



HOW TO MAKE AN HERBAL SALVE

Turn an herbal-infused oil into a simple topical balm

A salve is a semi-solid preparation made by combining an oil with a wax. Salves are commonly used for moisturizing and protecting dry skin and for topical herbal preparations.



WHAT YOU'LL NEED

- ☐ Herbal-infused oil
- ☐ Beeswax or plant-based wax
- ☐ Double boiler or heat-safe bowl
- ☐ Spoon or spatula
- ☐ Clean, dry tins or glass jars
- ☐ Label & marker



STEP 1 — PREPARE

Make sure your infused oil has already been strained thoroughly and contains no plant pieces or water.

Have your containers clean and completely dry.



STEP 2 — GENTLY HEAT

Place the infused oil and wax into a double boiler. Warm gently until the wax melts completely. Avoid direct high heat.

Simple starting ratio:

4 parts infused oil : 1 part beeswax

More wax creates a firmer salve;
less creates a softer balm.



STEP 3 — MIX

Stir gently until the wax and oil are completely combined.

To test the consistency, place a tiny drop on a cool spoon or plate and allow it to harden.

Adjust with more oil or wax if necessary.



STEP 4 — POUR

Carefully pour the warm mixture into clean, dry tins or jars.

Allow the salve to cool uncovered until completely firm.

Then secure the lids.



STEP 5 — LABEL

Include:

Herb: _____

Ingredients: _____

Date made: _____

Store in a cool, dry place away from direct sunlight.



SAFETY

Always research the specific herb before applying it to your skin.

Patch-test new preparations

Avoid eyes and mucous membranes

Don't apply to deep or infected wounds unless advised by a healthcare professional

Stop using if irritation or an allergic reaction develops

Keep homemade salves away from children and pets unless you know every ingredient is appropriate for them.

MY NOTES:

Educational information only. Homemade topical preparations are not a substitute for medical treatment.