

# INFUSED OILS

## HERBAL PREPARATIONS GUIDE LINES

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

**Borage.** (leaf & flower) tones and strengthens skin, anti-fungal, smoothes inflammation around eyes, smoothes 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) smoothes 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. Johns 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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