
Recipe Sheet

Brandon Weston
ozarkhealing.com
facebook.com/MountainManHealing
mountainmanhealing@gmail.com

Herbal Salves

- Herbal material left to sit in warm oil or fat until the active chemical compounds in the plants have been leached out.
- Traditional salves use fats or tallows like beef tallow, mutton tallow, bear grease, possum grease, goose grease, etc.
- Vegetarian salves can be made with oils and beeswax (to help the oil set into a solid mass.)

Basic Salve making:

- Easiest way to “cook” a salve is in a crockpot (directly or in a *bain marie*)
- Melt tallow then add plant material (if using oil you can add both the plant matter and the oil at the same time)
- Heat on **low** 3-4 hours (**low** is important; you don’t want to burn the plant matter)
- If you’re using an oil (not a fat, most fats will harden up on their own) you will add about 2 oz. melted beeswax to make the oil set into a semi-solid salve
- Let cool
- Strain and bottle

Easy Salve Recipes

- **“Green” Salve** – all purpose salve using beef tallow. For cuts, bruises, bug bites, eczema, burns, etc.

32 oz. Beef Tallow
¾ c. Plantain leaf
¾ c. Comfrey root and leaf
¾ c. Rosemary leaf
½ c. Self Heal leaf
¼ c. Thyme leaf

- **“Yellow” Salve** – light coconut oil base, used in warmer months. For cuts, bruises, bug bites, eczema, burns, etc. Do not use if you have a skin sensitivity to goldenrod.

32 oz. Coconut oil
¾ c. Calendula flowers

- ¾ c. Lemon Verbena leaf
- ½ c. Self Heal leaf
- ½ c. Rose petals
- ½ c. Goldenrod flowers

Herbal Oils

- Herbal material left to heat in carrier skin or edible oils until the active chemical compounds in the plants have been leached out
- Can be taken internally or applied to external skin conditions
- Typical external and internal carrier oils: sweet almond, grapeseed, coconut

Basic Oil making:

- Easiest way to “cook” an oil is in a crockpot (directly or in a *bain marie*)
- Combine plant matter and carrier oil
- Heat on **low** 3-4 hours (**low** is important; you don’t want to burn the plant matter).
- Let cool
- Strain and bottle

Sun method:

- Historically oils were made by taking plant matter and oil in a glass jar and leaving it exposed to sunlight to steep
- Can still be used but UV light may break down the volatile oils

Easy Oil Recipes

- **Ear Oil** – for external use with a sore ear. Not to be used with ear infections.

¼ c. Garlic (fresh crushed or chopped)
¼ c. Mullein
16 oz. Olive Oil
1 tbsp. Vitamin E oil (preservative, or you can keep in refrigerator)

- **Body Tonic Oil** – for external use with sores, bruises, dry skin, bug bites, rashes, etc.

¼ c. Plantain leaf
¼ c. Comfrey leaf
¼ c. Red Clover flowers
¼ c. Wood Betony leaf
¼ c. Blue Vervain leaf
16 oz. Sweet Almond Oil
1 tbsp. Vitamin E oil (preservative, or you can keep in refrigerator)

- **First Aid Oil** – for external use as a first aid treatment for wounds, pains, sores, bites, etc.

¼ c. Plantain leaf
 ¼ c. Comfrey leaf
 ¼ c. Cinquefoil leaf
 ¼ c. Self-Heal leaf
 1 tbsp. Pine resin
 16 oz. Sweet Almond Oil
 1 tbsp. Vitamin E oil (preservative, or you can keep in refrigerator)

Other great herbs for oil making (external):

- Arnica flowers – Indispensable as an external oil. Use immediately after strenuous exertion.
- Calendula flowers – One of my favorite oils with a myriad of uses. Oil infused with calendula flowers is suitable for sensitive skin and for babies.
- Cayenne peppers – Used for occasional soreness.
- Cedar leaf – Powerful for minor skin irritations.
- Chickweed – Wonderful for minor skin irritations.
- Comfrey root and leaf – Deeply penetrating and traditionally used as a topical oil or as an ingredient in salve.
- Goldenseal or Oregon Grape root – Wonderful for minor skin irritations.
- Lemon Balm – Cooling and calming to the skin.
- Mullein flowers – A classic oil used as ear oil.
- Myrrh gum – Powerful for minor skin irritations.
- Peppermint – Great for massaging into occasional sore muscles.
- Plantain – Helps ease minor skin irritations.
- Poke root – Traditionally used as a woman's ally for breast massages.
- Rosemary leaf – A stimulating oil for hair treatments, occasional sore muscles, or even for culinary use.
- St. John's Wort – Craft this red-colored oil made from freshly gathered St. John's Wort. The oil is deeply penetrating for occasional soreness.
- Thyme – A strong preparation used for minor skin irritations, and it is great for occasional sore muscles.
- Yarrow – Used for minor skin irritations.

Alcohol Liniments

- Liniments are tinctures that rather than being ingested, are applied to the skin.
- The alcohol will evaporate leaving behind the herbal medicine.
- Liniments can also be mixed with a carrier oil, sweet almond oil, olive oil, coconut oil, etc. to sooth the skin and prevent burning from the alcohol.

Basic Oil and Alcohol Liniment:

- 1 part alcohol tincture : 1 part carrier oil

Easy Liniment Recipes

- **Fiery Liniment** – think something like Tiger Balm. Hot and cold to sooth aching muscles. This does contain capsicum, menthol, and camphor, so do not apply to sensitive skin areas. A carrier oil is recommended with this one.

