Pain Salve

This salve is a great way to utilize the pain relieving properties of cayenne while combining with the anti-inflammatory effects of St. John's wort. It is very effective for the relief of joint and muscle pain as well as PMS cramps, headaches and other aches and pains. I've also had great success applying to the chest and feet for respiratory conditions.

INGREDIENTS



- *1 cup fresh St. John's wort flowers*
- *½ part cayenne powder*
- *Olive oil*
- *Beeswax*
- *Essential oils for pain relief*

DIRECTIONS

1. *Make an herbal oil using the herbs and olive oil or use St. John's wort oil and cayenne oil mixed together.*
2. *Measure out 1 oz of beeswax per 1 cup of herbal oil.*
3. *Heat over low just until melted.*
4. *Remove from heat and stir in 40 drops of essential oil; choose a pain blend from your favorite company (I like Ache Away from REVIVE) or make your own.*
5. *Pour into containers and let sit to harden uncovered.*
6. *Cap and label once the salve has set up.*

To use your salve, apply a fingerful over aches and pains to soothe and relieve as often as necessary.

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