

Nel's Wild Wound Salve

A combination of Christopher's and Nel's recipe.

Ingredients (makes ~6 × 2 oz tins)

Base oils & butters:

- 2 tbsp shea butter
- 2 tbsp cocoa butter
- 2 tbsp coconut oil
- 2 tbsp jojoba oil
- 1 tbsp wheat germ oil (*rich in vitamin E*)

Herbal blend (dried, equal parts unless noted):

- 2 tbsp comfrey root (bone knit – use **externally only**)
- 1 tbsp white oak bark (astringent, strengthens tissue)
- 1 tbsp mullein leaf (soothing, anti-inflammatory)
- 1 tbsp black walnut leaf (antimicrobial)
- 1 tbsp marshmallow root (moisturizing, softening)
- 1 tbsp gravel root (traditional bone/joint herb)
- 1 tbsp wormwood herb (circulation, antimicrobial)
- 1 tbsp lobelia herb (muscle relaxant, antispasmodic – use sparingly)
- 1 tbsp skullcap herb (nervine, relaxant)
- 2 tbsp yarrow (wound healing, stops bleeding)
- 2 tbsp plantain leaf (drawing, soothing)
- 2 tbsp calendula flowers (skin regeneration, anti-inflammatory)

Other:

- 2–3 tbsp beeswax (adjust for firmness)
- 1 tsp vitamin E oil (optional, preservative)
- 5–10 drops lavender or rosemary essential oil (optional, antimicrobial/calming)

Instructions

1. Infuse the Oils/Butters

- Place all butters, oils, and herbs into a double boiler (or heatproof jar in a saucepan of simmering water).
- Warm gently for 3–4 hours on low heat, stirring occasionally. (*Or do a cold infusion: let sit 4–6 weeks, shaking occasionally.*)

2. Strain

- Pour through cheesecloth or a fine mesh strainer into a clean bowl/jar, squeezing to extract all infused oil.

3. Add Beeswax

- Return the strained oil to the double boiler.
- Stir in beeswax until melted.
- Can also use alternative wax.

4. Finish

- Remove from heat. Add vitamin E and optional essential oils.
- Pour into tins/jars. Cool until firm.

5. Store

- Label: *Nel's Complete Bone & Tissue Salve – External Use Only*
- Keep in a cool, dark place. Shelf life: 12–18 months.

Notes & Safety

- **Comfrey & lobelia caution:** Use externally only; do not apply to open or deep wounds.
 - This blend is strong—ideal for bruises, sore muscles, sprains, minor fractures (as a rub around, not on broken skin), and scar tissue care.
 - Patch test first to check for sensitivity.
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