



Amazing Salve Recipe

Step One:

- Fill a glass mason jar with organic dried calendula, chamomile and lavender flowers.
- Then fill the jar with organic cold pressed olive oil to soak the flowers and place in sunny window for 4 weeks (minimum) to 6 months

Step Two:

- Strain the mixture with a cheese cloth into a double boiler on low heat.
- Whisk in about 4-5 chunks of Shea butter or kokoum butter with some organic beeswax.
- Add 1/4 -1/2 cup organic jojoba oil. Test the consistency and add more beeswax if needed.
- Cool and add your essential oils while mixture is slightly warm.
- Whisk in oils clockwise. I used lavender, frankincense, myrrh, melrose, geranium and helichrysum, but you can use whatever combo you want of skin loving essential oils.
- One mason jar batch fills about 6-8 (4 oz mason jars). I used 15-20 drops of each oil (heavy on the Frankincense and myrrh).