

Skin & Muscle Herbal Remedies

In this lab:

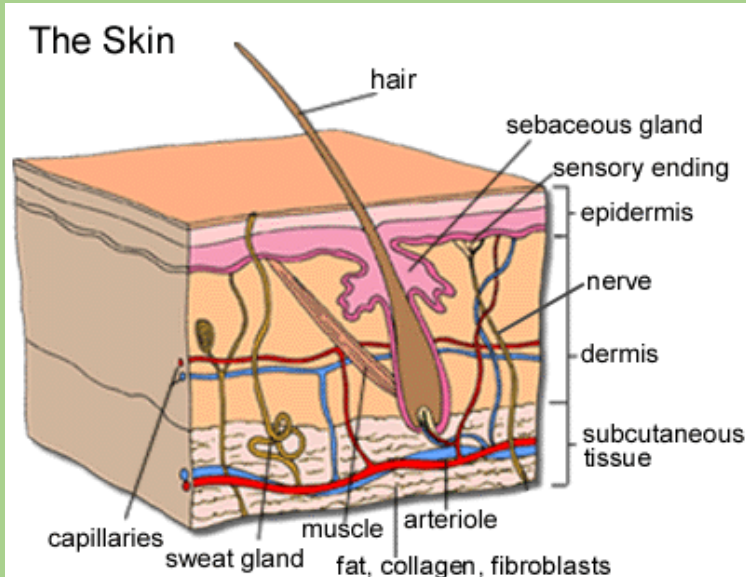
1. We make another medicated oil
2. We then turn that oil into a salve
3. We make a poultice



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Created for NWTC 2014 By Erika Van Ryzin of Green Heart Natural Health

SKIN



- ✓ largest organ of the body.
- ✓ brings in nutrients and expel toxins.
- ✓ has 7 layers, and 3 sections.
- ✓ regenerates every 27 days.
- ✓ Sensitive to good nutrition – especially omega-3 / essential fats and antioxidants.
- ✓ Synthesizes vit D from exposure to sunlight.
- ✓ Has more toxic exposure than any other part of our body.
- ✓ Most body care product ingredients are considered hazardous if disposed of in large quantity and have safety handling OSHA paper work

Make a medicated oil in small classroom amounts

QUICKSTART – get the medicated oil infusion going 1st.

1. Measure $\frac{3}{4}$ c oil of your choice, place oil in pot on lowest heat possible
2. Measure
 - Calendula 2 tablespoons (3T if herb is “old”)
 - Chickweed 1 tablespoon
 - Comfrey 1 tablespoon
3. Add herbs to oil right away. Cover.
4. Let it infuse at 100 degrees (or the lowest temp you can manage) for at least an hour.

making “First Aid” Skin Salve or Ointments



A salve is just a medicated/infused oil with bees wax used to harden it.

My notes on proportions for this lab

Conversions to know: $\frac{1}{4}$ c = 2 oz. = 3 T. 1 T = 3t therefore 2 oz = 9 t
and 1 oz = 4.5 t a $\frac{1}{4}$ ounce (beeswax) is just a bit more than a teaspoon.

Oil: Have students start with 6 oz ($\frac{3}{4}$ c) oil to get infused

Herbs: They should typically put 2T calendula 1T chickweed, 1T comfrey into the oil

They should have $\frac{1}{4}$ cup (2 oz.) left after the infusion is done and strained

wax: Add bees wax to oil (match the 1 oz wax to 1 cup oil ratio)

We are doing $\frac{1}{4}$ cup oil which is 2 oz which fits in a 2 oz jar.

So..... We need $\frac{1}{4}$ ounce of beeswax per student. This is 1 t per student but go with 2 t per student to allow room for error.

Inputs I need for this lab per student

Jars: 2 oz.

Oil: 6 oz (3/4c) oil to get infused

Herbs: 2T calendula 1T chickweed, 1T comfrey

Wax: 1 t needed but 2 t to be safe

Part 2. Overview: turn medicated oil into a salve

Strain the infused oil through a cheese cloth.

Squeeze to get out as much oil as practical.

Measure 1/4 cup of the strained oil

Put it back in the pan, reserve the remaining oil for later use

Add approximately a teaspoon of beeswax.

Test.

Add another teaspoon.

Test.

Adjust with either a bit more wax or a bit more oil to suit your preferences.



Medicated/Infused Oil or Salves For The Skin

Moisturize, Feed, Heal, & Protect the Skin

- ❖ Use 1x a week as a “super moisturizer”
- ❖ Supply anti- oxidants (fight cancer, aging, & environmental toxins)
- ❖ Anti- inflammatory (for allergies, itch, irritations)
- ❖ Reduce pain in skin, nerves, and underlying muscles
- ❖ Tissue regenerative (healing / skin strength)
- ❖ Sensory pleasure / anti depressant / stress reduction
- ❖ Massage oils



A Salve or Ointment is a herbal infused oil that is hardened to coat and stick to troubled skin areas.

