

SALVES

Salves or balms are effective and convenient preparations for soothing and healing skin. Any herbal-infused oil or carrier oil can be turned into a salve with the simple addition of beeswax, which solidifies the oil. The hardness or softness of the salve depends on how much beeswax you use. The addition of beeswax slows down the oil's oxidation process, delaying rancidity and prolonging shelf life.

In general use 3 oz of oil to 1oz of beeswax (liquid measures, in both cases). This ratio gives you a lip balm consistency. A Vaseline consistency would be 8 oz of oil to 1 oz of beeswax you can make your salves using any ratio of oil to beeswax depending on how and when you want to use it. In the summer you usually want the lip balm consistency as it will be harder and be less apt to melt. In the winter you probably want more of a Vaseline consistency as the cold will keep the salve hard.

Put a pot filled 4 inches high with water on the stove over medium heat. Fill a heat-proof measuring cup with liquid oil to the 3 oz mark, then grate or cut small pieces of beeswax and add it to the oil up to the 4 oz mark. Place the measuring cup in a hot-water bath and heat until the beeswax has thoroughly melted into the oil, stirring it well with a chopstick or spoon. Pour the preparation into a dry, wide mouth, 4 oz glass jar. Add essential oils to the jar and cap immediately to prevent the volatile oils from evaporating. Leave the salve undisturbed while it is cooling. Store salves tightly capped away from heat and direct light.

Sources for Supplies:

Jeans Greens Herbal Tea Works 518-479-0471 www.jeansgreens.com

26 Mall Way Store 20 West Sand Lake, NY 12196

Good source for buying supplies and herbs in small quantities (1 oz up to 2 lbs)

Pacific Botanicals 541-479-7777 www.pacificbotanicals.com

4840 Fish Hatchery Road Grants Pass, OR 97527

Good source for bulk herbs and especially fresh picked herbs, minimum 1 pound each

Mountain Rose Herbs 800-879-3337 www.mountainroseherbs.com

P.O. Box 50220 Eugene, OR 97405 Bulk herbs and supplies.

Medieval Herbal Books:

Hildegard Von Bingen's Physica translated by Priscilla Throop ISBN#0-89281-661-9

The Medieval Health Handbook – Tacuinum Sanitatis by George Braziller

ISBN#0-8076-1277-4

Medieval & Early Renaissance Medicine by Nancy G.Siraisi ISBN#0-226-76130-4

Herbal Recipes (not medieval):

Earthly Bodies & Heavenly Hair by Dina Falconi ISBN#1-886101-04-3

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