How to use:

- clean and dry skin before using salve
- apply thin layer one to three times a day as needed
- for minor burns, first apply a drop or two of lavender essential oil. **Wait to apply healing salve until the minor burn is no longer emitting heat.** (if you use salve when the minor burn is still giving off heat, the salve could trap the heat in and slow healing)

Please note: Products mentioned in this article have not been evaluated by the FDA. These products and information on this page are not intended to diagnose, treat, cure, or prevent any disease. This website is not a substitute for professional care. Always consult your medical doctor regarding your medical care. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.

**Essential Oil Healing Salve Recipe**

1) add 2 tablespoons beeswax (find here) to a heat-safe glass bowl or measuring cup then melt the beeswax is the double boiler method

Put the heat-safe glass bowl/measuring cup into a pot of simmering water. Melt beeswax over medium heat. Stir occasionally. It will take about 15 minutes to melt beeswax. Make sure beeswax is completely melted, otherwise the beeswax might partially re-solidify, making the sore muscle rub grainy.

2) add the following to the melted beeswax and continue heating in double boiler until everything is melted

   2 tablespoons coconut oil (kind I use)
   1 tablespoon shea butter (this is my favorite kind)
   1/4 cup jojoba oil (find here)

3) after everything is completely melted, remove from heat and let it cool slightly before adding essential oils

4) add the following essential oils (75 drops in total)

   15 drops frankincense essential oil
   25 drops lavender essential oil
   15 drops helichrysum essential oil
   20 drops tea tree essential oil

   *note: this is a 3% dilution.*

5) pour into containers

I use these adorable mini mason jars (find them here)
And I also use these convenient tubes (find them here). I keep one of these in my purse so that I always have it handy. They’re made from PET plastic which is safe to use with diluted essential oils like this healing salve.

6) let the healing salve cool completely before you put the lid on

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