

PREPARING AN HERBAL SALVE

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There are many ways to prepare herbal remedies, and each herbalist usually has their favorite methods. Use your intuition, knowledge, and skills and build upon your previous experiences when creating recipes and methods you like, and which work. Open your heart to the magic and surprises the plants offer.

To make 8 ounces of salve:

Place 1 cup (8 ounces) of herbal-infused organic olive oil into a glass or enamel pot. I use organic olive oil as the base oil for all my salves and medicinally-infused oils as in itself olive oil is healing to the skin.

Add 2 ounces of good quality beeswax into the oil and slowly warm on the stove, stirring occasionally. Beeswax melts at 140 F. Stay close to your pot as the oil and beeswax will smoke if the temperature gets too hot.

Once the oil and beeswax are liquefied together, pour the warm oil into small containers and watch the salve solidify before your eyes as the mixture cools. Once cool seal the container and be sure to label and date it. Salves and oils that are stored in a cool, dark place will last about 18-24 months.