



Everything Herbal

by Cheryl Jabz

Knowledge. Nature. Wellness.

COMFREY'S 3 MOST POPULAR RECIPES

Traditional. Soothing. Naturally Herbal.

Comfrey is a traditional herb commonly used in topical herbal preparations for soothing self-care and skin-support recipes.



Topical Favorite



Traditional Herb



DIY Wellness

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SCAN ME



1 COMFREY-INFUSED OIL

A simple herbal preparation made by slowly infusing dried comfrey into a carrier oil for topical use.

KEY INGREDIENTS:

Dried Comfrey Leaf • Olive Oil or Sweet Almond Oil • Clean Jar

WHY YOU'LL LOVE IT:

A versatile base for salves, massage blends, and herbal self-care.



2 COMFREY SALVE

A smooth herbal salve made with comfrey-infused oil and beeswax for a classic DIY herbal remedy.

KEY INGREDIENTS:

Comfrey-Infused Oil • Beeswax • Optional Lavender Essential Oil • Tin or Jar

WHY YOU'LL LOVE IT:

Easy to make, comforting, and a popular handmade herbal project.



3 COMFREY HERBAL SOAK

A relaxing herbal soak made with comfrey and simple bath ingredients for a soothing self-care ritual.

KEY INGREDIENTS:

Dried Comfrey Leaf • Epsom Salt • Optional Oatmeal • Muslin Bag or Jar

WHY YOU'LL LOVE IT:

A simple, spa-like recipe that feels calming and nourishing.



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