



Your Guide to Deep Penetrating Salve

Benefits and How to Use

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Deep Penetrating Salve

An herbal topical salve can be one of the most beneficial remedies in self-care. The primary reason has to do with the body's largest organ: the **skin!** The skin's penetrating and absorbent qualities allow plant nutrients to permeate its layers. For this reason, we believe that an effective, deep penetrating salve should be a mainstay in anybody's medicine cabinet.



The purpose of this guide is to help you get the best results possible from using an herbal salve. The advantage of using a topical herbal salve or liniment-type lotion is its ability to provide **targeted relief** via immediate dermal penetration and/or absorption. An oral tincture, on the other hand, is absorbed into the bloodstream and allows for the slow release of nutrients.

Deep Penetrating Salve

At [Cortesia Herbal Products](#), we have identified certain herbs that are historically used for muscular-skeletal and skin/tissue health. An example is the herbs in our customer favorite [Deep Penetrating Salve](#) — Solomon's Seal, Calendula, Comfrey, Mullein, Horsetail, Arnica, St. John's Wort. These all-natural nourishing ingredients are packed with numerous phytonutrients and combine to make exceptional synergy as a salve.

To better understand how our Deep Penetrating Salve works, let's quickly admire the miracle of our skin, where it works the best.

The Miracle of SKIN!



Deep Penetrating Salve

The largest organ in the human body is the **skin**, covering about 22 square feet and weighing 8-10 pounds for the typical adult! This amazing natural armor shelters us from environmental hazards and yet allows us to experience pain and pleasure. It protects against pathogens (germs), prevents excessive water loss from our body, insulates us from heat and cold, and aids in our temperature regulation. It is recreating itself every day as we shed some 40 pounds of dead skin cells in the course of our lifetime. But that's not all!

The complexity and miracle of our skin appears when we examine only **one square inch**: 100 sebaceous glands, 65 hairs, 78 yards of nerves (all skin: 45 miles), 19 yards of blood vessels (all skin: 11 miles), 9,500,000 cells (all skin: 300 million cells), 1,300 nerve endings, and 650 sweat glands.

Furthermore, and very importantly to know, **our skin has three layers** that can absorb up to 60 percent of what we place on it (including “patch” forms of medicines and essential oils):

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- **Epidermis:** The outer physical layer that you see.
- **Dermis:** This layer lies beneath the epidermis and is where blood vessels, nerve endings, and oil glands reside.
- **Subcutaneous:** This layer of fat and connective tissue contains larger blood vessels and nerves and helps regulate body and skin temperature.



Since **our skin cannot discriminate between synthetic and natural**, or between harmful and beneficial, it may absorb harmful chemicals present in commercial skin care products and the environment. This is all the more reason to consider the use of an organic natural herbal salve.

Deep Penetrating Salve

Besides our use of raw plant materials to make our [Deep Penetrating Salve](#), there are numerous qualities of any well-made salve to appreciate.



Below are listed just a few qualities and conditions that we follow closely to ensure the best quality salve is created for optimal effectiveness. Part of the key to quality is using raw herbs, not powdered concentrates, and steeping the ingredients slowly. Making salves in small batches also ensures freshness and potency.

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Qualities of a Deep Penetrating Herbal Salve

- Natural and organic base oils, butters, and plants
- Free of synthetic fragrances and colors
- Free of artificial preservatives
- Free of artificial foam boosters
- Free of alcohol
- Free of petroleum products
- Free of synthetic additives
- Free of GMO's
- Free of detergents

For over 40 years we have reverently abided by the above principles to create our salves in small batches designed for penetration and absorption. In fact, the effectiveness of a salve has a lot to do with how well it penetrates the skin and/or is absorbed at deeper cellular levels. Let's look at that for a moment.

