There are dozens of herbs ideally suited to inclusion in a beeswax salve, with properties such as wound-healing, cooling, itch-relieving, moisturizing, bactericidal, fungicidal, humectant or blood-clotting. These are my favorites.

**Wild Herbs**

*Allow these wild herbs to flourish in and near your yard and garden or purchase from sustainable sources*

**Yarrow:** a versatile herb that heals wounds, is styptic (blood-clotting) and antibacterial. Ideal as a wound herb in oils, salves, poultices and compresses.

**Arnica:** anti-inflammatory.

**Sweet birch:** smells like wintergreen due to methylsalsicilates, which also help relieve pain.

**Wintergreen:** use the essential oil sparingly, and only topically, to relieve pain.

**Plantain:** a plentiful weed, harvest this herb fresh to make a paste, poultice, tea or salve.

**Violet:** plentiful and versatile; the flower is edible and the leaf makes a great wound herb.

**Elderberry leaf:** though the flower and berry are eaten and made into remedies to take internally, the leaf is for external use, especially good for wounds.

**Red clover:** a favorite ingredient in Magic Flower Tea, this sweet blossom can grow a foot high and is a lovely purple color. Harvest it wild or purchase dried tops from growers.

**Aloe:** cooling, soothing and protective; an excellent burn remedy. Trim off the lower stalks of an aloe plant with a knife to avoid pulling the plant’s roots.

**Garden Herbs**

*Grow together*

**Rosemary:** like all of the Mediterranean herbs, a potent anti-bacterial. A tea brewed from the leaves and drizzled as a rinse over wounds is all it takes to speed healing. Plant your rosemary in a protected space in the garden and mulch with hay in very cold winters.

**Thyme:** boosts the immune system. Strip its violet-hued flowers and fragrant leaves from the stems and infuse them in honey; this can be applied topically or ingested.

**Oregano:** spreads in the garden and likes deep soil. Keep it well watered and you’ll be able to harvest its leaves until it flowers. Use them in topical oils for injuries.

**Sage:** dries up weepy, wet conditions and infections. Use the fragrant leaves and flowers topically; they are very astringent.

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**Calendula:** a treasure-chest of herbal medicine. Use it topically for making strong anti-fungal salves, mild and creamy children’s lotions, and for stubborn skin conditions.

**Lavender:** helps skin heal with as little scar tissue as possible. Especially nice after an injury as a soothing tea when mixed with a little spearmint or chamomile.

**Lemon balm:** anti-bacterial and anti-viral. Grows in large mounds in the garden. When it goes to seed, cut back the branches and you’ll get a second crop of fresh leaves later in the season.

**Lady’s mantle:** a lovely astringent and toner for the skin.

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**Garlic balm:**

*Grow in rich, damp soil*

**Nettles:** mineral-rich and makes a great tea for recuperating from illness or injury. Harvest with tongs and gloves, cover with boiling water, steep overnight and strain.

**Bee balm:** vulnerary (wound healer). Fragrant and pretty, this herb’s leaves and flowers can be steeped for a drinkable tea or used in oils and salves.

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**Additional Resources**