It is hardened with things like bees wax, shea butter, cocoa butter.

Depending on the herbs used it can be useful for

Basic first aid

Bug bites

Rashes

Dry skin patches

Chapped lips

Athletes foot

And more

A salve is never used for....

Deep wounds

Puncture wounds

Diabetic foot care (or other circulation based disorders)

Infections

For these troubles use liquids that penetrate deep and heal from the bottom up...

Herbal Tea soaks

Poultices

Plasters

Making a Salve

Decide your intention & pick herbs and base oils to match.

Have all ingredients, equipment and packaging together before starting.

Set aside 5 to 6 hours

Making a Salve

For this lab we intend to make a salve for healing skin irritations and bug bites.

Ingredients: Oil, calendula, comfrey, chickweed, beeswax

Equipment: pot & burner, jar, strainer, container, spoon,

Calendula Infused / Medicated Oil **Hot Method**



Low temp heat source

Dry Calendula flower petals (fresh will add water and cause the oil to spoil)

Olive oil (or other carrier oil) enough to cover all plants and have float freely



Gently warm olive oil to about 100 degrees. Low on a crock pot. Add calendula and stir to moisten all parts.

Steep & heat for 30 minutes to 1 hour

Strain out plants

Bottle & Label

Shelf life 6 months to 1 year. If refrigerated 1 to 2 years.



Making Salve Quick Overview

A salve is a medicated/infused oil with bees wax used to harden it.

Strain out the herbs and measure the oil. Return to the “Hot Pot”

Add Bees wax

Heat on low to 100 degrees

Wait until all bees wax melts

Test hardness on paper bag

Add more wax to make harder, more oil to make softer.

Pour into containers

Label

Shelf life 1 to 2 years



Beeswax has a relatively low melting point range of 62 to 64 °C (144 to 147 °F).

If beeswax is heated above 85 °C (185 °F) discoloration occurs.

The flash point of beeswax is 204.4 °C (399.9 °F).

Now Slowly Step By Step...

Salve Making Supplies

Clean Space & clean kitchen sink for clean up

Crock Pot (or Double Boiler)

Metal spoons

Measuring cup – glass

Base oil

A measured amount of bees wax
(or a scale if unknown)

Herbs

Straining cloth or cloth steeping bag

Storage jars

Paper towels



Salve Making Steps

What is your limiting factor? Bees Wax, Oil, Herbs, Jars???

Green: 1 ounce (about 4 t) of Beeswax to 1 cup (8 oz.) of Base/Medicated oil

Val's: 1 teaspoon beeswax to ¼ cup medicated oil

Measure oil

Always have more bees wax than what the oil needs.

You will “lose” some of the original oil volume to the absorption of the herbs and strainer cloth or sieve.



Erika's original batch size will make about 16 one oz. containers.

All Purpose 3-C Salve Making the Medicated/Infused oil

2 cups of oil
And about
 $\frac{1}{4}$ cup of Comfrey
 $\frac{1}{2}$ cup of Calendula
 $\frac{1}{4}$ cup of Chickweed

This larger size can use a cloth steeping bag
Very small batches are better done with loose herbs and then strained



This test lab batch size will make a single TWO OUNCE jar of salve

All Purpose 3-Cs Salve

Part A. Make the Medicated/Infused oil

Step 1. Choose your oil, either; olive, safflower, coconut, sweet almond, grape-seed.

Measure out 6 oz. (3/4 c.) of oil into pot.

Turn on heat to lowest possible setting.

Step 2. Add the herbs to the oil

3 Tablespoons (compressed) calendula

(adjusted upward because the calendula is older, normally 2T)

1 Tablespoon comfrey

1 Tablespoon chickweed



Step 3. Allow the mixture to infuse for an hour

- Keep the heat as low as possible. Turn off the burner occasionally.
- Stir & lift well to get all the herbs wet and air bubbles out.
- Cover and let steep.
- Root herbs are steeped 1 to 2 hours. Leaves and Flowers steep 1 hour.

Pick up the lid and smell occasionally – the oil will change odor as the medicinals are infused...but no burnt smells please. Often you will turn off the croc pot half-way through to keep from getting too hot.



Step 4. STRAIN:

After steep time is up, and oil has taken on a “herby” fragrance remove steeping bag of herbs. Or

Strain oil through a French press or cloth/ screen to remove herbs.

Return strained, measured oil to pot.

You should have a little over $\frac{1}{4}$ cup of oil at this point.

End of Part A...making infused/medicated oil....

Next....

Part B. Now turn the infused/medicated oil in to a salve by hardening it.....

ADD WAX: Add bees wax to oil (match the 1 oz wax to 1 cup oil ratio)

We are starting with $\frac{3}{4}$ teaspoon beeswax in $\frac{1}{4}$ cup oil

Here is the “art” of salve making, adjusting beeswax to oil ratio!

