

PLANTAIN SALVE FACT SHEET

Plantain Salve has been used for centuries to heal all kinds of wounds, external sores, ulcers and other skin problems such as eczema. It is also used to soothe burns, bruises and insect bites, as well as for acne, mouth ulcers and haemorrhoids.

Ingredients: 60 grams fresh plantain leaves, chopped
15 grams lavender flowers (can be replaced by 15 drops of lavender oil)
200ml coconut oil (solid)

Method: Melt the oil gently in a heavy based saucepan. Add the chopped plantain leaves and the lavender flowers (if you use lavender oil, don't add it yet).

Bring to the boil and simmer *very* gently for 30 minutes. Strain immediately through a cheese cloth, gauze or fine sieve into a clean jar. Put the lid on the jar, and leave it to cool upside down so that any water in the mixture can separate and be poured away before using the salve. If using lavender oil, add the 15 drops just before putting the lid on the jar.

