Mullein Flower Oil

This oil works wonderfully for ear infections, as it helps fight the infection while reducing pain. It can also be used for any type of skin issues with its anti-inflammatory and emollient properties. I've heard it is also good for afterbirth healing as it decreases swelling, heals any tears, prevents infections, and reduces pain and for those same reasons would be a good for wounds and after surgery care.

INGREDIENTS

Dried mullein flowers
olive oil (or oil of choice)



DIRECTIONS

1. *Use fresh or dried flowers or even the flower stalk cut up.*
2. *Fill a jar ¾ full of fresh or ½ full of dried material then cover with olive oil.*
3. *Prepare an herbal oil.*
4. *I like to have some in a dropper bottle for easy application, especially for ear infections.*

USE FOR EAR INFECTION

Place 2 to 3 dropperfuls of warmed oil down both ears and plug with a cotton ball. Repeat two or three times a day or as often as needed for pain relief. I like to warm the oil by placing the dropper bottle in a mug of hot water. Test the temperature on your wrist before pouring in ears.