

## **Making an Herbal Salve**

Well, first you need to make your infused oils (see oil/glyceride handout)...then...

### **The Process**

1. Measure and combine infused oils by pouring them into a double boiler or a Crockpot. Bring the temperature of the oil up to 150 degrees Fahrenheit.
2. On a tabletop or counter, somewhat removed from the stove area, set out a sufficient number of dry, clean, and appropriately labeled salve tins, jars, or other shallow glass jars-in all enough to accept the volume of salve being made.
3. In a separate double boiler, slowly melt the wax until it is fluid. This can be done in a saucepan directly over a very low fire, but the pan should be hand-held and given constant attention. Wax eventually will ignite if left unattended on the fire.
4. Slowly pour melted wax into the hot oil, stirring constantly with a wooden spoon. If the oil is too cool, the wax will congeal like egg-drop soup, which actually is not a big concern. If this happens, simply keep the pan on the heat and keep stirring until you have a clear, homogeneous mixture.
5. Once the wax incorporated into the oil, immediately remove the salve from the heat and carefully fill the jars. Use of a pan with a pouring spout or a Pyrex beaker with a spout is recommended.
6. Clean your pans and utensils while they are still hot by swiftly wiping them with dry cloth rags or paper towels, thereby removing the extraneous salve or wax before it has a chance to congeal.
7. Allow the tins or jars to sit still until the salve hardens thoroughly. Then put on the lids and store in a dark, dry, and cool place. Salve will melt if left in the sun. Salve has an expected shelf life of 3 years.

Note: Adding a slightly higher ratio of wax to oil will result in a salve of a harder consistency, which will hold up better in warm weather. Harder salves have a more protective influence while softer salves allow for better absorbency of medicine.

Source: Richo Cech's *Making Plant Medicine*