

Scrapes_Bangs_Trauma_Oil_2004.txt

Trauma Oil

1 part St. John's Wort Flowers

1 part Arnica Flowers

1 part Calendula

Approx. 3 parts Organic Virgin Olive Oil

Mix all of the above in a blender and pour into your jar. When the plant matter settles after a few hours, it should take up a minimum of 2/3 rds of the total mixture in the jar. If you start off with a minimum of oil, you can always add more later.

This formula is great for scrapes, bangs, and bruises and makes the pain disappear almost immediately.

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