



Make an herbal oil infusion with the following:

- 3 parts plantain
- 2 parts echinacea root
- 1 part comfrey
- 1 part lavender
- 1 part rosemary
- Coconut oil

Ingredients:

- 1 cup herbal oil infusion from above
- 1 oz. beeswax
- 20 drops tea tree essential oil
- 15 drops blue spruce essential oil
- 10 drops lavender essential oil
- 10 drops peppermint essential oil

Instructions:

Melt the beeswax into the herbal oil over very low heat. Remove from heat and add the essential oils. Pour into lip balm containers for a stick or into a small container for a salve.

To Use:

Apply to bug bites, stings and itchy, inflamed skin to soothe and heal.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.