

Formula for a Good Wound Salve

- 1 quart (1 l) olive oil
- ¾ ounce (21 g) echinacea, seeds or root, ground fine
- 1 ounce (25 g) cryptolepis root, ground fine
- 1½ ounces (43 g) juniper, ground fine
- 1 ounce (25 g) oak bark or krameria or wild geranium, ground fine
- 1 ounce (25 g) acacia leaf
- ½ ounce (14 g) wormwood, powdered
- ½ ounce (14 g) usnea, powdered
- 4 ounces (113 g) beeswax
- ¼ teaspoon (1 ml) vitamin E
- ¼ teaspoon (1 ml) eucalyptus essential oil

1. Make an oil infusion by combining all the herbs with olive oil (see page 92.)
2. Add the herbal oil infusion back to the pot used to make the infusion and reheat it slowly on the stovetop.
3. Measure out the beeswax and add to the pot. A good estimate is 2 ounces (57 g) of wax to every pint (475 ml) of infused oil (so for this formula, about 4 ounces [113 g]). Many people like the beeswax grated, but I just break it up into small pieces. Heat until beeswax is melted.
4. Remove pan from stove. Let mixture cool until just before it starts to harden, then add vitamin E oil and eucalyptus essential oil, and stir well.
5. While mixture is still liquid, pour into salve containers and label. *Note:* Make sure your containers are made to withstand hot liquids before using them.

