

Fighter's Friend Salve and Lip Balm :)

In the medieval times the people did not have modern medicine so they relied on herbal remedies.

We will be making an herbal salve I call Fighter's Friend with arnica, this is the 7th batch me and my mom have ever made and have perfected this recipe after making it so many times. This recipe is really the best for bruises and I think it smells the best. The calendula and arnica oils are great for bruises, muscle sores, and other closed wounds.



To infuse the oil I just put the select herb into a jar filled to the brim and the space left you fill with carrier oil (olive oil in my case) and leave on a window sill for at least 30 days or leave there until ready.



Image credit: <http://mountainrose.wpengine.netdna-cdn.com/wp-content/uploads/2012/04/calendulaoil.jpg>

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This is the beeswax we got raw from a beekeeper and the steps to make it useable



Frist you double boil it and melt it down

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We used pantyhose as filters



And let it strain for a day to get beautiful clean beeswax!

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Recipe #1: Fighters Friend Salve
(Double recipe)

3oz Beeswax
1c Arnica oil
1c Calendula oil

24 (drops) Vitamin E oil
26 Cinnamon
32 Peppermint
20 Orange
44 Frankincense

Steps for making the actual salve:

- 1: measure the beeswax to the amount needed
- 2: add the base oil to the beeswax while still on the burner
- 3: add essential oils
- 4: get the containers ready and pour into container
- 5: let sit until hard and...

VOILA!!!! Fighter's Friend!!!

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Using the same beeswax that was processed before, you can also make a simple lip balm. This recipe uses coconut oil instead of the infused olive oils.

Using a scale to measure out the olive oil



Melting the coconut oil and beeswax in a double boiler. After it cools down some, add the essential oils.



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The lip balm tube tray



Pouring the lip balm into the tubes.

Recipe #2: Lip balm (faux burt's bees recipe)

2oz Beeswax
4oz Coconut oil

25 (drops) Peppermint oil
10 Rosemary
10 Mineral oil

This makes approximately 20 tubes of lip balm.

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Bibliography:

<http://mountainroseblog.com/diy-herbal-salves/> for basic salve recipe and instructions on infusing oil.

Also a good resource for properties of herbs.

<http://www.brokeandhealthy.com/diy-burts-bees-style-lip-balm-8%C2%A2-per-tube> This is where mom found the recipe for the Burt's Bees lip balm.