



July 13, 2016 by Joy Kincaid

## Make Your Own Comfrey Salve

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**Comfrey salve** has a variety of uses, and we love to keep it on hand. This tutorial will show you how to make your own comfrey salve!



## Make Your Own *Comfrey Salve*



Last year I was at a friend's house, and we were talking about herbs. Somehow comfrey came up, and I casually mentioned that I had always wanted to have a comfrey plant so I could make my own comfrey salve. My friend said, "You want some comfrey? I'll dig some up for you!"





She went to get a shovel, and dug up two good-sized comfrey plants from her herb garden. I took it home and planted it in my herb garden, and it looked pretty sad for the first week or so. But eventually it began to look happy again. 😊

I didn't do anything with the comfrey last year, but when I saw how beautiful and lush it was this year, I determined that I had to do something productive with it.

I decided to make salve, since that's what I was originally hoping to do with it.



Making salve is actually a really simple process. You start by making an

herbal oil.

## How to Make Herbal Infused Oil

First you pick some of the leaves. I just picked what looked like a good amount to fill a quart jar.



Shake the leaves clean, and make sure there aren't any bugs on them (I chose leaves near the top of the plant, which seemed like they were cleaner).

## Fresh-Wilt the Herbs

Place the leaves on a basket or screen in a single layer (in a warm area) out of direct sunlight. I put mine on metal cooling racks. Let them wilt for several hours until they look limp.

Chop the leaves and put them loosely into a wide-mouth quart jar.





Cover with **olive oil**<<https://amzn.to/3x1H3DO>>. Turn the oven on low and heat on lowest setting for an hour.

Cover the jar with a cloth (I used a cotton tea towel)



Allow the oil to steep for two weeks.

## **How to Make Comfrey Salve**

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Strain the oil and squeeze out the leaves.

Combine the following ingredients in a pot on the stovetop:

- 2 cups comfrey oil (which you made above)
- 1/4-1/2 cup grated beeswax or **beeswax pastilles** (I ended up using about 1/2 cup)
- 1 tablespoon **vitamin E oil**
- 20 drops of **lavender essential oil**



Heat the oil mixture over very low heat until the beeswax melts.

## **Test the Consistency**

Once the beeswax has melted, dip some out with a spoon, and put the spoon into the freezer for about 5 minutes. Then test the consistency. If it's thick enough for salve, you can pour the oil mixture into jars. If not, add a bit more beeswax.

Keep testing the salve until you like the consistency.



Once you have it just right, pour it into jars:

As the oil cools, it will firm up. You can see in the photo below, the bottom part of the jars show a lighter colored mixture. That's the salve cooling off.

At last, it's almost totally firm (it doesn't take long):

Allow the salve to totally cool before putting the lids on.

## **Comfrey Salve**

You now have your own beautiful comfrey salve!

Label your jars and store in a cool, dry, dark place (it will last longer that way). Or, if you prefer, you can pour your oil into tins (in the step above), and then you won't need to worry about light causing them to deteriorate faster.

The salve will last for months (some people say years). If it starts to smell rancid, you'll know it's time to throw it out.

# Printable Recipe

## Comfrey Salve

Make your own comfrey salve with this simple recipe.

Author: Joy Kincaid

### Ingredients

- 2 cups comfrey oil
- 1/4-1/2 cup grated beeswax or beeswax pastilles (I ended up using about 1/2 cup)
- 1 tablespoon vitamin E oil
- 20 drops of lavender essential oil
- small jars or tins with lids

 [Print Recipe](#)



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### Instructions

1. First, make the comfrey oil. Pick some of the leaves off your plant. I just picked what looked like a good amount to fill a quart jar. Shake the leaves clean, and make sure there aren't any bugs on them (I choose leaves near the top of the plant, which seem to be cleaner). Place the leaves on a basket or screen in a single layer (in a warm area) out of direct sunlight. I put mine on metal cooling racks. Let them wilt for several hours until they look limp.

Chop the leaves and put them loosely into a wide-mouth quart jar. Cover with olive oil. Turn the oven on low and heat on lowest setting for an hour. Cover the jar with a cloth (I used a cotton tea towel).

Allow the oil to steep for two weeks (I keep mine in the pantry).



2. Now you're ready to make the salve. Strain the oil and squeeze out the leaves.

Combine the strained comfrey oil, beeswax, vitamin E oil, and lavender essential oil in a pot on the stovetop. Heat the oil mixture over very low heat until the beeswax melts.

3. Once the beeswax has melted, dip some out with a spoon, and put the spoon into the freezer for about 5 minutes. Then test the consistency. If it's thick enough for salve, you can pour the oil mixture into jars or tins. If not, add a bit more beeswax. Keep testing the salve until you like the consistency.
4. Once you have it just right, pour it into jars. As the oil cools, it will firm up. This doesn't take long. Allow the salve to cool completely before putting the lids on.
5. Label your jars and store in a cool, dark place. Properly stored, the salve will stay good for months or even years. If it starts to smell rancid, then you'll know it's time to throw it out. (I've had salve that lasted for up to two years!)

Comfrey has been used for centuries for healing bruises and broken bones. You can use it for burns, diaper rash, eczema, cold sores, psoriasis, varicose veins, bruises, etc.

Have you ever made your own salve?

*Disclaimer: The information in this post is not meant to be medical advice. I'm not a doctor. This is just something we enjoy using in our home. This post contains affiliate links. Read my full disclosure*

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