in 1 tablespoon (12 gram) portions
- Herbs, if possible dry herbs overnight before proceeding
- Salve containers such as small glass jars with lids, salve tins, small jam jars, mint tins, etc.
- Paper towels to wipe containers between recipes

BASIC SALVE RECIPE

Yield: 2 ½ ounces (75ml)

Salves are made up of:

- 6 to 7 parts olive oil or other carrier oil or a combination of carrier oils
- 2 parts medicinal herb, dried or 4 parts medicinal herb fresh, wilted
- 1 part beeswax

The 7 to 1 ratio of oil to beeswax ensures that the salve has enough body to stay solid in the container at normal summer temperatures.

Use the smaller 6:1 ratio of beeswax if you are in an air conditioned environment or you are making salve for winter conditions. Beeswax makes the salve easy to apply. The salve will melt on contact with the skin and won't leave a sticky feeling.

If the salve seems too greasy or oily try using a drying oil like grapeseed oil or rosehip seed oil in place of olive oil.

I used olive oil and coconut oil in these recipes because they are inexpensive and most people have access to them. You can substitute with another carrier oil, but please avoid the use of genetically modified oils such as canola oil, soy oil, and corn oil. These oils are likely contaminated with glyphosate, an herbicide that is a known carcinogen.

BASIC SALVE DIRECTIONS

All salves follow the same basic formula:

1. Create a double boiler by placing a glass measuring cup in a saucepan, on top of a canning jar ring. Place the herbs in a cloth draw string tea bag. Pour the oils over the tea bag. Simmer on medium heat for 30 minutes. Press out the herbs to release their herbal goodness

into the oil. (If you are using an herb infused oil, proceed to step 2).

2. Mix the oils with beeswax to make the salve stiffer and easier to apply. Melt the beeswax in the oil over medium heat.
3. Add essential oils to shift the scent or enhance the medicinal benefits of the herbs (optional).
4. Pour the liquid salve into a jar or tin to harden.
5. Label and date the container to identify the contents and remind yourself what the salve is used for.

HOW LONG WILL MY SALVE LAST?

Herbal salves have a longer shelf life than fresh or dried herbs, so by making a salve you can extend the life span of your herbs for several years. Since salves are made up of oil and beeswax, without the addition of water, salves will last as long as the oils will last. This can be extended if vitamin E is added to the salve when it is made. Vitamin E inhibits rancidity and oxidization. Salve will keep for 3 years if made with dried plant materials.

Salves made with infused oils that begin with dried plant materials last longer than salves made with fresh plant materials. Fresh plant materials should be wilted overnight before infusing them in oil. This allows some excess water to evaporate instead of ending up in the salve. St. John's wort infused oil should always be made with fresh, but wilted, St. John's wort blossoms. Dandelion infused oil should always be made with dried dandelion blossoms. When made with fresh blossoms it gets funky fast.

6 SIMPLE SALVES

A simple is an herbal preparation made from a single herb. Each of the 6 salves below is an herbal simple. These are the easiest salves to make and a great start for your herbal apothecary.

Yield 2 ½ ounces



Calendula Salve

- 2 tablespoons calendula blossoms, dried
- 4 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Use for rashes, sunburn, and moisturizing, chapped skin.



Plantain Salve

- 2 tablespoons dried plantain leaves
- 4 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Use for bites, slivers, boils, to draw infections out.



Yarrow Salve

- 2 tablespoons yarrow leaves and flowers, dried
- 4 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Use for bleeding, cuts, scratches, abrasions, bruises, puncture wounds



Pine Salve

- 2 tablespoons pine pitch
- 2 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Note that the pine pitch may need to be stirred into the oils to fully incorporate. Strain out any large piece of bark before adding beeswax.

Use for boils, joint pain, inflammation, stiffness, bug bites, slivers.



St. John's Wort Salve

- 5 tablespoons St. John's Wort infused oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Use for sciatica, joint pain, tingling, neuralgia, shooting pains.



Comfrey Salve

- 2 tablespoons comfrey leaf, dried
- 4 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 tablespoon beeswax

Follow the basic salve directions on page 5.

Use for pain relief and to encourage healing of old injuries, swellings, bruises.

3 Compound Salves:

A compound salve is a salve that uses more than one herb. These aren't any more complicated to make than a simple salve.

Compound salves combine the benefits of multiple herbs into an easy to use package. These multi-herb salves are especially valuable for your DIY herbal apothecary.

Yield: 4 ounces



All Purpose Healing Salve

This all-purpose salve uses oils that you made using dried herbs. If you don't have the already infused oils you can combine these dried herbs together and infuse them together in a single oil.

- 2 tablespoon infused oil, calendula
- 2 tablespoon infused oil, plantain
- 1 tablespoon infused oil, yarrow

- 1 tablespoon pine pitch, cleaned
- 1 tablespoon infused oil, St. John's wort
- 1 tablespoon infused oil, comfrey
- 2 tablespoons beeswax

Follow the basic salve directions on page 5.

