Bone & Muscle Salve



INGREDIENTS

Make an herbal oil using olive oil with the following herbs:

- *3 parts arnica*
- *2 parts calendula*
- *1 part peppermint*
- *1 part St. Johns wort*
- *1 part plantain*
- *1 part comfrey*

DIRECTIONS

Pour the herbal oil into a small pan and melt 1 oz. of beeswax per cup of herbal oil. Remove from heat and add 1 teaspoon of an pain relieving essential oil blend (I use Revive Ache Away for this salve) or create your own blend using the singles listed below or the recipe I've provided. Stir to combine and pour into containers. Cap and label once the salve is cooled and solid.

Massage into area of concern as often as needed. Do not apply to broken skin.

ESSENTIAL OILS

Pain Essential Oil Blend:
30 drops wintergreen
20 drops helichrysum
10 drops clove
40 drops peppermint

This amount is around a teaspoon in measurement.

Essential Oils for Muscles
balsam fir (any of the fir or pine oils)
copaiba
cypress
helichrysum
lavender
lemongrass
marjoram
oregano
palo santo
peppermint
spearmint
spikenard
wintergreen

