

How To Make A Simple Herbal Salve

A Salve is simply an ointment made of a mixture of Herbs, Oils and Beeswax. The oil acts as a solvent, when infused with the dried herb(s) of choice, it gains medicinal benefits, providing healing properties. So Fun! The beeswax is the protective and soothing emollient base, also providing the firmness for a solid salve.

Some herbal medicine making can be broken down in scientific measurements, weighing out the herbs to solvent, achieving a "proper" percentage of herb. But, making herbal medicine the "folk way" has been happening for generations. Something I am sure we can all appreciate! Once you get comfortable working with plants, getting to know them and their properties, trial and error, it can be so fun and empowering to make your own medicine and skincare for yourself and family.

I will list some of my favorite resource books out of my own personal library too and some herbalists to follow. And my favorite tip is the power of 3, that I got from the famous Rosemary Gladstar. When researching an herb or remedy, use at least 3 resources, because with herbalism, it can come down to the teacher and their 'opinion' and scientific back up. But you will be learning none the less, and it is never ending learning, that is the fun and beautiful part! Okay now let's get to medicine making!

HOW TO MAKE AN HERBAL SALVE :

(the simple, folk way)

supplies:

- prepared medicinal oil
- Beeswax (organic preferred and from a local beekeeper would be amazing, But using Organic Beeswax pellets have worked. make sure to check resources !
- Double boiler, whether this is a glass measuring cup simply in a pot, a melting pot, or a glass bowl on top of a pot of water!
- salve container of choice: tins, jars, etc. Amazon has some affordable choices, Mountain Rose Herbs, or can check with Bulk Apothecary for lots

of choices of containers.

You are simply melting together the oil and beeswax together over low heat ! You do not want to burn the oil, it can ruin the medicinal properties of the herb if overheated, so take your time, stirring often until all melted. Simply, for every 1 cup of herbal oil, mix 1/4 cup of beeswax. Once melted together, you can check consistency.

To check for your preferred consistency of your Salve, take a spoon of the melted oil mix and place on a plate and stick in the freezer for a couple minutes. If wanting a harder salve, add a little more beeswax, if a smoother salve is desired, add a little more oil.

Once Salve is ready and done, turn off burner and pour the hot liquid into container(s) of choice! Moving quickly as it will start to solidify. Let stand until completely cooled off , put lid on a label , making sure to date it also. Store in a cool, dry place. This is made without preservatives obviously, but can last at least 6 months if stored properly, if not longer .

And thats it, you just made a simple herbal salve! Once you start researching the amazing properties herbs can provide, it can be so simple to provide medicine for your family. Oh, and have fun!

RESOURCES/BOOKS:

Medicinal Herbs, A Beginner's Guide by, Rosemary Gladstar

The Way of Herbs by, Micheal Tierra

The Healing Garden by, Juliet Blankspoor

Herbal Healing for Women by, Rosemary Gladstar

Ditch The Drugstore by, Heidi Villagas

Wild Remedies by, Rosalee De La Foret

Alchemy of Herbs by Rosalee De La Foret