

CTSI Community Health - Herbal Salve Recipe

Salves and balms are soft spreadable preparations for your skin consisting of herbal infused oils and beeswax (or another wax.) They can be applied to help heal, soothe, or improve various skin or health conditions.

Ruby, the Community Health Director has been a tremendous resource and advocate to help our team learn and share techniques within our departments to bring the Herbal Medicine classes to the Siletz Tribal community. Here is her recipe:

I like to use 4 medicines:

Cut plant in pieces, the smaller the better, so medicine can leach into oil

Fill jar with plant material and top with organic sunflower oil... you can use other oil but this is sustainable and nice for skin

Cook on low in crockpot for at least 4 days, no lid on jar and no lid on crock pot.

Strain oil into clean jar- label it. Now you have the infused oil.

Mix 2 oz of each of the four infused oils and 1.5 oz organic cosmetic grade bees wax (pellets are best for even melting) and heat until bees wax is melted.

Pour in tin and as it begins to harden embellish with plant material used in process (rose petal, yarrow leaf or what ever you like).

Medicine making is a science- knowing what plants have what medicinal properties. But it's also an art- how you combine the ingredients to make your final product.

It may seem overwhelming at first because you try to be precise, but it's very forgiving.

Staff are making videos to feature the process. You will be able to view online in the members only area.

Supplies Resource: <https://www.mountainroseherbs.com/catalog/ingredients/carrier-oils>

Join us online during the
Virtual Culture Camp July 14-16th!

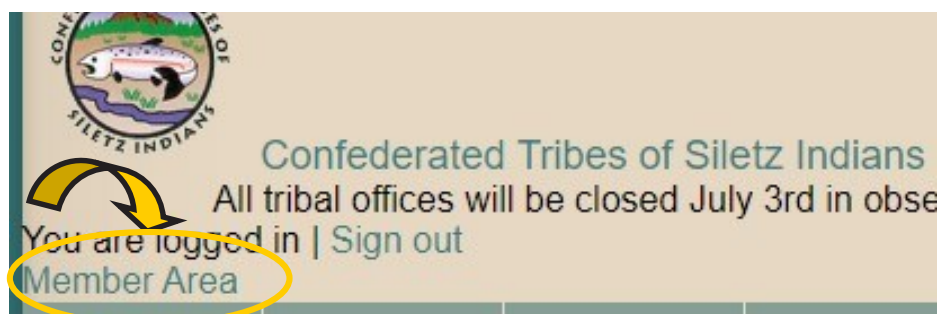
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In August, we will have a cooking class and lessons on growing vegetables through the Healthy Traditions [Facebook Page](#) and on the CTSI Tribal website under the members tab.

For more info on how to access please see below



Starting July 14th-16th Siletz Tribal Members will be able to access video content that staff and others are creating for the Virtual Culture Camp. Log into the CTSI website. Click on the Member Area, then click on Culture and Language tab to view the video content.



Mission Statement

The CTSI Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.