

Comfrey_Cream_2004.txt

Comfrey Cream

8 oz beeswax, grated
2 oz vitamin E Oil
12 c olive oil
2 oz dried nettles, powdered
1 oz dried comfrey, chopped
1 oz dried lavender flowers
6 to 10 marigold (calendula) heads, crumbled

Chop or grate 8 oz beeswax into a heavy bottom pan or double boiler on low heat. Add 2 oz. Vitamin E (a natural preservative) and 12 cup olive oil and stir till melted. stir in one half oz. dried, powdered nettles, 2 oz. dried chopped comfrey, one oz. dried lavender flowers, 6-10 marigold heads, crumbled, and let the brew sit quietly for an hour or so, stirring often, on the lowest heat setting possible.

Prepare to strain the mixture: use a large mixing bowl, and in it set a triple thickness of cheesecloth. you may need to have someone help with this part, it really is a pain if the cheesecloth slips down into the hot herbal wax. try to cover the whole bowl, with some left over to hang down the sides, as this will become your handles. Pour the wax mixture into the cheesecloth. pull up the sides of the cheesecloth and strain the herbs out. Give it a firm squeeze and get all of the lingering goodness out of the spent herbs. Discard old herbs.

Now comes the challenge: is it the right firmness? Pour the strained mix into a clean pan, and allow to cool. Using your finger, rub the surface of the balm. it should feel like a (think Noxzema) night cream, firm,

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but with a creamy give. If it is too soft, reheat and add another Oz. of chopped beeswax, then allow to cool and test for the firmness again. . Likewise, if it is too hard, re-heat and add another half cup of olive oil. This can be an all day project. Remember that it will become more firm as it ages too. When you find the right consistency, heat and pour into a clean dry lidded container. Yogurt containers are great for this purpose, or small wide-mouth canning jars. Label and store in a cool place. this recipe makes a lot of balm. you could easily half or even quarter it.

Use this on scrapes, cuts, dry skin, chapped lips, cracked cuticles, sunburn, and just about any mild skin complaint.

Short Cut:

It will save the straining part of your operation. We have been talking about medicinal oils. You can make medicinal oil by the method(s) talked about in earlier posts. Then heat the oil in a double boiler, add beeswax (approximately 1/4 by volume of beeswax to oil). When the wax is melted you can test for firmness by dipping a teaspoon in the melted salve and put it in the refrigerator or freezer for a minute. Take it out and test for firmness. If too thin add additional amount of wax. At this point a few drops of essential oil of your choice can be added giving both a pleasant smell and additional medicinal properties. Caution: Add the essential oil at the last possible minute B some essential oils lose their potency with heat. Your salve is ready to be poured into containers. Wide mouth, straight-sided ones are best.