With a little spare wax and base oil held back for adjustments. Heat to 120 degrees – Low setting will usually do this.

WAIT: The wax will slowly melt over the next $\frac{1}{2}$ hour or more.

TURN OFF HEAT: When the wax has melted turn off all heat.

TEST: for wax / salve hardness on a brown bag.

WAIT: for the test spot to cool. How does it feel to you?

If it is too hard add a little oil. If it is too soft add a little more beeswax.

If the hardness feels about right:

ADD: essential oils to the main pot at this time if you want them. They are NOT needed to make a good salve just an option. Total drops used is about 20 or less. Have jars ready and work quickly. The heat evaporates the essentials fast.

Now Ladle or pour the hot salve into jars.

The hot wax will melt some plastics, so watch what is going on and have some glass canning jars on hand for back up. You can always use a butter knife to remove some salve and put in a single serving jar for use.

BOTTLE: Package and cap immediately before it hardens.

WAIT & LABEL: When cool (an hour later) wipe jars and label.

Shelf life of 1 year



3 C's First Aide Salve Comfrey, Calendula, Chickweed

All purpose healing salve

Bug Bites & Stings

Cuts & Scrapes

Wind Burn

Chapped Lips

Dry Skin Patches

Diaper Rash

Mild Eczema, psoriasis, dermatitis

Burses

Slivers

Minor Burns

Hang Nails

Foot Calluses

Cradle Cap



The 3 C's First Aide Salve (Comfrey, Calendula, Chickweed)

“Non Harmful” Safe for Pets, Safe for Kids. No danger if eaten.

Cautions:

No active cancer. Comfrey stimulates cell reproduction.

No deep wounds / puncture wounds.

These must heal from the bottom up so make the herbs into a tea for soaking in / compress. Salve may seal in a infection and not allow the body to drain it out.

Bees Wax coats the skin and creates a protective barrier. It keeps moisture in. Natural mild anti- inflammatory, Anti- oxidant, Anti-biotic properties.

Beeswax has a relatively low melting point range of 62 to 64 °C (144 to 147 °F). If beeswax is heated above 85 °C (185 °F) discoloration occurs.

The flash point of beeswax is 204.4 °C (399.9 °F).



Comfrey (Knitbone, Bruisewort) *Symphytum Officinale* Leaf / Root

We are using leaf in our medicated oil/salve

Used since 400 B.C.

Astringent,

Mucilant-moisturizing, soothing, and drawing

Stimulates Cells To Reproduce (allantoin)

“Excellent Heal All” Greatly exceeding Lavender

Heals flesh wounds, skin abrasions

Helps burns, Stops bleeding

Helps Set Bones – go to a doctor in this day & age!

Not For use on active cancer- stimulates cell growth.

“Listed as a caution plant- especially the roots- because of poorly done intense extract mega dosing of it’s alkaloid”

Long used as an animal food and healing medicine



Calendula *calendula officinalis* Flowers

Well known skin healer & good care

Anti- inflammatory

Anti- oxidant

Anti-septic (infections)

Rebuilds connective tissue & collagen

All irritations

Allergies & Rash

First Aide...Bruising, Burns

Varicose Veins

Mild Excema & Dermatitis

Excellent for children... diaper rash, cradle cap, chapped lips, acne,

Excellent for aging skin



Chickweed

Stellaria Media

Leaf

Mild Tonic

Anti-inflammatory

Emollient-softens & soothes inflamed skin, protects

Matches chemical steroids with out the side effects

Blood purifier

Cooling, Soothing

Excellent for all eczema, dermatitis, psoriasis

Boils, acne

Hemorrhoids

Allergies, Rashes

Cleanses & Detoxifies the tissues

Bug Bites & bee stings

Children's needs... Diaper rash, dry skin, acne.



Avoid using essential oils in lip salves. Skin is too thin & sensitive.
If using essential oils 1 drop per 2 oz max. Use at homeopathic levels.

Awareness of “Black Salves” & “Black Drawing Salves”

There are many versions, some very tonic & mild. Others dissolve tissue.
Know what you have!

Black Salve / Amish Black Salve “Safe”

Comfrey, calendula and plantain

Activated Charcoal Powder (like grilling)

Kaolin Clay

olive oil , shea butter

coconut oil, Beeswax, Vitamin E oil

Lavender Essential Oil



Black Salve “**Dangerous**” version
Tissue dissolver. NOT RECOMMENDED

Has **Chaparral Herb**, poke root
bloodroot



Avoid or be extremely cautious with
salves with this herb.



3-C's salve wrap up

- Once you've made your first medicated oil and turned it into a salve you can understand that there are many variations.
- You can practice and infuse many herbs into oil and extract medicine from the herbs.
- You can add new ingredients to your medicated oils, like hot peppers to make a sore muscle rub.
- Be sure to use high quality dried herbs.
- Read the paper on botulism in herbal oils before striking off on your own.
- Make a nice label, try out your own products, have fun