BASE CREAM

You can make your own base cream to which you can add ingredients for special problems. See under "Skin" also.

First Recipe for Base Cream: Distilled or Reverse Osmosis water, Cold pressed organic grapeseed oil, veg. glycerine, sorbitol from berries, cetyl alcohol from palm kernel oil as emulsifier, Vit. E oil, borax, Vit. C, Grapefruit Seed Extract.

If you don't want to make your own, you can use something like 'Nivea" from any supermarket or drugstore.

Once you have your base cream, you use 75% of the cream, and mix it with 25% of the tincture or tea. The remedy can be a tincture, or a strong herbal tea. Emulsify and bottle in sterile container, keep in the refrigerator. See under "Tincture" to find out how to make your own. It is easy but takes a month. The tea is fast but needs to be made fresh.

Quickly:
Tincture: take 5 parts alcohol (eg. Vodka or brandy) and 1 part herb. Put into clean jar, covered, and shake daily for 1 month, then strain and use, storing in clean glass jar. If you are using roots or bark, you will have to use the overproof alcohol (Everclear) that you can get at a liquor store.
Tea from plant leaves: 1 heaping teaspoon of dry herb (or 1 Tbsp fresh cut herb), cover with 1 cup boiling water. Cover and steep for 1/2 hr, then strain and use the liquid.
Tea from roots or bark: the same as tea from plant leaves but you must simmer it covered for 40 minutes, then strain.

Some other remedies to try:
Calendula flowers for itchy, irritated or hot skin.
Plantain herb (can use whole plant).
Comfrey
Sage

Also, you can try are using essential oils eg. Lavender oil for almost any skin problem.