

EVERYTHING HERBAL

by Cheryl Jabz

Comfrey Healing Salve

Most Popular • Best for: sore muscles, joint pain, dry skin

INGREDIENTS:

- ✿ 1 cup dried comfrey leaves (or ½ cup root)
- ✿ 1 cup olive oil (or almond oil)
- ✿ 1 oz beeswax
- ✿ Optional: 10–15 drops lavender essential oil



INSTRUCTIONS:

Infuse oil:

Place comfrey and oil in a jar. Let sit 2–4 weeks (or gently heat in a double boiler for 2–3 hours). Strain the oil through cheesecloth. Melt beeswax in a double boiler. Stir in infused oil and mix well. Add essential oil (optional), pour into tins, and let cool. Use on unbroken skin only, up to 2–3 times daily.



For external use only.
Do not apply to broken skin.
Do not ingest comfrey.



SCAN TO
*Explore
More*

DOWNLOAD
THIS PAGE



[www.EverythingHerbal
byCherylJabz.com](http://www.EverythingHerbalbyCherylJabz.com)

Print • Save • Share