

Skin Recipes

Field and Flower Bath Herbs – For irritated, dry skin, for eczema or psoriasis. Use in a hot, but not super-hot bath. Herbs are equal parts by volume. Total should be about 2 cups of the chopped fresh herbs or ½ cup of the dried. Dried and fresh may be added together. Make an infusion in a quart mason jar, steeped 15-20 minutes, and add to bath, or add herbs to a muslin bag, and toss in tub, or add herbs directly to the bath.

Comfrey leaf
Plantain leaf
Rosemary leaf

Calendula flowers
Rose petals
Lavender flowers

Basic Salve Recipe – For any need in skin or muscle healing, salve holds the medicine at the site of a wound or bruise. Salve is an oil extract that is thickened with beeswax. Gently heat the oil, add beeswax and allow it to melt. Add any essential oils at the very end, when mixture is off the heat and ready to pour. Test for thickness by dipping in a cool spoon and checking in a minute or so. Seal while hot.

8 oz. oil (Olive, almond, canola, or a previously extracted oil)
1 to 2 oz. beeswax, with 1 oz. making a soft salve, and 2 oz, a stiffer salve.

Herbs for Skin Oils and Salves

You may extract calendula flowers, plantain leaves, whole chickweed, St. John's wort, echinacea root, goldenseal powder, lavender flowers, myrrh, comfrey root or leaf, cottonwood buds or any plant material that seems lovely and healing to you. Heat plant materials very gently in oil for 1-3 hours and strain. Seal while hot in mason jars.

Arnica, St. John's wort and Cottonwood extracted oils are great together for bruising, sprains, shingles, sciatica, joint pain, nerve pain of any sort. **ARNICA * NOT FOR OPEN WOUNDS.**

Add essential oils of wintergreen, clove, eucalyptus or peppermint for further pain relief or in wound salves. Or add essential oils to preserve (1 tsp lavender oil to 1 quart oil), or to scent your oils and salves.

Castor Oil Packs – Use raw castor oil from a health food store, not the supplement for internal use. Saturate a thick cloth and place over the area of pain, blockage or weakness. Cover with plastic wrap to protect and seal, add heat and cover with a folded towel. Leave on for 30-60 minutes. Rinse off and pat dry. May be used as an arthritis rub, but not over open wounds.