

# 5 Reasons to Use an Herbal Salve

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**An herbal salve may be one of the best remedies in your medicine cabinet!**



## 5 Good Reasons to Use an Herbal Salve

Herbal salves have been used for centuries in traditional medicine to heal and soothe various skin issues. These natural plant-based remedies are a safe and effective alternative to synthetic over the counter medications, and can provide relief for a wide range of skin conditions. From cuts and scrapes to eczema and acne, herbal salves can be an effective treatment option.

In this article, we will discuss 5 good reasons to use an herbal salve, including their natural and safe properties, effectiveness in treating skin issues, additional benefits from the blend of herbs, ease of use, and the ability to make at home and control the quality and purity of the final product.



## 5 Reasons to Use an Herbal Salve

Five good reasons to use an herbal salve:

1. Herbal salves can provide a natural and safe alternative to synthetic over-the-counter medications for skin conditions.
2. They can be effective at soothing and healing a variety of skin issues, such as cuts, scrapes, rashes, and insect bites.
3. Herbal salves are often made with a blend of beneficial herbs, which can provide additional benefits beyond just the relief of a specific skin issue.
4. They can be easily applied topically and do not have the same potential side effects as oral medications.
5. Herbal salves can be made at home using simple ingredients and techniques, giving you control over the quality and purity of the final product.

### **Herbal salves can provide a natural and safe alternative to synthetic over-the-counter medications for skin conditions**

Herbal salves are a natural and safe alternative to synthetic over-the-counter medications for skin conditions because they are made from natural plant-based ingredients. These ingredients have been used for centuries in traditional medicine to heal and soothe various skin issues. Unlike synthetic medications, herbal salves do not have the risk of side effects such as allergic reactions or interactions with other medications. They also tend to be less harsh on the skin, making them a good choice for sensitive skin.

Herbal salves can provide relief for a wide range of skin conditions, such as eczema, psoriasis, and even acne. They can also be used to heal cuts, scrapes, burns, and insect bites.

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Furthermore, herbal salves are often made by using multiple herbs that have different properties, which can enhance the overall effectiveness of the salve. For example, an herbal salve containing calendula and chamomile may not only help to soothe and heal a rash, but it may also have anti-inflammatory and antioxidant properties. Overall, herbal salves can be a great choice for those looking for a natural and gentle option for caring for their skin.



**Herbal salves can be effective at soothing and healing a variety of skin issues, such as cuts, scrapes, rashes, and insect bites**

Herbal salves can be effective at soothing and healing a variety of skin issues, such as cuts, scrapes, rashes, and insect bites. Many herbs have natural properties that make them well-suited for treating these types of issues. For example, calendula and comfrey have been traditionally used to promote healing of cuts and scrapes and to reduce inflammation. Plantain and chickweed can be used to soothe and reduce itching and redness caused by insect bites.

Herbal salves can also be effective in treating rashes and other skin irritations. For example, chickweed and licorice root, can be used to soothe itching and redness caused by eczema, psoriasis, or other inflammatory skin conditions. Herbs like chamomile, lavender, and Solomon's Seal are known to be effective in reducing inflammation and promoting healing of the skin.

## 5 Reasons to Use an Herbal Salve

Herbal salves can be an effective treatment option for skin issues because they can provide relief from symptoms while also promoting healing of the affected area. Additionally, because herbal salves are made from natural ingredients, they tend to be less harsh on the skin than synthetic over-the-counter medications, which can be particularly beneficial for sensitive skin.

**Herbal salves are often made with a blend of beneficial herbs, which can provide additional benefits beyond just the relief of a specific skin issue.**

The use of multiple herbs in a salve can enhance the overall effectiveness of the product and provide a wider range of benefits. For example, a salve made with calendula, comfrey, and [Solomon's Seal](#), can not only provide relief for minor cuts and scrapes, but also promote healing and reduce inflammation. Other herbs like chamomile, lavender, and rose can be added to provide a soothing and calming effect on the skin.



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Additionally, different herbs have different properties, and when combined can help target specific skin issues. For example, herbs like tea tree, oregano and thyme which have antimicrobial properties can help fight off bacteria and fungus and can be effective in treating acne or other skin infections. Herbs like aloe vera, and gotu kola can help promote collagen production, which can help reduce the appearance of wrinkles and fine lines. Other herbs like St. John's Wort and Calendula are known for their anti-inflammatory properties and can help reduce redness and irritation.

