

Treating Mild Skin Problems

Infections, Irritations, Bug Bites, Slivers, Fist Aide

Poultice

Compress

Tea Soaks



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Poultice : Mashed plant material applied directly to the body or wrapped in thin cloth then applied

1 tablespoon on dried herbs

1 teaspoon HOT water

Crush together with mortar and pestle to make a damp mash

Apply to skin with or without a cloth barrier

Hold in place.

Treat for 5 to 15 minutes, for 1 to 4 times a day, depending on severity of problem

Keep warm if possible with hot water bottle.



Compress : Make a strong herbal tea and dip a cloth in the tea then wrap on the body

½ oz

2 Quarts of water

Herbs

Steep for 20 minutes ...longer for roots

Strain tea

Soak wash cloth in “hot” tea

Wring out lightly and the lay on the body

Keep warm if possible – warm water bottle

Treat for 5 to 15 minutes, for 1 to 4 time a day,
depending on severity of problem



Tea Soak

Important for deep wounds / Infections

Good for feet and hands

Make a strong tea

Soak the area in the tea

Treat for 5 to 15 minutes, for 1 to 4 time a day, depending on severity of problem

Good herbs for making any of these remedies

Chamomile Flowers

Gentle Anti-Biotic Good for Pink Eye –
Use a compress cloth, do not re use
cloths treat 2 to 3 times a day for
several days.

Yarrow Flowers

Mild anti-biotic, stop bleeding, speed
healing

Red Clover

Mild Anti – Biotic

Plantain

Mild Anti – Biotic

Sage

Mild Anti Biotic, excellent for the mouth

Thyme

Mild Anti- Biotic

Clove

Mild Anti-Biotic, Good for Pain, excellent for the
mouth

St. John's Wort

Mild Anti- Biotic

Comfrey

Speed Healing, Drawing for slivers

Plantain

Plantago lanceolata

Leaf



Anti- inflammatory

Anti- septic (infection) mild

Cooling (balance for astringent herbs)

Good for mild infections

Excellent treatment for “histamine” reactions –bee stings, mosquito bites, stinging nettle, irritated skin.

Yarrow *Achillea Millefolium*

Flower best , leaf OK

wild forms

Tonic

Stop Bleed

Anti –Bacterial

Anti-Inflamitory

Anti-Viral

Anti-Septic

Purify blood & uric acid

Stimulate liver

Invigorating body actions

Increase perspiration for sickness & detox

Yeast & fungal infection

Shrink Hemorrhoids



DO NOT use with pregnancy

Too astringent

Stimulates / regulates menstrual flow

Abortion risk

Take HOME

Plantain – dried, 1 oz. cup

Label a baggy.

Take the herb home and keep it on hand

Use it as a compress for bites or irritations

