

Natural Healing Express Weekly

Column 291 Making Your Own Healing Salve

Making salves is a wonderful way to use and infused oil. Salves carries the healing properties of the oil, but in a solid form, thus it is often more convenient.

The salve can be made with single infused oil or with a combination of several, customizing the salve for individual use is part of the challenge and fun of making it.

The Salve I am about to introduce you to is a particularly useful salve that incorporates infused essential oils of yarrow, calendula and St John's Wort.

The Salve is designed to reduce inflammation, speed healing and reduce the possibility of infection when the skin is injured.

Healing Salve

Ingredients = ½ cup infused oil (use equal parts of calendula, yarrow and St John's Wort). ¾ ounce of beeswax, any essential oils for fragrance (I suggest Rose).

Instructions = Grate the beeswax. In a saucepan or double boiler, heat the infused oil gently to about 100 degrees. Add grated beeswax slowly, stirring as it melts. Turn off the heat and let the salve cool for a few minutes, add essential such as lavender, orange, mint or thyme as desired.

Test the salve by scooping out a metal spoonful and dipping the back of the spoon in a little bowl of ice water. The salve will harden, if it's too soft, heat the pan again and add a bit more beeswax. If it's too hard, add a bit more oil. Test after each addition to get the product you want.

When you are satisfied with the firmness of the salve, pour it into half ounce or one ounce salve jars or other suitable containers. When cool, add lids and labels for later use.

Hint: Sometimes when the salve is nearly set, a small crater will appear in the middle of the surface. For a more professional look, add a small amount of hot salve to the hole. When this cools, the hole will be gone.

Enjoy.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and

Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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