

DIY Herbal Body Care

Part of An Herbal Winter E-Course



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Introduction

Almost all body products start with an infused oil of some kind. From there it's just a combination of beeswax and other additives like shea butter or essential oils for richness, scent, or flavor.

Keep track of what you make so you can adjust it the next time.

For example, if a salve is too soft - add more beeswax next time. Too hard, add less beeswax.

Figure out which herbs work best for your skin type and keep track of that in your notes so that your products can suit you best.

How to Make Infused Oils

Solar Method

For fresh herbs: Pick herbs, wash, and let dry. Wilt them overnight by simply laying them out on wire racks.

Fill a clean glass jar about half full with the wilted herbs. Fill the jar to ½" of the top with oil (olive, grapeseed, almond, etc.), cover with a lid and place in a sunny window.

For dried herbs: fill the jar half full with oil, cover with a lid and place in a sunny window.

Let the oil steep for 4 weeks, giving it a shake now and then.

Strain the herbs from the oil. Store the infused oil in a jar.

For fully dry herbs, fill the jar ¼ full and follow the method above.

Double Boiler Method

This is the quick method using heat to infuse the herbs into the oil and while it most definitely works in a pinch, be careful not to overheat or fry the herbs in the oil.

Whenever time is available use the 4-week method discussed previously.

Bring 1 inch of water to a boil in the bottom of the double boiler. Combine ½ Cup fully dry herbs with 1 Cup of oil in the top of a double boiler.

Simmer the herbs in the oil in a double boiler for 30 minutes.

Strain the herbs. Bottle and label the oil for use.

Tips

All oils go rancid, use infused oils up within 1 year.

Chapped Lip Balm

Ingredients

- 2 Tablespoons marshmallow root, red clover, or calendula infused oil
- 1 ½ Tablespoon coconut oil
- 1 ½ Tablespoon beeswax pastilles

Preparation

1. In a double boiler, add all the ingredients.
2. Heat on med-low until everything has completely melted.
3. Take off heat and pour into a glass measuring cup for easy pouring.
4. Whisk quickly to mix and incorporate just a bit of air.
5. Slowly fill lip balm containers.
6. Let cool & harden completely before putting on lids.

Tips

Want to add flavor? Add up to 5 drops of essential oil of choice.

Dry Skin Balm

Use skin softening herbs and herbs known for reducing itch for the infused oil here. Herbs like chickweed, plantain, calendula, chamomile, and sunflower petals would all be great.

Ingredients

- 2 ounces (by weight) Chickweed and Balsam Root Infused Oil (approximately 1/4 cup)
- 1 ounce (by weight) Shea Butter
- 3/4 ounce (by weight) Beeswax
- 5 Drops Essential Oil (optional for scent)

Preparation

1. Place the infused oil, shea butter, and beeswax in the top of a double boiler.
2. Heat 1 inch of water in the bottom of the double boiler and bring to a simmer.
3. Melt the beeswax and shea butter into the oil on top of the double boiler. Stir occasionally, just make sure everything is melted.
4. Remove from heat and let cool just slightly before adding the essential oils.
5. Whisk slightly just to get the oils mixed well and pour into a clean container.
6. Let cool and harden completely before sealing.

Herbal Drawing Salve

We use this most often for small splinters and slivers but it will also work on boils and stings.

Ingredients

- ½ Cup Oil (Olive, Almond, Etc.)
- 1 ½ Tablespoons Fresh Comfrey Leaves, chopped (1 ½ teaspoons dried)
- 1 ½ Tablespoons Fresh Plantain Leaves, chopped (1 ½ teaspoons dried)
- 1 Tablespoon Activated Charcoal Powder
- 1 Tablespoon Kaolin Clay
- 2 teaspoons Beeswax
- 15 drops Tea Tree Oil

Preparation

Make Infused Oil

1. Combine the chopped comfrey and plantain with the oil in the top of a double boiler.
2. In the bottom of the double boiler, heat 1" of water to boiling.
3. Place the oil and herbs over the boiling water, keep the water simmering and heat the oil for 30 minutes.
4. Strain the herbs from the oil and wipe out the top of the double boiler to remove any bits of herbs.

Make the Salve

1. Pour the strained oil back into the top and add the beeswax.
2. Heat and stir until the beeswax melts.
3. Remove from heat and whisk in the charcoal, clay, and tea tree oil. Stir until completely incorporated.
4. Pour into a storage container and let harden before sealing.

To Use: Spread the salve over splinters and cover with a bandage. Repeat as needed to remove the splinter.

Fizzy Lavender Bath Salts

Lavender has long been used to calm anxious minds with its floral and intoxicating scent. These salts help relax the body and mind while also being gentle on the skin.

Ingredients

- 1 Cup Epsom Salts
- 2 Tablespoons Citric Acid
- 1/4 Cup Baking Soda
- 1/4 Cup Dried Lavender

Preparation

1. Place the dried lavender in a mortar and grind with the pestle. Alternatively, use an electric coffee grinder to do the grinding.
2. Mix everything together in a bowl until thoroughly combined.
3. Store in an airtight container.

Herbal Sugar Scrub

This is a super basic scrub that you can easily adjust and tweak to make your own. Use any herb you'd like, switch up the oils and essential oils as desired. These make great gifts, too!

Ingredients

- 1/4 Cup Coconut Oil
- 1/4 Cup Olive Oil
- 1 Tablespoon Dried Calendula Petals (or 3 Tablespoons Fresh) (also consider chamomile, lavender, rose petals)
- 3/4 Cup Raw Sugar
- 1/2 Cup Coarse Kosher Salt
- 4-6 Drops Essential Oil of Choice, Optional

Preparation

1. Use a double boiler, with an inch of water in the bottom.
2. In the top combine, the calendula petals and oils. Heat and keep warm for 20 minutes. The oil should be warm but not frying the petals.
3. Remove from heat. Allow the oils to come to room temperature.
4. Stir in the remaining ingredients.
5. Mix until thoroughly combined.
6. Store in an airtight container.

All Purpose Healing Salve

We use this for everything from cuts and scrapes to burns and more in my house. We share it with everyone we love, too.

Ingredients

- 1/2 Cup Mixed Fresh Herbs: Calendula, Plantain, Comfrey, Lavender, Chamomile, Dandelion, Lemon Balm, (any mixture of what you have on hand) or 1/4 Cup Dried
- 1 Cup Oil or Mix of oils (Almond, Olive, Grapeseed...)
- 2 Tablespoons Beeswax

Preparation

1. Simmer the herbs in the oil in a double boiler for 30 minutes.
2. Strain the herbs.
3. Pour the oil back into the double boiler and add beeswax and heat until melted, stirring well.
4. Pour into clean containers and allow to harden before sealing.