

Respiratory Salve



Ingredients:

Yarrow - 3 parts

Oregano - 2 parts

Comfrey - 2 parts

Sage - 1 part

Olive oil

Beeswax

Essential oil – see below

Instructions:

Make an herbal infused oil with the herbs listed above. Strain, and for each cup of herbal oil add 1 oz. of beeswax and melt in a pan over very low heat. Remove from heat and add the following essential oil(s) per 1 cup of salve:

30 drops Young Living RC Blend essential oil or

10 drops eucalyptus essential oil

10 drops oregano essential oil

10 drops blue spruce essential oil

10 drops peppermint essential oil

To Use:

At the first sign of respiratory trouble apply liberally to chest, throat and back. Layer with RC essential oil blend and then peppermint essential oil for best results.

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.