



Plantain is a traditional herb valued for its gentle, soothing nature and commonly used in simple wellness recipes. Its leaves are often used in teas, salves, and infused oils.



Traditional Favorite



Soothing Herb



DIY Wellness



Everything Herbal
by Cheryl Jabz



PLANTAIN'S 3 MOST POPULAR RECIPES

Gentle. Traditional. Naturally Herbal.

1



PLANTAIN LEAF TEA

A mild herbal tea made from dried or fresh plantain leaves for a simple, earthy cup.



KEY INGREDIENTS:

Plantain Leaves • Hot Water •
Honey or Lemon (optional)



WHY YOU'LL LOVE IT: Easy to make, gentle, and a classic herbal favorite.



2



PLANTAIN SALVE

A simple herbal salve made with plantain-infused oil and beeswax for a classic DIY project.



KEY INGREDIENTS: Plantain-Infused Oil •
Beeswax • Optional Lavender Essential Oil •
Tin or Jar



WHY YOU'LL LOVE IT: A practical, soothing handmade recipe that's easy to keep on hand.



3



PLANTAIN-INFUSED OIL

A traditional infused oil made by steeping dried plantain in a carrier oil for herbal crafting.



KEY INGREDIENTS: Dried Plantain Leaves •
Olive Oil or Sweet Almond Oil • Clean Jar



WHY YOU'LL LOVE IT: Versatile, simple, and useful as a base for many herbal DIY ideas.



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