

Essential Healing Salve

Ingredients needed:

1 ½ cups comfrey root powder
1 cup slippery elm, cut and sifted
½ cup marshmallow root, cut and sifted
Extra virgin olive oil
Beeswax (one ounce for every 7 ounces of pressed herbs)

In a quart jar combine 1 ½ cups Comfrey Root **Powder**, 1 cup Slippery Elm Bark **cut/sifted** and ½ cup Marshmallow Root, **cut/sifted**. Shake jar well, then add cold pressed extra virgin, olive oil. Stir and add more until jar is filled to the top right before the mouth. Shake jar once a day for 1 to 2 weeks. Place in a warm crock pot for 2 hours. Strain through an herb strainer. Squeeze the herbs so that all of the oil is pressed out of the herbs. Then fine strain once more to make sure flakes are gone.

With a **liquid measuring cup**, measure 7 oz of the pressed oil and pour into a stainless steel pan. Repeat measuring until all of the pressed oil is in the pan. Use a **cooking scale** to weigh beeswax. For each 7 ounces of pressed oil, you will add one ounce of beeswax, then stir into the pan. For example, If you measure 7 ounces 3 times, then you will put 5 ounces of beeswax in the pan. Add 75 drops of lavender essential oil. Heat on **low** until beeswax is melted stirring occasionally. You don't want this to get very hot so that the healing properties aren't killed with the heat. Take off the heat. While this is cooling, you will need to stir occasionally with a wire whisk. This ensures that the oil and herb don't separate. You will need to use a spoon to fill the jars.

Recipe created by Eva from Natures-meadow and, if not wanting to make the recipe, can be purchased from: natures-meadow.com