Use for everything – bites, scratches, inflammation, pain,



Cracked Heel Salve

Cracked heels, rough elbows, eczema rashes need more than a simple salve to heal up. They need the rich emollient actions of butters like shea butter, cocoa butter, or some of the hydrogenated butters like mango butter or avocado butter. This keeps the oil on the skin surface and seals the skin to prevent moisture loss, in a way that oil alone can't.

- 3 tablespoons coconut oil
- 1 tablespoon avocado oil
- 1 tablespoon cocoa butter
- 1 tablespoon calendula infused oil
- 2 tablespoons beeswax
- 15 drops of peppermint essential oil
- 10 drops of lavender essential oil
- 10 drops of tea tree essential oil

Follow the basic salve directions on page 5.

Use after a bath or shower to seal in moisture on feet, and help dry, cracked heels to stabilize and heal.



Better Than Vicks Vapour Rub

- 2 tablespoons coconut oil
- 2 tablespoons olive oil
- 2 peppermint tea bags
- 2 rosemary sprigs, fresh
- 1 tablespoon beeswax
- 5 drops peppermint essential oil
- 5 drops rosemary essential oil
- 5 drops lavender essential oil
- 5 drops pine essential oil

Follow the basic salve directions on page 5.

Use like Vicks™ for chest congestion.

Omit essential oils for children under 5.

Salves for Special Problems:

These salves use specific herbs for specific purposes. The goal of these salves is to promote and support your body's natural healing ability.

Yield: 2 ounces



Salve for Bruising and Cuts

This salve is made with local arnica flowers and yarrow flowers and leaves. Yarrow adds antimicrobial actions to the salve, while staunching bleeding. Both yarrow and arnica help resolve bruising. This salve works so quickly you'll hear the word, "miracle".

- 4 tablespoons olive oil
- 1 tablespoon dried yarrow leaves and flowers
- 1 tablespoon arnica flower petals, chopped
- 1 tablespoon beeswax (approx. 12 grams)

Follow the basic salve directions on page 5.

Apply to bruises and non-broken skin immediately after trauma and as frequently as necessary during the healing process.

Other herbs that can help with bruising and trauma:
St. John's wort, valerian, chamomile.



Sunburn Salve from Calendula

Gather the calendula blossoms as they open on the plants and dry them for salve making. Use the whole blossoms for this salve, not just the petals. The whole flower contains healing resins that will increase the benefit of calendula for healing burns. Calendula infused oil retains its sunny disposition for years.

- 4 tablespoon olive oil
- 2 tablespoon calendula blossoms, dried
- 1 tablespoon beeswax (approx. 12 grams)

Follow the basic salve directions on page 5.

This salve is best used after the heat has been removed from a sun burn, through the use of cold compresses. Only water or aloe vera gel should be used on a burn while the heat is still felt on the skin surface.

Other herbs that can help with burns:

Aloe Vera, lavender, St. John's wort, and comfrey

Salve for stings, bites, and slivers from Plantain

Plantain salve is a must have in your cottage apothecary or your camping gear. It will ease the pain and swelling of a wasp sting, provided you aren't severely allergic.

It will stop the itching and redness of mosquito bites, and it will help draw slivers and boils to a head, so they can be removed.

Of course if you have severe allergies you'll need more than plantain salve to help you.



- 4 tablespoons olive oil
- 2 tablespoons plantain leaves, dried and crushed
- 1 tablespoon beeswax (approx. 12 grams)

Follow the basic salve directions on page 5.

This can be applied immediately to bites and stings. Apply as often as needed to bring relief.

If the patient has been stung by a honeybee the stinger should be scraped out of the sting using the side of a card. As long as the stinger is in the body, it continues to pump venom into the system. Removing the stinger minimizes the pain, swelling, and inflammation.

Other herbs that can help with stings, bites, or slivers:

Pine resin, arnica, lavender, nettles.



Salve for Sore Muscles, Aches, and Pains

This salve is made from St. John's Wort infused oil. St. John's Wort flowers should be infused in oil when they are freshly picked and just wilted. If you dry them to save for winter use, the flowers will lose their strong active principle. So pick them, let them wilt for a few hours and then macerate in oil.

Cottonwood bud infused oil is made in the spring when the resinous buds are getting ready to leaf out, but before bud break. Willow bark can be used in place of cottonwood buds, if

you don't have cottonwood growing near you. Both are analgesic and anti-inflammatory.

- 3 tablespoons olive oil infused with St. John's wort Flowers
- 1 tablespoon cottonwood bud infused oil (balm of Gilead)
- 1 tablespoon beeswax

Follow the basic directions for salve making on page 5, beginning at step 4, using St. John's wort infused oil and cottonwood bud infused oil.

Other herbs that can help with sore muscles and joints:

Pine or spruce needles, pine resin, aspen leaves or bark, willow bark, birch leaves, arnica flowers, calendula flowers, golden rod flowers, ginger, turmeric, or dandelion flowers.



Chapped Skin Salve

This salve moisturizes and helps soothe chapped and broken skin with the benefits of red clover and chickweed.

- 4 tablespoons. olive oil
- 2 tablespoons dried red clover flowers and dried chickweed leaves, crushed
- 1 tablespoon beeswax

Follow the basic directions for salve making on page 5.

