

A stone mortar and pestle is the central focus, with a wooden bowl filled with ground, light-colored herbs to its right. In the foreground, a small glass jar contains a thick, yellow, resinous substance. The background is a soft-focus wooden surface.

# Resin Infused Oil & Salve Making Blueprint

## WORKBOOK

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From The  
Northwest School of Aromatic Medicine



# All Purpose Healing Salves

Topical botanical salves are one of the most useful herbal products that *should have a place in every herbal and aromatic-minded crafters medicine cabinet.*

Salve are a semi-solid preparation that you can easily scoop up with your fingers any apply to different parts of the body (typically from the neck down and not the face). It is typically used locally in smaller areas instead of over large parts of the body for countless purposes.

They can contain any type of botanical, including resins, even essential oils for added aroma and medicine.

# The Many Ways to Use Salves



Treat most first-aid issues. Fend off infection and speed up healing time for: cuts, scrapes, burns, sores, bruising, sprains, breaks, even existing infections.



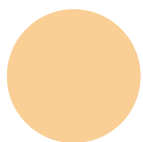
Soothe stiff and sore muscles and joints to relax and reduce inflammation.



Relieve physical pain from injuries, back pain, arthritis, rheumatism, and carpal tunnel.



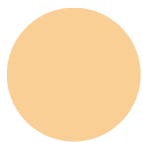
Reduce severity of cold and flu symptoms as a chest rub. Can be used as an expectorant to help the lungs expel phlegm and open the airways.



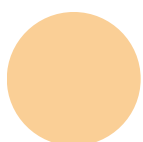
Kill funguses of the body with anti-fungal botanical ingredients.



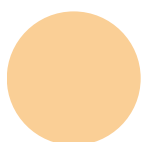
As a cure-all for adventurous kids! Put it on all kinds of scrapes, bee stings, scratches and even rashes.



As a hand moisturizer for rough or dry hands or feet, garden hands, and cracking skin.



Use on animals for injuries and wound care — do not add essential oils to pet salves (Simple recipes are best, like the one below or special pet recipes).



Use for rashes like eczema to reduce itching, inflammation and swelling. *And more!*

# The Medicine of Frankincense Resin



- Frankincense resin has been traditionally used in many cultures of Africa and The Middle East for ages for healing, ritual, and crafts.
- As a medicine, **it's considered a topical cure-all**. Its antibacterial and antimicrobial properties make it an ideal remedy for wound dressing, and as an antiseptic. It also promotes faster cell regeneration.
- It has potent and effective anti-anxiety and stress relieving properties, nourishing the nervous system, and is best applied as a chest rub for this quality.
- Used as a muscle rub, it's ideal for relieving soreness and pain associated with musculoskeletal issues like joint and back pain, arthritis, and inflammation.
- As a chest rub it's a powerful cold and flu remedy, used for ages to soothe all types of respiratory symptoms.

# Salve Making Tools

In lesson 2 you learned all about processing and powdering down resins. So in this handout, we'll assume your Frankincense resin is pre-processed and ready to go.

## **For your salve making you will need:**

- A Pint Jar for your extraction
- Measuring cup(s)
- Metal spoon for stirring
- Small to medium pot and water
- Stovetop or portable burner
- Thermometer (optional)
- Scale (optional)
- Small tins or jars for end product (makes 10 - 12 oz.)





# Frankincense Oil & Salve Recipe

This recipe is for a simple, single resin salve. Pine resin is very potent and effective by itself. Feel free to use this recipe as a template for making other salves using different resins, other botanicals, or added essential oils (in proper dilution).

## Ingredients:

- 2.5 oz. (weighed) or ½ cup of Frankincense Resin (*Boswellia neglecta*) powder
- 1 cup of Olive Oil
- 3/8 cup of beeswax (shavings or pellets)

\*You can find sustainably sourced Frankincense resin and other resins at [highermindincense.com](http://highermindincense.com)



## Choosing A Carrier Oil

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There are many carrier oil choices for today's herbal crafter. Each with different health benefits for the skin, and different aromas, colors, and feel when used in topical products.

The top choices for oils to use in salves are *Olive*, *Coconut*, *Jojoba*, and *Sunflower*. Though most other oils will work. My top choice for salves is *Olive* because it is inexpensive, has a long shelf life, and is found at every store.

You can learn more about carrier oils after this handout at our blog.

# Step 1: Oil Extraction

The vehicle for your resin to be added into your salve is your carrier oil. When heat is applied to a resin oil extraction, the resin will melt and dissolve into the oil since it is oil soluble.

## **Important Note:**

When you're working with an oleo-gum-resin, the resin portion will dissolve, *but the gum portion will not* because gum is not oil soluble. Oleo-gum-resins do make great oil infusions. Just be aware that you will have gum leftover. Anywhere between 10 to 35% of your original oleo-gum-resin.

If there is gum or any organic matter or sediment left after your extraction is complete, strain it out with cheesecloth or a piece of an old sheet before moving on to the next steps.







