M&L Salve

Mullein & Lobelia — a powerful topical anti-spasmodic rub, traditionally used to release locked-up joints and relax spastic muscles.



Mullein Herb — traditionally used to support the movement of excess lymph fluid out of an injured area.



Lobelia — traditionally regarded as the best anti-spasmodic there is, working to release muscles and joints that have locked up.



Extra Virgin Olive Oil — the salve's nourishing base, rich in vitamin E and antioxidants that add their own moisturizing, skin-supporting benefit rather than just carrying the herbs.



Beeswax — adds vitamin A and forms a protective, moisturizing seal over the skin, helping the salve stay put and do its work.

How It Works

This salve is traditionally used to release a locked-up joint, ease spastic or overused muscles, and support massage work by helping tight tissue relax before the massage begins. I slid off the bed one morning to find my own knee frozen solid with pain — a dab of this salve, and it released instantly. My husband and other members have had the same experience with frozen knees and hands.

Pairs Well With

For nerve-related pain rather than muscle spasm, our G-Nervine Salve is the better fit — the two work well together. This is also the same herb combination used internally in our Gland Formula.

Suggested Use

Apply directly to the affected area as needed. 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 "Mullein and Lobelia: Letting Locked Muscles Go" at www.daradietz.me.