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Penetration or Absorption

Like a sponge, our skin allows for both penetration and absorption:

- If a chemical or substance is applied to the skin, it may only penetrate the first (Epidermis) of the three layers of skin. With **penetration**, the systems of the body are not affected. For example, olive oil or a moisturizing cream only penetrates the skin.
- If a chemical or substance is **absorbed** through the skin, it goes through all three skin layers (Epidermis, Dermis, and Subcutaneous), reaches the bloodstream and can affect internal body systems. An example would be the use of a transdermal nicotine patch, or even a concentrated essential oil.

So, when using an herbal salve, consider its use cosmetically for skin health and/or therapeutically for deep penetration and absorption.

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Deep Penetrating Salve Ingredients: Herbs Working Together

Ingredients: Solomon's Seal Root (*Polygonatum biflorum*), Arnica flowers (*Arnica Montana*), Calendula flowers (*Calendula officinalis*), Comfrey leaf and root (*Symphytum officinale*), St. John's Wort flowers (*Hypericum perforatum*), Mullein leaf (*Verbascum thapsus*), and Horsetail (*Equisetum arvense*) in a base of extra virgin organic olive oil, organic almond oil, and beeswax.



Solomon's Seal – This herb forms the base of all our organic remedies at Cortesia Herbal Products. Its diversity for body wellness has been known and used for thousands of

years. It allows for the synergy of the other herbs to work well together. For use on inflamed, painful, or injured tendons, ligaments, attachments, joints and muscles. Speeds the healing of skin injuries or blemishes.

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Arnica – Highly effective for bruises and sprains, as it promotes healing and causes a reabsorption of internal bleeding. Arnica stimulates blood circulation and is also excellent for injuries to joints and muscles, including back strains.

Calendula – Very soothing for inflammation, dry skin, burns and sunburn. A very well-known herb.

Comfrey – Cooling and lubricating to sprains, strains, inflamed or arthritic joints, and other injuries to joints and muscles. The allantoin in comfrey is absorbed through the skin and speeds healing. Comfrey also encourages cell regrowth in connective tissues and broken bones and breaks down red blood cells in bruising.

Horsetail – Anti-inflammatory and antiseptic, good for bones, muscles, joints, hair and nails. Can help ease joint pain. Horsetail's high silica content helps to rebuild damaged cartilage and structures. It strengthens connective tissue, bones, cartilage, mucous membranes, arteries, skin, and other tissue.

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Mullein – External application to soothe nerve pain and to promote setting and healing of broken bones, fractures, sprains, and strains. Good for pain relief in major burns.

St. John's Wort – Localized nerve pain, such as sciatica, sprains, and cramps. Also for burns and muscle or joint inflammations such as tennis elbow.

Deep Penetrating Salve: Application Tips

A well-made, all-natural organic herbal salve can be a wonderful staple in self-care. Here are a few tips for application:



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- **Keep your salve out of heat or light.** Herbal salves can soften a little if stored near heat, and then re-harden when cooler. Over time, this may affect the quality and smell.
- **Apply just a dab and rub it in well for a few minutes.** A little bit can work well and when absorbed should not feel greasy.
- **If using a topical Magnesium spray, apply first and then apply the herbal salve.**
- **When relaxing, consider using Moist Heat.** This allows for very deep tissue penetration of the herbs. It is as simple as a heating pad placed on top of a moist wrung out cloth, placed on top the injury for 45 minutes at medium heat.
- **Stay mindfully positive.** Try closing your eyes while rubbing in your salve. Then visualize a cooling light and sensation around your injury. Perhaps recite a positive affirmation (e.g. “my hand is strong and flexible, healing everyday”), or a personal prayer or outpouring. The point is: affirm your healing, not your discomfort!

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- **Stay devoted to a daily use of your salve and other herbal remedies.** Their benign unique wellness properties qualities may appear both subtle over time and dramatic, but you would never know if you weren't attentive and devoted to your efforts

About the Author

Dr. McDowell holds doctorate degrees in Health Sciences and Counseling Psychology (University of Utah), with emphasis on the psychological effects of illness, injury and disease on overall wellness. He has been a health advocate for over 50 years to thousands of people worldwide, and is co-owner of Cortesia Herbal Products.

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