



Ingredients:

3 parts arnica flowers
2 part comfrey leaves and/or root
1 part plantain
1 part St. Johns Wort
1 part calendula
1 part peppermint
Olive oil
Beeswax

Instructions:

Make an herbal infused oil with the herbs and olive oil. For every cup of herbal oil add 1 ounce of beeswax and melt over very low heat. Remove from heat and stir in 1 teaspoon of essential oil (see below) per cup of herbal oil. Stir well and pour into containers, leave uncovered until the salve hardens at which time you can put the lid on and the label.

To Use:

Because of the arnica in this salve do not apply to open cuts, wounds or burns and of course do not take internally. Apply to sore, tired, muscles, sports injuries or any other condition affecting the bones and muscle.

Essential Oil Pain Blend:

30 drops wintergreen
20 drops helichrysum
10 drops clove
40 drops peppermint