- Pour 1 cup of Olive oil into your pint-sized jar
- Add your 2.5 oz. of Frankincense Resin powder to the oil and stir well
- Place the jar into the center of the pot
- Fill the pot up with water just above or up to the line of the contents of the jar (or as close to it as you can without overfilling your pot!)
- Turn your burner on high until the water starts to boil, then reduce heat to low or medium low
- You want to maintain an oil temperature of between 190 and 210 degrees. If you don't have a thermometer just keep your water at simmer
- Stir the extract every 10 or 15 minutes to help the resin dissolve
- Depending on what type of resin you're extracting, full extraction could take anywhere between 30 minutes to a couple of hours.



## Step 2: Making the Salve

Once your oil extraction is complete, you're ready to add in your beeswax. At this point, if there is any sediment or organic debris at the bottom of your jar (or gum if using an oleo-gum-resin), you will need to strain it out before moving forward.

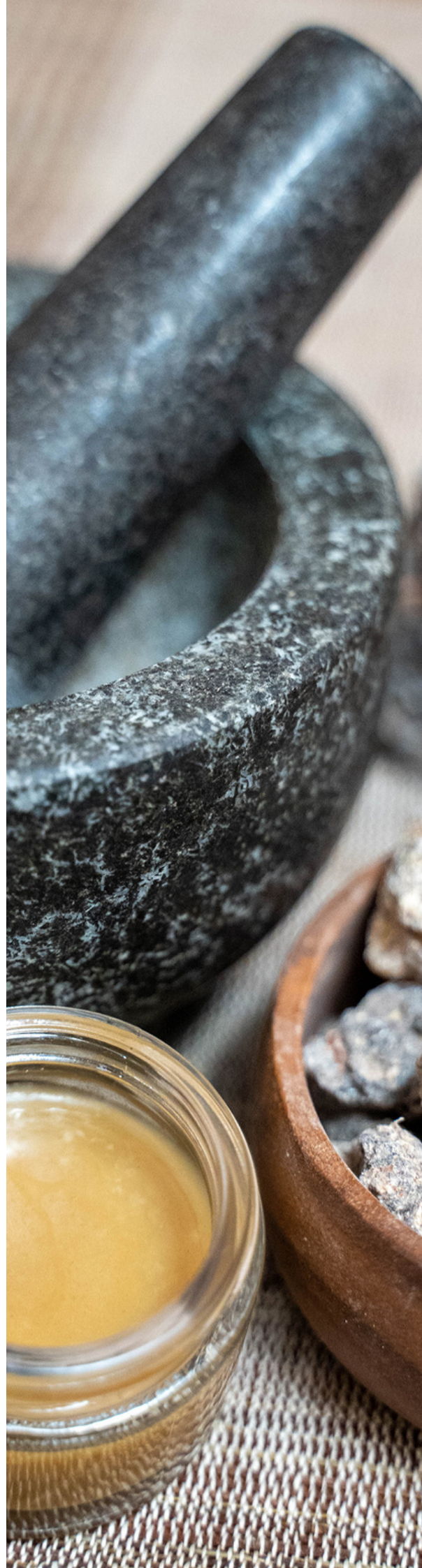
- Pour  $\frac{3}{8}$  cup of beeswax (shavings or pellets) into your oil infusion and stir
- Place your oil infusion jar back in the water bath and set the same temperature as your oil extraction (190 - 210 degrees)
- Stir every few minutes until beeswax is fully melted (15-20 mins)
- Remove jar from water bath
- Using a hot pad or hand towel, carefully pour your salve mixture into small tins or jars (if it's easier you can pour it into a measuring cup with a spout first for pouring)
- Allow salves to cool and harden with lids off

## ***Your salve is now complete!***

Once they are cooled, they are ready for immediate use. In addition to bulking up your medicine chest, salves also *make great gifts* to friends and family, or great products to sell.

### **Storage:**

Resin salves will last up to 2 years, though you will likely use them much faster. Be sure to keep them in a cool dark place. If it's too warm, they will soften or even melt and become a mess. Storing in a cupboard or under the bathroom sink is ideal.



# Ready to Learn More About Resins?

Thank you for joining me for this special series and for showing interest in the wide world of resin crafting for medicine, beauty, and aromatics.

If you enjoyed this series and are eager to continue learning about this *vast* topic, I want to invite you to something that will expand your work with resins *like nothing else*.

If you'd like to learn how to turn potent resins into loose incense, perfumes, beauty products, essential oil blends, internal medicines like tinctures and cordials, other topical medicine preparations like liniments, balms, chapsticks, creams, ointments, and more...

...I'd like to invite you to the only course on resins and gums *you'll ever need...* (and the only one there is!)

## ~ The Botanical Resins & Gums Course ~

Enrollment opens this week! So keep an eye out on your inbox.

Happy crafting & I hope to see you in the program.

**P.S.** - I created this course to teach you how to make literally **every botanical and aromatic preparation** you can think of. So I hope you're ready to get busy at your workbench!



Evan Sylliaasen