

# FREE PRINTABLE & RECIPES

## How to Make Homemade Herbal Liniments

### HOMEMADE HERBAL LINIMENTS

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

#### BASIC LINIMENT FORMULA

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

Let rest several weeks in a cool, dark place.

Strain for 3 to 4 weeks, shaking daily or as you remember to. If desired, add dissolved essential oils and/or vitamins. Label clearly and add a small, well-ventilated syringe for the use of kids!

Small jars in an hour or 2 days.

#### LIQUID INGREDIENT OPTIONS (can mix & match)

**White Alcohol** - soothes, reduces inflammation, soothing, helpful for bruises, varicose veins.

**91 Proof Vodka** - efficiently extracts properties of herbs, especially useful mix with 50% or higher heat for muscle pain relief.

**Highproof Alcohol** - easily available, quick acting and highly effective as a liniment. Has a higher level of potency than other options, heat & heat & keep out of reach of kids.

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

#### MENTHOL CRYSTALS

Can be added for a cooling and pain-relieving sensation.

Useless menthol crystals in 1 drop bottles or rubbing alcohol before straining into your finished liniment.

Can be added up to 2% of your recipe - use only 0.2% for very family with sensitive skin.

1% use menthol crystals in 1 cup (250 ml) liniment = 0.25g.

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

By Jen Deary of [TheNerdyFarmWife.com](http://TheNerdyFarmWife.com) and [TheNerdyGardening.com](http://TheNerdyGardening.com)



### HERBS TO USE

See [www.TheNerdyFarmWife.com/Herb-Infused-Liniments-Recipe/](http://www.TheNerdyFarmWife.com/Herb-Infused-Liniments-Recipe/) for a more complete list of herbs.

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

**Blue Cham (Chamaecyparis nivalis, M. spp.)** - anti-inflammatory, antimicrobial, helps rheumatic joints.

**Celandine (Celandine officinale)** - antimicrobial, helps damaged skin, for varicose veins.

**Capsicum (Capsicum annuum)** - decreases sensation of pain, heat warming, use only small amounts to avoid burning your skin.

**Cannabis (Cannabis sativa)** - for bruises, sprains, reduces pain, helpful for some injuries, do not use on open wounds.

**Comfrey (Symphytum officinale)** - anti-inflammatory, helpful for pulling, and painful muscle pain.

**Frankincense Resin (Boswellia serrata)** - anti-inflammatory, reduces pain.

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

**Goldenseal (Hydrastis spp.)** - for general aches and pain.

**Marshmallow Root (Althaea officinalis)** - for aches, pains, bruises, sprains, varicose veins.

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

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

**Peppermint (Mentha arvensis, M. spp.)** - warming, used for arthritis, stiff joints, and rheumatism, some families find the smell so strong.

**Purple Dead Nettle (Limonium purpureum)** - anti-inflammatory, helps with some skin issues.

**Stemona (Stemona officinale)** - stimulates circulation, helps aching joints.

**Yarrow Root (Achillea millefolium)** - can be used externally as a mild relaxant and for sore muscles.

**Yucca (Yucca multicaulis)** - anti-inflammatory, helps with bruising, pain, varicose veins, and swollen skin.



# Geranium Liniment Recipe

**S Ben Porath**



## **Geranium Liniment Recipe:**

## Decoding **Geranium Liniment Recipe**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Geranium Liniment Recipe**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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