



Everything Herbal

by Cheryl Jabz

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Comfrey Healing Balm Stick

(Mess-Free)

Best for: on-the-go pain relief

INGREDIENTS:

- 1/2 cup comfrey-infused oil
- 2 tbsp beeswax
- 1 tbsp shea butter
- 10 drops peppermint or lavender essential oil



INSTRUCTIONS:

Melt beeswax and shea butter. Stir in comfrey oil. Add essential oil. Pour into lip balm tubes or sticks and let harden.



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



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