Blending different herbs can also allow for a more personalized treatment, as different individuals may respond differently to specific herbs. Furthermore, herbal salves can be easily adjusted to suit an individual's specific skin type or condition. This allows herbal salves to be a versatile and effective treatment option for many different skin issues.

### **Herbal salves can be easily applied topically and do not have the same potential side effects as oral medications.**

Herbal salves are typically applied topically, which means they are applied directly to the skin. This makes them easy to use and convenient, as they do not require ingestion or injection. Topical application also allows the active ingredients in the salve to target the specific area of the skin that needs treatment, making them more effective than oral medications. Additionally, herbal salves do not have the same potential side effects as oral medications. Oral medications, when taken in large doses or for prolonged periods of time, can have negative effects on the body. Herbal salves, on the other hand, do not enter the bloodstream when applied topically, which means they do not have the same potential to cause systemic side effects. Furthermore, because herbal salves are made from natural ingredients, the risk of allergic reactions or other adverse reactions is often considered lower than with synthetic over-the-counter medications.

# Herbal salves can be made at home using simple ingredients and techniques, giving you control over the quality and purity of the final product.

Herbal salves can be made at home using simple ingredients and techniques, giving you control over the quality and purity of the final product. Making your own herbal salve can be a fun and rewarding experience, as it allows you to customize the product to suit your specific needs and preferences.

There are many different recipes available for making herbal salves, and most of them use common ingredients that are easy to find at health food stores or online. Most salve recipes involve infusing herbs in a carrier oil, like olive oil or coconut oil, and then mixing it with beeswax to thicken the mixture. The process is relatively simple and can be done with basic equipment, such as a double boiler, blender, and some small jars for storage.

By making your own herbal salves, you can ensure that the ingredients are fresh and high quality, and that the final product is free from unwanted preservatives, chemicals, or artificial ingredients. It also allows you to make small batch, so you can test out different herbs and oil combinations to find the one that works best for you. Furthermore, it can also be a cost-effective alternative to buying commercial herbal salve which can be quite expensive.

Overall, making your own herbal salves gives you the ability to create a product that is tailored to your specific needs and preferences, while also giving you control over the quality and purity of the final product.

## A Simple Homemade Healing Salve

Here is a recipe for a basic healing salve that you can make at home using simple ingredients and techniques:

### Ingredients

1/4 cup of dried St. John's Wort flowers

1/4 cup of dried calendula flowers

1/4 cup of dried Solomon's Seal root granules

1/4 cup of dried comfrey leaves

1 cup of olive oil or other carrier oil of your choice

1 ounce of beeswax

10-15 drops of lavender essential oil (or any other oils)

### Instructions:

1. In a double boiler, combine the dried calendula and comfrey with the carrier oil. Heat the mixture over low heat for about 2 hours, or until the herbs are well infused into the oil.
2. Strain the herb-infused oil through a cheesecloth or fine mesh strainer into a clean container. Discard the spent herbs.
3. Melt the beeswax in a double boiler or a heatproof container set over a pot of simmering water. Once the beeswax is melted, add the herb-infused oil and stir well.
4. Remove the mixture from heat and let it cool for a few minutes. If desired, add 10-15 drops of lavender essential oil for added benefits.
5. Pour the salve into small jars or tins and let it cool completely. The salve will solidify as it cools.
6. Label the jars with the contents and the date.



## 5 Reasons to Use an Herbal Salve

Your homemade healing salve is now ready to use! This salve can be used on minor cuts, scrapes, burns, and insect bites to promote healing and reduce inflammation. It can also be used on eczema, psoriasis, or other inflammatory skin conditions. Keep in mind that herbal salves have a shelf life of about 6-12 months.

Always check for any sign of spoilage before using it, and if the salve has an off smell, discoloration or if it has become gritty, discard it.



Cortesia Herbal Products has created organic oral and topical remedies, infused with the historically praised herb, Solomon's Seal, for over 30 years. Our remedies are made in small batches for optimal control, potency, and freshness. Come visit us: [Cortesia Herbal Products](#)



# Mother Nature's Natural Healing.



The plant world has always had a special kinship with humans and animals. When we approach the natural world with respect and reverence, we may humble ourselves to natural forms of healing.



Herbal remedies aid in the body's ability to ward off disease and infection, among other interveners to our health. The special phytonutrients in certain plants help support a robust immune response in the body. Plants indeed are important allies to human health.



We encourage you to support body, spiritual and mental health with those plants that work well for body wellness. Herbal salves are especially supportive of skin and deep tissue health.



Blessings in all your efforts!

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