

INFUSED OILS

Herbal Preparations Guidelines

Basil. (leaves) smoothing massage oil, relaxes muscles, soothes nerve endings, antibacterial, draws out bee stings, earaches.

Borage. (leaf & flower) tones and strengthens skin, anti-fungal, soothes inflammation around eyes, soothes rashes.

Calendula. (flower) burns, sunburn, chapped skin, diaper rash, hemorrhoids, broken capillaries, babies, cradle cap.

Catnip. (flower & leaf) anti-inflammatory, skin problems, antiseptic, helps swelling under the eyes, ten times stronger than deet for insects.

Cayenne. (fruit) rheumatoid arthritis, circulation; especially cold feet, warming massage oil, styptic; promotes healing, infection fighting.

Chamomile. (flower) eczema, insect bites, chapped skin, soothing belly aches, rubs for pregnant women, hemorrhoids, muscle pain.

Comfrey. (flower & leaf) homeostatic (styptic), arthritic joints, bruises, sprains, inflamed bunions, boils, fractures, burns, gout, psoriasis, helps pets with itching, dry skin, swelling infections.

Echinacea. (flower & root) antibiotic, antiseptic, skin disorders, insect bites, eczema, earaches.

Feverfew. (flower) soothes skin irritations, inflammation, anti-microbial, helps remove pimples and blackheads.

Garlic. (bulbs) antiseptic, great for ear infections, cuts and wounds, swollen joints, cold feet, athletes foot fungus, insect bites.

Lavender. (flower & leaf) sunburns, burns, antiseptic, soothing topical healing, repels insects, pain relieving, sore muscles, cold sores, insect bites.

Lemon Balm. (leaf & flower) massage oil, tension, antiviral, cold sores, fever blisters, lips.

Peppermint. (leaf) boils, herpes simplex, antibacterial, antiseptic, anti-microbial.

Rose. (flower) antiseptic, anti-viral, nourishing and healing to skin.

Rosemary. (leaf) aching joints and muscles, great for scalp, antibacterial.

Sage. (leaf) heals sores and skin eruptions, antiseptic, lips, disinfectant, inhibits growth of bacteria on skin.

St. John's Wort. (flower & leaf) burns, muscle, and joint inflammation, including tennis elbow, nerve pain, antiseptic, stimulates nerve endings to heal trauma.

Thyme. (flower & leaf) antiseptic, athletes' foot, ringworm, eczema, psoriasis, anti-fungal.

Violet. (flower) anti-microbial, soothing, healing, diaper rash, eczema.

Yarrow. (flower & leaf) skin problems, hemorrhoids, swelling cuts, boils, itching eyelids, poison ivy, psoriasis, deadening agent, analgesic.



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