

Make Your Own Liniments



My favorite herbal liniment is our “Red Liniment” that I make for horses and people here. The herbs for making it are: ½ ounce Myrrh powder, 1 ounce Calendula flowers, 1 ounce Cayenne, ½ ounce Goldenseal leaf - This one is good for old swellings and chronic soreness.

Liniments can be made with Vodka, Isopropyl alcohol or even “good” liquor. Use 16 ounces of alcohol and 8 ounces of pure water. The alcohol will extract specific properties and the water will extract other properties of the plants. Combine with the herbs chosen and keep in a clear glass container in a sunny, warm place for at least 2 weeks. Shake the mixture vigorously twice daily.

Herbs for other types of liniment are:

One ounce Clary sage herb, one ounce Comfrey root - This one is especially for bruises.

2 ounces Peppermint, 1 ounce Angelica root - This one is great for new, acute soreness or swelling because of its cooling nature.

When the liniment has infused, strain it well into a dark glass bottle. I will then add the “used” herbal blend to another bottle of alcohol and water to make one more batch of liniment. Stored in a cool place, the liniment should last for years.

These infusions should not be used over wounds, rashes or on mucus membranes or genitalia. Rarely should one bandage over a liniment - that should only be done on the recommendation of a practitioner for an individual case. If edible alcohol is

used in the preparation, the liniments are safe if small amounts are ingested (by a horse licking the area of application).

I make a liniment with Arnica herb in the same way, but it is tricky to use since it must not be used over broken skin nor ingested under any circumstances. It is profoundly healing for bruising and torn muscles.

