

Vein Salve



Ingredients:

2 parts yarrow, flower and leaf
1 part nettles
1 part comfrey, flower, leaf and/or root
½ part St. John's Wort flowers
¼ part ginger
Olive oil
Beeswax
10 drops helichrysum essential oil
3 drops peppermint essential oil
5 drops lemon essential oil

Instructions:

Infuse herbs into the olive oil, strain and measure how much oil you have. Add 1 oz. of beeswax per cup of oil and melt over very low heat. Remove from heat and add 20 drops of essential oil per 1 cup of oil. I used Aroma Siez from Young Living, Aroma Life, and Citrus Fresh are great blends. Other oils that may help are helichrysum, cypress, cistus, elemi, geranium, clove, peppermint, lemon and lavenders. Stir well to combine and pour into containers to harden, cap and label once the salve has hardened.

To Use:

Apply to area of concern several times a day, massaging the salve into the skin towards the heart. For even better results layer the salve with 3 drops of helichrysum essential oil and repeat the massage towards the heart.