

HERBS THAT CAN BE USED IN SALVES

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BURDOCK ROOT(*Arctium lappa*)-eczema, psoriasis cuts, scrapes. The inulin found in burdock root contains some anti-bacterial properties. Useful for skin conditions deeply rooted in the body(like eczema and psoriasis) in combination with oral use of appropriate herbs. **DRIED.**

CALENDULA FLOWERS (*Calendula officinalis*)-anti-fungal, anti-bacterial, skin irritations, itchy skin, cuts, scrapes, sore lumpy breasts, ringworm (with plantain), lessens scarring, use at end of chicken pox and poison ivy. Only apply after cut is clean. **DRIED.**

COMFREY LEAF AND ROOT (*Symphytum officinalis*)-soothing, emollient, stimulates new cell growth, anti-inflammatory, astringent, stops bleeding, psoriasis. Only apply after cut is clean. **DRIED.**

DANDELION FLOWER (*Taraxacum officinale*)-muscle strain, combine with calendula for lumpy breasts. **DRY WILT FLOWERS.**

ECHINACEA ROOT (*Echinacea purpurea*)-anti-bacterial, anti-viral, vulnerary, alterative. Especially useful for boils and carbuncles. **DRIED ROOT.**

GOLDENSEAL ROOT (*Hydrastis canadensis*)-anti-inflammatory, anti-bacterial, stops bleeding, alterative, eczema, a special affinity for mucous membranes-vaginitis, vulvitis and other genital conditions. **DRIED ROOT.**

HOPS FLOWERS (*Humulus lupulus*)-anti-spasmodic, pain relieving, sedative-relaxing. Add lavender essential oil for helping ease spasms. **FRESH OR FRESHLY DRIED FLOWERS.**

NETTLE LEAF (*Urtica dioica*)-astringent, stops bleeding, nutrient. Nettle oil makes a deep, deep green oil which smells like seaweed. Eczema, rub into scalp for hair loss (along with rosemary essential oil) Night time oil to help feed and nourish skin cells. **DRY WILT OR DRIED.**

PLANTAIN LEAF (*Plantago major*)-anti-fungal, anti-inflammatory, vulnerary, stops bleeding, ringworm(with calendula and goldenseal), any skin irritation, bug bites, bee stings. **DRY WILT OR DRIED.**

RED CLOVER BLOSSOMS (*Trifolium pratense*)-alterative, vulnerary, anti-spasmodic, sedative, psoriasis, eczema, use with poke for swollen glands. **FRESH OR DRIED.**

ST. JOHNSWORT FLOWERING TOPS (*Hypericum perforatum*)

-anti-inflammatory, astringent, relieves nerve pain, burns, heals perineum tears afterbirth and eases burning sensation during labor, heals wounds, carpal tunnel syndrome. FRESH.

VIOLET LEAF (*Viola sp*)-antiseptic, emollient, breast lumps. DRY WILT OR DRIED

WITCH HAZEL TWIGS, LEAVES AND BARK (*Hamamelis virginiana*) astringent, stops bleeding, hemorrhoids, varicose veins, skin blemishes, after shave, sprains, bruises(with arnica). Mix equal parts of witch hazel extract and rose water for an astringent skin tonic (add a touch of rose essential oil)

DRIED

YARROW FLOWER AND LEAF (*Achillea millefolium*)-also called woundwort, anti-inflammatory, vulnerary, stops bleeding, heals open wounds and gashes and protects them from becoming infected. Essential oil of yarrow effective for sprains and bruises. FRESH, DRY WILT OR DRIED.