

## Healing Salve

Salves are very useful herbal preparations that can be used similar to the way many people use Neosporin.

### **Organic Ingredients:**

- Comfrey
- Plantain
- Calendula

Comfrey is a particularly useful plant for making a healing salve. Comfrey contains allantoin, which encourages rapid cell regeneration. For this reason, this comfrey salve is going to help wounds heal quickly. The oil is also very moisturizing and will even help heal bruises.



Calendula is many herbalists' first choice for any number of skin issues, whether it is healing wounds, soothing rashes, or simply promoting healthy skin. It is also incredibly helpful in healing the "internal skin," which is the mucous membranes. In addition to being a skin-healing wonder, calendula also stimulates the immune and lymphatic systems, supports liver health,

and is antimicrobial. It's a delight to grow, fun to harvest, and can be made into a multitude of herbal potions, from teas and tinctures to creams and salves. This is a beautiful and useful herb to nurture and enjoy.

Plantain is good for wounds, bites and stings. Plantain stitches together many types of wounds from minor cuts and scrapes to blisters to hemorrhoids and postpartum tears. It makes a wonderful all-purpose salve, poultice, or sitz bath (combined with other herbs such as Calendula). Because it has the ability to draw things out, plantain is perfect for splinters, boils, or even puncture wounds. Plantain also is antimicrobial, so it helps to prevent bacterial growth in wounds as they heal.

***Dosage and Storage:***

Store in a cool place for many months or even a year or more.

***Use:***

Salves are very helpful in healing cuts, scrapes and minor wounds. They can also be used for moistening dry skin.