



## Fee's Herbal First Aid Kit

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|------------------------|---------------------------------------|
| 1. Lavender Flowers    | Essential Oil/Salve                   |
| 2. Calendula Flowers   | Oil/Salve/Hom/Cream/Infusion          |
| 3. Yarrow Leaf, Flower | Infusion/Salve/Tincture/Spit          |
| 4. Plantain Leaf       | Salve/Spit/Poultice/Infusion/Tincture |
| 5. Arnica              | Cream/Hom                             |
| 6. Comfrey Leaf        | Salve/Cream/Poultice/Compress         |
| 7. St John's Wort      | Oil/Salve/Cream/Hom/Tincture          |
| 8. Willow Leaf, bark   | Vinegar                               |
| 9. Motherwort          | Tincture                              |

### **Sleepy Tincture**

Passion Flower & Valerian Root or Flower

### **Lung / Immune Syrup / Elixir**

Elder Berries, Mullein lf, Hyssop, Elecampane, Wild Cherry Bark, Marshmallow, Cinnamon, Honey (Vodka or brandy if made into an elixir to stabilise its shelf life) Echinacea tincture could be added.

### **Antiseptic Healing Body Spray**

Calendula, Plantain, Yarrow, Rose (equal parts) Tincture

### **Throat spray**

Usnea Tincture, Sage Tincture and Honey

**Extra bits** – Slippery Elm Powder, Chamomile or Rosewater spray, Fire Cider, Witch Hazel, Rescue Remedy. A Medicine Bundle ≡

