

DANDELION SALVE

Ingredients & materials

- 1 cup Dandelion flowers
- 1 cup Organic Olive Oil*
- 1 Tbsp beeswax
- Double boiler
- Measuring cups/spoons
- Mixing spoon / whisk
- Tins or jars for storing

Instructions:

- Remove stems & leaves from the dandelions, to leave only the flowers.
- Place flowers in top pan of double boiler, with the oil. The oil should just cover the flowers. Add more flowers or oil, as necessary.
- Infuse for 30-40 minutes, over a low simmer.
- Strain the flowers from the oil, making sure to get all debris out.
- Return infused oil to pan, once all flower bits are removed,
- Add the beeswax, and allow to melt.
- Add a few drops of good quality lavender essential oil, if desired (not required)
- Use the spoon (or whisk) to thoroughly incorporate the oil and wax.
- Pour into tins/jars and cap once salve has cooled/solidified.
- Label with ingredients & date.

* Use any good quality unprocessed oil, such as olive, sunflower, almond, coconut, etc.

If kept in a cool, dry place (or in fridge), this salve can last up to a year.

Don't want to make the salve yourself? You can order the dandelion "Sunshine Salve" from my Etsy shop
www.lindentreeintuitive.etsy.com

