Healing Salve

Dr. Christopher's Healing Ointment — a combination of herbs and essential oils that are soothing and healing to inflamed skin surfaces. Traditionally used as a pack over skin lesions and eczema, to relieve uncomfortable dry, itchy skin, to help clear the effects of poison ivy, and as an aid for hemorrhoids and piles. Good to have on hand at all times.

This Herbal Combination



Comfrey Root — known for its ability to knit flesh together, making it a part of nearly any formula that supports the skin. One of comfrey's main constituents is allantoin, a cell proliferant with the property of multiplying healthy cells.



Marshmallow Root — very soothing and healing to inflamed tissue, traditionally valued for its high mucilage content, which helps draw out irritation and impurities.



Marigold Herb (Calendula) — one of the herbalist's most reliable dressings for sores, burns, and wounds — non-poisonous, non-toxic, and non-irritating. As a salve, it's excellent for chapped skin and other external troubles, and traditionally used to take the sting out of a bee or wasp sting.

Essential Oils in This Blend



Rosemary — traditionally valued for its ability to help heal breaks in the skin and for its anti-inflammatory properties.



Lavender — one of the most widely used essential oils, traditionally regarded as an antioxidant, anti-inflammatory, pain reliever, and antiseptic — with a calming scent that rounds out the blend.



Frankincense — traditionally used for its anti-inflammatory, antiseptic, and antioxidant properties, valued for promoting skin regeneration and healing.



Helichrysum — traditionally regarded as anti-inflammatory, with a long history of use for skin irritation and its antimicrobial properties valued for supporting the skin's healing process.

How It Works

This formula supports faster healing of the skin and flesh. It's traditionally used as an antiseptic to help prevent or clear minor infections, and as an anti-inflammatory to aid in reducing pain and inflammation of the affected area.

Suggested Use

Apply directly to the affected area, or make a salve pack using flannel secured over the area. As with any herbal salve, use your own best judgment.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Healing Salve to Keep on Hand" at www.daradietz.me.