Tincture: for a quart jar

½ c. Cinnamon

½ c. Fresh Ginger

½ c. Calendula flowers

3-4 medium sized Chili Peppers

1 tbsp. Menthol crystals (or oil, crystals can be found on Amazon)

1 tbsp. Camphor crystals (or oil, crystals can be found on Amazon)

1 tsp. Cinnamon oil (optional)

Vodka (fill jar)

Carrier Oil:

Sweet Almond oil

- **Field Liniment** – great for taking out hiking. Apply to aches, pains, sprains, cuts, and wounds to help in emergencies. Can be used with or without carrier oils.

Tincture: for a quart jar

½ c. Plantain leaf

½ c. Comfrey root (and/or leaf)

½ c. Self Heal leaf

¼ c. Pine resin

Vodka (fill jar)

Carrier Oil:

Sweet Almond oil

Herbal Poultices

- Herbal material that is moistened with alcohol or oil and left to sit on the skin.
- Usually held together with cheesecloth or a strip of fabric.
- Can be used in emergency situations.

Basic poultice making:

- Take your herbal plant mixture and wrap in cheesecloth, gauze, or a strip of clean fabric
- Wet with oil or alcohol
- Knead until the plant matter is soft

- Apply to affected area
- The poultice can be held to the skin with gauze or by hand

Great poultice plants:

- **Calendula** – great for sunburns, burns, poison ivy, rashes, bug bites, etc.
- **Cayenne pepper** – good for inflammation (will dye your skin red)
- **Yarrow** – topical analgesic and antiseptic properties, also helps staunch blood
- **Comfrey** – wonderful for all skin needs
- **Plantain** – (Plantago major, not the banana!) also great for a variety of needs, most often paired with comfrey
- **Arnica** – great for burns, cuts, bruises, aches, pains, etc.

Poultice too much of a mess? Try a compress!

- Herbal matter is steeped as an infusion or decoction
- Gauze or cloth is soaked in the strained tea then applied warm (or cold in some cases) to the skin

Ozark Native Oil and Salve Plants

Caution should always be taken when looking for medicinal plants out in the wild. Do not consume or use any plant that you are unsure about. The internet is a wonderful resource for plant identification. Look up photos and identification information for plants from reputable sources before collecting any plant out in the wild. NOTE also that many Ozark medicinal plants are endangered and should not be harvested out in the wild.

When wild-harvesting take only what you need at that time. **DO NOT STOCKPILE!** Chances are the plants will go bad before you can use them. A good rule of thumb for any plant is to count three plants then take one, that way there are plants left behind to go to seed. Leave the roots intact unless the root is being harvested, then try and leave a piece of the root or any seeds/berries behind in the soil.

Responsible harvesting means these medicinal plants will be around for many more generations.

I'm not including photos of plants on purpose! I want folks to go look up the plants and find as many identifying photos and identifying information as they can. Do the work! Google is an amazing resource for plant identification.

+ means the plant is not native but is common in the Ozarks

+Cleavers, *Galium aparine*: Leaves:

Externally as a dermatological aid.

*** **Cautions:** Laxative ***

Goldenrod, *Solidago*: Leaves, Flowers:

There are many different varieties of goldenrods, all of which have very similar medicinal uses. Typically the plant has traditionally been used in salves to help with sore muscles and arthritis.

*** **Cautions:** Asteraceae family, may cause skin irritation ***

Horsemint, *Monarda bradburiana*: Leaves, flowers:

Can be used externally in oils and salves for dermatological needs. Used in many of the same ways as *Monarda fistulosa*.

Jewelweed, *Impatiens capensis*: Leaves, stems, flowers:

Sap produced by the leaves and stems used for poison ivy, rashes, burns, and other dermatological needs.

*** **Cautions:** Seeds toxic ***

+Mullein, *Verbascum thapsus*: Leaves, flowers, root:

Leaves can be wilted and used in poultices for swollen glands.

+Plantain, *Plantago major* "Broadleaf Plantain" or *Plantago lanceolata* "Ribwort Plantain": Leaves, roots, flowers:

Leaves used in poultices for bug bites, inflammations, rashes, cuts, bruises, stings, and other skin complaints.

Self-Heal, All Heal, *Prunella vulgaris*: Leaves, flowers:

Infusion is an analgesic used to wash sores, wounds, and used in salves for many dermatological needs.

Spicebush, *Lindera benzoin*: Leaves, Bark:

The leaves can also be used topically for skin irritations, rashes, and bites.

Sweet Everlasting, Rabbit Tobacco, *Pseudognaphalium obtusifolium*/*Gnaphalium obtusifolium*: Leaves, flowers:

Analgesic for sores, pains, aches, wounds, and many other dermatological needs.

*** **Cautions:** Asteraceae family ***

Sweetgum tree, *Liquidambar styraciflua*: Leaves, bark, gum, balls:

Leaves can be used in poultices for several dermatological issues, cuts, and bruises.

Wild Bergamot, Beebalm, *Monarda fistulosa*: Leaves, flowers:

Externally an analgesic used in poultices for pains, aches, cuts, and rashes.

Witch Hazel, *Hamamelis vernalis* (Ozark Witch Hazel) and American Witch Hazel, *Hamamelis virginiana*: Leaves, bark:

Leaves and bark astringent used externally as a skin toner and for many dermatological issues.
Antirheumatic.

*** **Cautions:** Bark emetic***

+Yarrow, *Achillea millefolium*: Flowers, leaves:

Leaves astringent, used in bowel complaints and with dermatological needs.

*** **Cautions:** Asteraceae family ***