



Aloe barbadensis
Family: *Liliaceae* (Lily)

Properties:

- Alterative/Adaptogenic
- Anti-inflammatory
- Anti-bacterial
- Anti-fungal
- Demulcent
- Emollient
- Vulnerary

Personal and Beauty Care:

- Skin healer and rejuvenator .
- Moisturizes, tones and firms the skin.
- Great for acne due to the anti-inflammatory and skin healing properties – use both internally and externally.
- Natural sunscreen, blocking 20-30% of uv rays

Medicinal Uses:

- Soothes and heals all types of burns including sun burn, kitchen burns, first, second and even third degree burns.
- Blisters, rashes, eczema, boils, rough skin, and skin eruptions (as long as no staph infection is present).



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- Herpes (cold sores), apply several times a day, pain relieving and helps to dry up the blister.
- Mild pain reliever
- Cuts, scrapes, wounds and abrasions
- Fresh gel can be used as a natural band aid, just make sure the wound is clean before applying.
- Nursing mothers can use for sore, cracked, dry, nipples.
- Canker sores and mouth problems, mix gel with an herbal tincture or essential oil and swish around the mouth. Can also apply directly to the sore or gums.
- Hives
- Insect bites and stings
- Poison ivy, oak and sumac
- Heartburn
- Hemorrhoids
- Constipation
- Inflamed intestinal wall
- Arthritis and bursitis – taken internally and/or externally as a liniment.
- Perineal Tears – Place gel on a menstrual pad and hold in place, this will relieve the pain as well as heal the tear quickly. Apply a new poultice when the pain returns.

Methods of Use:

- Aloe vera comes in many forms, from the gel inside the plant leaves, to commercial gel and even freeze dried powder. When choosing an aloe vera gel, look very closely at ingredients, you want pure aloe vera. Many brands use artificial colors and preservatives so be aware of what you are purchasing
- If you have an aloe vera plant, you can cut a leaf off when needed. Only use the clear gel from the leaf, not the leaf itself or brown gel near the leaf. Apply the gel to area of concern or take internally.
- Aloe vera can be infused with other herbs, fill a jar ½ full with herbs, cover with aloe vera liquid by 1-2". Let sit for 2 weeks, shaking daily, strain and you now have a power packed aloe vera liquid.

In the Garden:

- Place in a sunny south-facing window, although it is not fussy.
- Water moderately and keep the soil well drained.
- Cut a leaf off at a time for use. A cut leaf can be stored in the refrigerator for several weeks.

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- The plant will produce offshoots which you can remove and replant when they are a few inches tall.

Cautions:

- Don't use on staph related infections as the aloe can seal in the bacteria, causing more problems.
- Be careful to not get the leaf part of the plant mixed in your gel if using internally. The leaf has very powerful laxative properties.
- Do not take internally if pregnant or nursing.

Recipes:

- Burn Soother Spray
- Aloe Vera Facial Cleanser
- Miracle Face Cream
- Canker Sore Swab: 1 tsp. Echinacea tincture, 1 tsp. goldenseal (Oregon grape root) tincture, 1 tsp. calendula tincture, 1 tsp. grapefruit seed extract, 1 Tbsp. aloe vera gel. Place a pea size amount of gel on a clean piece of gauze, hold in the mouth against the sore. Use hourly as often as needed throughout the day, until healed. (The Herbal Drugstore)
- Arthritis gel: ¼ cup strong comfrey tea, ¼ cup aloe vera gel, 5-6 drops Paine essential oil (or other arthritic essential oil blend). (Medicinal Herbs)
- Anti-Itch Spray: Infuse 1 part burdock, 1 part plantain, and 1 part yarrow in apple cider vinegar for 2-3 weeks. Strain. Add ½ cup aloe vera gel per 1 cup of herbal vinegar and 5 drops or so of peppermint eo. (Medicinal Herbs).

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.