

EVERYTHING HERBAL

by Cheryl Jabz.

Common Comfrey Uses

*Traditional topical herb
and garden favorite*



www.EverythingHerbalbyCherylJabz.com

1

SALVES & BALMS



Used externally in salves and balms to comfort dry skin and soothe overworked muscles and joints.

2

INFUSED OILS



Comfrey-infused oil is commonly used as a base for massage oils, balms, and skin-care blends.

3

COMPRESSES & POULTICES



Warm compresses or leaf poultices are traditional topical uses for bruises, swelling, and minor everyday discomfort.

4

BATH SOAKS



Added to bath water in a muslin bag for a soothing herbal soak for tired bodies and dry-feeling skin.

5

SOAPS & LOTIONS



Used in handcrafted soaps, lotions, and creams for gentle cleansing and moisturizing.



6

GARDEN USE



A favorite in compost, mulch, and liquid plant feed because comfrey leaves are nutrient-rich.



IMPORTANT SAFETY NOTES

For external use only. Do not ingest comfrey.
Do not apply to broken or deep wounds.
Use short-term only. Avoid use during pregnancy
or for young children unless guided by a professional.



Scan to
EXPLORE
MORE

DOWNLOAD THIS PAGE

PRINT • SAVE • SHARE