



Every CW Salve Usage

- **Herbal A/C Salve** - fresh and cooling (think back of neck and feet after a long day)
- **Airway Respiratory Salve** - open nasal airways, chest rub, swab inside of nose with small amount of Airway Salve for easy breathing especially at night, helps snoring bed pals too
- **Align Balance Salve** - for grounding, for sanity, for the love of balance in a crazy world - apply to bottoms of feet, back of neck, and my favorite - moisturize entire body after a shower or bath
- **All Purpose Healing Salve** - a CW signature salve, our workhorse of a healer - apply topically to cuts, bruises, bumps and bites, men love it for chaffing (TMI?) works well for radiation burns
- **Herbal Allergy Ease Salve** - itchy skin irritations, hives, welts, allergic reactions - apply topically to area of concern
- **Anti-Age with ROSE** - treat your dry skin and fine lines to pure Rose, Cypress, Frankincense and Lavender - apply lightly to a clean face
- **Herbal Baby Salve** - soothe chapped skin, diaper rash irritation, cradle cap and even tummy discomfort - apply topically to area of concern
- **Cold & Flu Salve** - to shorten the duration of infection be it cold, flu or topical infection - apply to bottoms of feet and don a pair or soft socks, apply topically to area of concern
- **Copaiba Salve** - pain relief, slows bacterial growth, eases depression, reduces inflammation systemically - especially helpful for nerve related pain or used in combination with other anti-inflammatory salves and oils such as Frankincense, Nerve Pain & Block etc. Apply topically to areas of concern as needed.

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- **Digest Ease Salve** - relieves tummy discomforts, apply to abdomen as needed - inside of navel is a great spot for intestinal issues as well
 - **Dirty Salve with Frankincense** - a carrier base salve boosted with Frankincense - such versatility! Use as a stand alone salve or, add your favorite blends or singles to get the extra boost from powerful yet gentle Frankincense - apply topically
 - **Dreamy Sleep Salve** - may level blood sugar for a dreamy nights sleep, a bestseller in our camp - right before bed apply to bottoms of feet (½ teaspoon per foot) rub it in, include toes, slip on a pair of soft, stretchy socks climb in bed. Diffusing Dreamy Sleep Essential Oil blend is another great option
 - **Equilibrium Salve** - Apply salve topically to bottoms of feet morning and night and consider this application as well: use Equilibrium Salve as an after shower/bath moisturizer for an all over stabilizing and detoxifying effect. The fragrance is stimulating yet calming
 - **Expectorant Salve** - family friendly - an effective and gentle chest & foot rub to ease congestion - apply topically as needed - Expectorant Essential Oil Blend in the diffuser is a good addition to this protocol as well
 - **Frankincense Salve** - stronger than Dirty Salve, a use alone salve, blends well with other essential oils - use topically as needed
 - **Immunity Impact Salve** - boost or strengthen immunity with this Thieves type salve with added Lavender - apply to bottoms of little feet in the morning before school to help boost your kids immunity, sanitize hands with this salve, apply to inside of nasal passages with a cotton swab to help protect from contracting cold and flu when exposed, apply topically to bites and scrapes to protect from infection
 - **Original Jeddy's Salve** - this one is a game changer for many when it comes to ADHD, autism and anxiety challenges - apply topically to bottoms of feet in the morning, apply to back of neck and shoulders to reduce stress, apply topically over the heart to ease anxiety - diffusing Jeddy's Blend can be helpful for after school chaos and homework time for focus and calm
 - **Lavender Salve** - you might want to jump into this jar it smells so good with pure bulgarian lavender to brighten senses, ease leg aches at night (my grand daughter keeps a jar on her nightstand for achey growing pain at night), sleep, a gentle headache option - apply topically as needed or WANTED
 - **Lemongrass Salve** - a warming salve for aches, pains and hormonal issues - apply topically as needed - a good spot for hormonal issues is over the inside of ankles (acupressure point for hormone balance), add a drop of Birch to Lemongrass for effective relief from plantar fasciitis



- **LLP Salve** - Use daily during difficult allergy seasons. Apply salve topically to bottoms of feet in the morning and as needed. Also, consider swabbing the inside of nasal passages with a small amount of LLP Salve on a cotton swab to reduce nasal drip and open congested airways.

- **Lullaby Salve** - for the kiddos - apply topically to bottoms of feet at bedtime

- **Melaleuca Salve** - a gentler way to use Melaleuca with the added healing benefits of our salve base for topical application

- **Muscle Ease Salve** - this is good choice for sore or strained muscles and leg cramps - apply topically to area of discomfort as needed - FYI I keep this salve on my nightstand for leg cramps that hit in the wee hours of the morning

- **Naked Salve** - our favorite carrier kind of carrier oil - no spills - no fuss - just add your essential oils to a fingerful of Naked Salve and apply topically to area of concern

- **Nerve Pain & Block Salve** - a bestseller for sure, with helichrysum, black pepper, birch and clove bud essential oils - NPB gets in deep and adds warmth and welcome relief - especially helpful easing neuropathy pain or any other nerve related issue - apply as needed topically

- **Oregano Blemish Peel Salve with Frankincense** - may draw out sun damage, clear up scaly patches and even skin tone while moisturizing. Adults and teens are using it to clear up cystic and hormonal acne and more mild breakouts - apply lightly - topically as needed - a test patch is recommended

- **Oregano Salve** - one of nature's strongest antibiotics - a must-have for your home's first aid kit - oregano is a hot oil but well tamed in our salve base - apply to bottoms of feet when fighting infection - I use Oregano Salve in my naval when giardia symptoms hit, works like a charm and is a great gift for international travelers - test patch recommended

- **Peppermint Salve** - so cooling and refreshing - use for headaches, muscle aches, lip balm

- **Pet Friendly Salve** - melaleuca free - contains frankincense and lavender - gentle for your furry friends - I've seen cat abscesses heal quickly using this salve as a topical application - use as needed

- **Serenity Blue Salve** - attain a peaceful state, sleep like a baby with lavender, sweet marjoram, blue chamomile, ylang ylang essential oils, vanilla CO2 to soothe your tired soul - bottoms of feet and a pair of soft socks, back of neck and over shoulders, over heart or anywhere else you can get a whiff of SB!

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- **Sexy Wellness Salve** - a healthy personal lubricant without the nasty ingredients of commercial versions - may help prevent yeast infection - use topically as needed
 - **SHE Salve** - our goddess aura blend will turn heads and may become your favorite (healthy) perfume - be prepared for the attention! Use topically as perfume, find your own favorite uses
 - **St. John's Wort Salve** - a trauma ready salve for topical applications - layer SJW with other blends, amplifies the benefits of Nerve Pain & Block Salve, Serenity Blue Salve, Jeddy's Salve and more - topical application - use as needed
 - **Sunburn** - vacations happen and so do sunburns - apply to sun scorched skin ASAP
 - **Herbal Woman Hormone Assist Salve** - from young woman to wise woman, we hormonal balance - helps alleviate off center, emotional moments, eases hot flashes - use topically on bottoms of feet, over the inside of ankle, over heart or back of neck as needed

...enjoy your new Palette of Plant Based Wellness!

Rebecca

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