

HOMEMADE HERBAL LINIMENTS

Liniments are used externally for aches, pains, arthritis, stiff joints, varicose veins, and bruises.

BASIC LINIMENT FORMULA

Fill a jar about 1/3 to 1/2 way with dried or chopped fresh herbs. Cover the herbs with rubbing alcohol, vodka, vinegar, and/or witch hazel until the jar is almost filled.

Stir well and cover with a non-metallic cap.

Infuse for 3 to 4 weeks, shaking daily or as you remember to. Strain. If desired, add dissolved menthol crystals and/or tincture. Label clearly and add a skull and crossbones symbol so no one drinks it!

Shelf life is at least 1 to 2 years.

LIQUID INGREDIENT OPTIONS (can mix & match)

Witch Hazel - soothes redness, inflammation, swelling, helpful for bruises, varicose veins

80 Proof Vodka - efficiently extracts properties of herbs, especially resins; mix with 50%+ witch hazel to make less drying

Isopropyl Alcohol - easily available, quick acting and highly effective as a liniment; has a higher level of toxicity than other options, label clearly & keep out of reach of kids

Apple Cider Vinegar - can be used if you're avoiding alcohol, or to stretch the other ingredients; has a stronger smell than the other options

MENTHOL CRYSTALS

Can be added for a cooling and pain relieving sensation.

Dissolve menthol crystals in 1 tbsp vodka or rubbing alcohol before stirring into your finished liniment.

Can be used up to 2% of your recipe. I use only 0.5% for my family with sensitive skin.

1/4 tsp menthol crystals in 1 cup (8 oz) liniment = 0.5%

Wear gloves when handling menthol crystals, don't rub eyes, and keep away from kids.

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HERBS TO USE

See <https://TheNerdyFarmWife.com/Homemade-Liniments-Guide> for a more complete list of herbs!

Arnica (*Arnica montana*, *A. chamissonis*) - for bruising, swelling, pain, arthritis, aches, do not use arnica on broken skin or cuts

Bee Balm (*Monarda fistulosa*, *M. spp.*) - anti-inflammatory, antimicrobial, helps rheumatic joints

Calendula (*Calendula officinalis*) - antimicrobial, repairs damaged skin, for varicose veins

Cayenne (*Capsicum annuum*) - decreases sensation of pain, feels warming, use very small amounts to avoid burning your skin

Comfrey (*Symphytum officinale*) - for bruises, sprains, relieves pain, helpful for bone injuries, do not use on open wounds

Dandelion Flowers (*Taraxacum officinale*) - anti-inflammatory, helpful for aching, and painful damaged skin

Frankincense Resin (*Boswellia sacra*) - anti-inflammatory, relieves pain

Ginger (*Zingiber officinale*) - warming, increases circulation

Goldenrod (*Solidago spp.*) - for general aches and pains

Helichrysum Flowers (*Helichrysum italicum*) - for aches, pains, bruises, strains, varicose veins

Juniper Berries (*Juniperus communis*) - warming, stimulates circulation

Lavender Leaves & Flowers (*Lavandula angustifolia*) - cooling, all-purpose skin soother

Pine Resin (*Pinus strobus*, *P. spp.*) - warming, used for arthritis, stiff joints, and rheumatism, pine needles could be infused as well

Purple Dead Nettle (*Lamium purpureum*) - anti-inflammatory, antimicrobial, for aches, pains

Rosemary (*Rosmarinus officinalis*) - stimulates circulation, helps aching joints

Valerian Root (*Valeriana officinalis*) - can be used externally as a mild relaxant and for sore muscles

Yarrow (*Achillea millefolium*) - anti-inflammatory, helps with cramps, pain, varicose veins, and irritated skin

