

Everything HERBAL

BY CHERYL JABZ

Comfrey Infused Oil

Base for many uses

Best for: massage oil, salves, balms

INGREDIENTS

- 1 cup dried comfrey leaves
- 1–1½ cups carrier oil (olive, jojoba, or sunflower)

INSTRUCTIONS

Fill a jar with comfrey and cover with oil.
Let infuse for 2–4 weeks (shake occasionally).
Strain and store in a dark bottle.



*Use directly as a massage oil
or as a base for salves.*



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SAFETY REMINDER:

Use externally and store in a cool dark place.

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