

# Plantain Salve



- ❖ Plantain salve is the perfect medicine to treat all of lives little cuts, scrapes, stings and abrasions.
- ❖ Herbalists know plantain as natures' band-aid, and the large oval leaves are perfect for wrapping around minor injuries. It's well known as a bee/wasp sting treatment, and a little plantain poultice works fast for relief when little else will.
- ❖ Though plantain is incredibly common, it's only may not be available for harvest all year where you live. Short summers mean we need to preserve our medicine so it's on hand when we need it.
- ❖ Making plantain salve combines the healing benefits of common plantain with the soothing effects of oil and beeswax. It also preserves plantain in a convenient form right in your medicine cabinet or first aid kit.

## **MATERIALS:**

- 1 1/2 to 2 cups dried plantain herb per pint jar; double if using a quart jar
- 1 1/4 to 1 1/2 cups grapeseed, olive oil, or other neutral oil per pint jar; double if using a quart jar
- 1 ounce bees wax per pint jar; double if using a quart jar
- \*optional, essential oils of your choice

## **TOOLS:**

- Double boiler ,or saucepan and heatproof bowl
- Salve tins or small mason jars

# Step 1



- Harvest fresh plantain from a clean, uncontaminated area
- Be 100% positive on your identification before harvesting



# Step 2



- To prevent spoilage, dry the plantain leaves before placing in oil
- An old window screen works well for drying, if you do not have a dehydrator



# Step 3



- After the leaves have dried, cut or break them into smaller pieces, to create more surface area for the oil



# Step 4



- Place dried leaves in glass jar, then add your oil
- Place a cover on the jar and set in a cool dark place such as a pantry or cupboard
- Let set and infuse in oil for 4-6 weeks



# Step 5



- Strain the plant material from the oil using cheese cloth or a fine mesh strainer



# Step 6



- To make a double boiler, you need a smaller pot to fit inside of a larger pot
- Add water to the larger pot then place the smaller pot inside of the larger pot
- Add the strained oil to the smaller pot and heat on a low temperature setting

# Step 7



- A heat safe bowl works also well as a double boiler too
- Add the beeswax to the oil
- Heat and stir until beeswax is completely melted and incorporated into the oil
- Remove from heat and allow to cool, but do not let harden before pouring into containers

# Step 8



- Pour warm oil into a container of your choice
- This is the time when you may add essential oil for a pleasant scent
- After the oil is in your container, add a few drops of an oil of your choice
- Stir well to incorporate throughout

# Step 9



- Place a lid on the container and allow oil to cool and set
- Label the jars
- If you have never used plantain salve, test for allergy on a small skin area before using a larger quantity
- If no reaction, you are good to use for yourself



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