

How to Make a Homemade Herbal Salve



Salve is a broad term used to describe lotions, ointments, pastes, and creams that soothe or heal an area of the body that is excessively dry, irritated, burned, or wounded. In many cases, salves contain natural ingredients that can promote the healing process and reduce discomfort in the area being treated.



Salve is commonly used for bruises, insect bites, rashes, burns and as a moisturizer. By creating your homemade salve you can decide what kind you need or go with the all-purpose healing salve. It's all up to you.

One of the most common uses is the treatment of dry skin, particularly on the hands. Preparations formulated for this use are usually quite thick and often contain naturally derived fats, such as avocado and sesame oils. These fats impart moisture and nutrients to dry hands. In addition, the dense formulation acts as a barrier on the

skin's surface, protecting it from cold weather and wind, dish soaps, and other elements which can contribute to dryness.

Lavender has been used for centuries for its calming properties but it can also help relieve pain, soothe the skin, and take the edge off of depression and anxiety. With all of its potential uses, it definitely deserves a place in your home remedy tool kit.



The following recipe is going to be a simple salve with lavender oil. Things you will need include:

- 1 cup olive oil
- 1 oz. beeswax
- 2 tsp. lavender oil
- small container or jars
- double boiler
- measuring spoon
- pot holder
- stirrer

Step 1: Boil the water

- Simmer water in the double boiler. If you don't have a double boiler, you can alternatively use a sauce pan and bowl.

Step 2: Melt the beeswax

- Put the beeswax in the double boiler or bowl, and allow it to dissolve.

Step 3: Add olive oil

- Add the olive oil and mix it well until it has a fluid consistency.

Step 4: Transfer

- Transfer the mixture into a measuring cup.
- Add 2 tsp. of lavender oil then stir. You can also add a few drops of essential oil after you transfer it to the container. Whichever you prefer will work.

Step 5: Store

- Transfer the salve mixture immediately into your container of choice as it easily hardens.



Salve Quiz

- 1) True or False- Salves are only used for dry skin.
- 2) True or False- A double boiler uses the steam from boiling water underneath to melt the beeswax.
- 3) True or False- Lavender has been found to help combat depression and anxiety.
- 4) Which of the ingredients does not belong?
 - a) olive oil
 - b) honey
 - c) beeswax
 - d) lavender oil

- 5) Fill in the blanks:

Salves contain natural ingredients that can promote the _____ process and reduce _____ in the area being treated.

Quiz Answers

- 1) False
- 2) True
- 3) True
- 4) B
- 5) Salves contain natural ingredients that can promote the **healing** process and reduce **discomfort** in the area being treated.