Use this liberally on dry or chapped skin.

This may be used as a lip balm. Add 1 tablespoon of cocoa butter to the basic recipe to make this firm enough to use this in a lip balm tube. The yield will increase to 3 ounces.

Other herbs to use to help with dry, chapped skin:

Calendula, self-heal, wild rose, violet, lemon balm, mint, comfrey, and lavender.



Here are some useful herbalism techniques that will help you learn this foundational herbal skill.

How to Make an Herb Infused Oil

Equipment you'll need:

- Wide mouth pint Mason jar
- A tight-fitting lid
- Fine Sieve

- 2 cups Organic Virgin Olive Oil or Organic Sweet Almond Oil
 - 1 cup of dried herbs of your choice or 1 1/2 cups of fresh and wilted herbs
1. Wash and sterilize all equipment.
 2. Put the herb of your choice into a dry glass jar that has a tight-fitting lid.
 3. Pour oil over herbs. If you are using fresh herbs, bring the level of the oil right to the rim.
 4. Use a knife to press down herbs and remove air pockets.
 5. Cap the jar tightly.
 6. Allow the herbs to macerate (become softened by soaking in a liquid) in a warm, sunny window.
 7. Tilt the jar daily to mix the herb and oil.
 8. After 4 to 6 weeks, strain the herb from the oil. You can leave it up to 8 weeks if you wish.
 9. Bottle in a blue or brown colored glass bottle.
 10. Add vitamin E, and gently shake to mix.
 11. Cap tightly and label.

Store in a cool, dry place and protect from intense light.

Now you have infused oil that is ready to use to make salves, ointments, healing and moisturizing balms, creams, and moisturizers.

The possibilities are endless and it is always a great idea to have several versions of them in your DIY herbal pantry for quick herbal medicine making.

If you need to make an herbal salve and you don't have any already infused herbal oil, use these directions to quickly infuse

that oil and make an herbal salve. If you already have infused oil to use as the basis for your salve, skip to step 4.

Basic Directions for Salve Making:

1. To infuse the herbs in oil, place the herbs in a cloth bag or paper tea bag. Put the liquid oil and coconut oil in a glass cup inside a small sauce pan.
2. Simmer the herbs in the oil for 30 minutes, keeping the temperature of the oil just at or below the simmering point. Turn off the heat. Allow the oil to cool to room temperature.
3. Strain out the herbs. Squeeze the tea bag to remove the last of the oil from the herbs.
4. Return the oil to the glass measuring cup. Return the saucepan to the simmer. Add the beeswax. Simmer on low until the beeswax is fully melted. Remove from the heat.
5. Stir in any essential oils, if you are using them. Continue stirring until the mixture begins to thicken. Pour into a tin or jar. Label with the contents. Date the jar.

Note: that essential oils should not be used for children under 2, infants, or pets. Their livers are not developed enough to remove the excess essential oils from the blood stream. Toxicity can happen quickly.

Useful references:

[How to make a double boiler using a glass measuring cup](#)

[More Herbal Healing Salves](#)

[Lotion Bar Recipes](#)



Ready to make you own salves?

Herbal salves are expensive. Yet they are all made the same way, by infusing herbs in a carrier oil and adding beeswax for texture and consistency. Making your own salves saves you money. Making your own also allows you to customize your salves to deliver the herbal benefits you need most.

And now you know that your own herbal salves, made with local herbs, are more potent and active than the salves you can buy from elsewhere.

This is just the beginning of the useful herbal recipes you can make from weeds and plants growing in your garden or in the area around your home. Homegrown herbs are more potent and active than imported herbs or pharmaceuticals for healing and balancing the body's own systems of health and vitality.

Your next step:

Find out more about DIY Herbalism and potent herbal salve making by visiting Chris at [Joybilee Farm](#)

Join the [DIY Herbal Facebook group](#) and learn more about growing and using medicinal herbs, culinary herbs, and making DIY herbal remedies. It's fun and informative.

Contents

14 DiY Healing Salves for Your Home Apothecary	3
Ninja Salve Making	4
Calendula Salve	7
Plantain Salve	8
Yarrow Salve	9
Pine Salve	10
St. John's Wort Salve	11
Comfrey Salve	12
3 Compound Salves:	13
All Purpose Healing Salve	13
Cracked Heel Salve	14
Better Than Vicks Vapour Rub	15
Salves for Special Problems:	16
Salve for Bruising and Cuts	16
Sunburn Salve from Calendula	17
Salve for stings, bites, and slivers from Plantain	18
Salve for Sore Muscles, Aches, and Pains	19
Chapped Skin Salve	20
How to Make an Herb Infused Oil	21

Basic Directions for Salve Making: 23

Useful references: 23

Ready to make you own salves? 24

Your next step:..... 24

ABOUT THE AUTHOR..... 27



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the [DIY Herbal Fellowship](#), the [Joybilee Farm blog](#), and an instructor at [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and [Homegrown Healing, from Seed to Apothecary](#) (2016), and [The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More](#) (2017)