BALMS

You can use evergreen trees for medicine: fir, douglas fir, pine, spruce, hemlock, cypress. They all have healing qualities. For this purpose avoid juniper or yew.

- **Take 3 cups of recently dried evergreen needles. Put into a 1 quart glass jar that has an airtight lid. You can also add for aroma 3 tablespoons of recently dried roughly ground juniper berries and 1-3 tablespoons of freshly grated orange peel. Place the needles in the jar until it is about 2/3 full without being packed down (a little less if you are also adding orange peel and juniper berries.**

- **Fill the jar with a high quality oil such as almond oil, grapeseed oil, jojoba, or extra virgin olive oil. Stir with a knife, chopstick to release any air bubbles.**

- **Allow to infuse for 2-4 weeks preferably in a warm place (eg. put in a paper bag in an area of the house that the sun shines on through a window).**

- **Strain out the plant matter and keep the oil.**

- **Take 3 cups of the oil and put in a double boiler with 4 oz unrefined grated beeswax (if you didn't get 3 cups of oil when you strained, then cut back on the beeswax). Heat the water in the bottom part of the double boiler and allow the oil to warm in the top part, then add the beeswax and stir until melted. Remove from heat, dry bottom of container and pour into salve containers. Allow to cool before capping and storing in a cool, dark place.**

This makes a good remedy for sore muscles, a mild chest rub for chest congestion, an ointment for dry, chapped or cracked skin.