



Arnica Salve

Salves have a soft, spreadable consistency that melts on skin contact. This recipe may be doubled.

Yield: 2 ounces

Ingredients:

- 3 ½ tablespoons arnica infused oil*
- 2 teaspoons beeswax (about 8 grams)
- 24 drops of tea tree or lavender essential oil (optional -- 2 % dilution)

Directions:

Make a double boiler using a glass measuring cup. Add arnica infused oil and beeswax to the glass measuring cup. Simmer until the beeswax melts. Remove from heat. If you are using essential oils add them now. I like to add 12 drops of lavender essential oil and 12 drops of rosemary essential oil to this salve to increase the skin healing, analgesic, and antimicrobial actions of the arnica.

Stir the mixture as it cools to prevent separation. Spoon the mixture into a 2 ounce salve tin. Cap tightly, label, and date.

To use:

Salve is helpful for bruises, strains, sprains, and sore joints and muscles.

Contraindications:

Avoid using arnica on broken skin or burns. It should not be taken internally. Arnica should not be used by people who are allergic to arnica or by people who may be sensitive to other members of the compositae family (sunflower family)

*Arnica infused oil can be purchased from a Health Food Store or online from an herb supplier or you can make your own.