

# FREE PRINTABLE & RECIPES

## How to Make Homemade Herbal Liniments

### HOMEMADE HERBAL LINIMENTS

Liniments are used externally for aches, pains, arthritis, stiff joints, varicose veins, and bruises.

#### BASIC LINIMENT FORMULA

Fill a jar about 1/2 to 1/3 way with dried or chopped fresh herbs. Cover the herbs with rubbing alcohol, vodka, vinegar, or white witch hazel until the jar is almost full.

Let rest several weeks in a cool, dark place.

Before use, if you have sensitive skin or are pregnant, do a patch test. If desired, add essential oils (essential oils are not recommended for use on children). Use a small amount several times a day.

Shake well in an hour or 2 days.

#### LIQUID INGREDIENT OPTIONS (See notes & reads)

**White Alcohol** - soothes, reduces inflammation, cooling, helpful for bruises, varicose veins.

**91 Proof Vodka** - efficiently extracts properties of herbs, especially when mixed with 50% or higher heat for muscle pain relief.

**Highproof Alcohol** - easily available, quick acting and highly effective as a liniment. Has a higher level of potency than other options, heat & heat & keep out of reach of kids.

**Apple Cider Vinegar** - can be used if you're avoiding alcohol, or to extract the other ingredients, has a stronger smell than the other options.

#### MENTHOL CRYSTALS

Can be added for a cooling and pain-relieving sensation.

Use a small amount (about 1/2 tsp) in a jar or rubbing alcohol before stirring into your finished liniment.

Can be used up to 2% of your recipe - use only 0.2% for very young with sensitive skin.

Use only menthol crystals on 7 days (or less) treatment - 5 days.

Wash gloves when handling menthol crystals, don't rub eyes, and keep away from kids.

By Jen Berry of [TheNerdyFarmWife.com](http://TheNerdyFarmWife.com) and [TheNerdyGardening.com](http://TheNerdyGardening.com)



### HERBS TO USE

See [www.TheNerdyFarmWife.com/Herbs-for-Liniments/](http://www.TheNerdyFarmWife.com/Herbs-for-Liniments/) for a more complete list of herbs you should consider using.

**Arnica** (*Arnica montana*, *A. officinalis*) - for bruising, swelling, pain, arthritis, sores, do not use arnica on broken skin or cuts.

**Blue Cham** (*Camphorosma officinale*, *M. ssp.*) - anti-inflammatory, antimicrobial, helps rheumatic pain.

**Calendula** (*Calendula officinalis*) - antimicrobial, helps damaged skin, for varicose veins.

**Capsicum** (*Scotch bonnet*) - increases circulation of pain, heat, warming, use only small amounts to avoid burning your skin.

**Celandine** (*Scrophularia officinalis*) - for bruises, sores, reduces pain, helpful for some injuries, do not use on open wounds.

**Comfrey** (*Symphytum officinale*) - anti-inflammatory, helpful for pulling, and painful muscle pain.

**Frankincense Resin** (*Boswellia serrata*) - anti-inflammatory, reduces pain.

**Ginger** (*Zingiber officinale*) - warming, increases circulation.

**Goldenseal** (*Hydrastis ssp.*) - for general aches and pain.

**Marshmallow Root** (*Althaea officinalis*) - for aches, pain, sores, ulcers, varicose veins.

**Juniper Berries** (*Juniperus communis*) - warming, increases circulation.

**Lavender Leaves & Flowers** (*Lavandula angustifolia*) - cooling, all purpose skin soothe.

**Peppermint** (*Mentha arvensis*, *M. ssp.*) - warming, used for arthritis, stiff joints, and rheumatism, some families find the smell so strong.

**Purple Dead Nettle** (*Limonium purpureum*) - anti-inflammatory, helps with some skin issues.

**Stemona** (*Stemona officinalis*) - warming, stimulates, helps aching joints.

**Yarrow Root** (*Achillea millefolium*) - can be used externally as a mild sedative and for skin issues.

**Yucca** (*Yucca multicaulis*) - anti-inflammatory, helps with bruising, pain, varicose veins, and swollen skin.



# Geranium Liniment Recipe

**William Whitty Hall**



## Geranium Liniment Recipe:

The Old Herb Doctor, His Secrets and Treatments Health Research Staff,1996-09 1941 Contains many rare herbal formulas which have healed thousands when all else failed Some of the contents Organic Substance of Plants Secrets of Ancient Specialists Vitamin E The Sex Vitamin Anemia Running Fits in Dogs Hog Cholera H *The Old Herb Doctor, His Secrets and Treatments* ,1941 *Essential Oils & Aromatherapy For Dummies* Kathi Keville,2023-06-20 Reduce anxiety manage pain improve sleep and more with the healing power of aromatherapy and essential oils Looking for natural and organic ways to support your mind body and spirit Then look no further than the ancient practice of aromatherapy In *Essential Oils Aromatherapy For Dummies* Second Edition you ll find simple and easy advice on everything from therapeutics to cosmetics as well as the recreational use of essential oils Internationally known herbalist and aromatherapist Kathi Keville offers straightforward remedies for dozens of common conditions you can use immediately to make yourself or someone you love feel better Easily prepare your next natural remedy at home or at work with guidance on how to use essential oils and aromatherapy in familiar settings or find in depth coverage of how to use essential oils in conjunction with therapeutic massage You ll also discover What to look for in a great aromatherapy scent and how to shop for and store herbs and ingredients How to use aromatherapy in different settings including your home office and gym Quick tips on easy ways to add helpful fragrances to your life An easy to use and fun guide to safely and easily treating hundreds of frequently occurring ailments *Essential Oils Aromatherapy For Dummies* Second Edition will help you use organic and herbal ingredients to increase your focus improve concentration relieve tension and get more sleep Try it today **P.J.F., The Pharmaceutical Journal Formulary** John Thurlbeck Humphrey,1904 *American Druggist* ,1936 **American Druggists' Circular and Chemical Gazette** ,1914 *Druggists' Circular* ,1908 *American Druggist* ,1931 Manufacturers' Practical Recipes, Comprising Processes and Recipes for the Manufacture of Commodities Used in All the Industries, Arts and Professions George Sydney Ranshaw,1950 **Pharmaceutical Journal**; ,1903 *The Bulletin of Pharmacy* ,1906 *Bulletin of Pharmacy* ,1922 Pharmaceutical Formulas Peter MacEwan,1905 *Vegetarian Times* ,1981-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **The Popular Science News and Boston Journal of Chemistry** ,1879 *Druggists' Circular and Chemical Gazette* ,1891 Includes Red book price list section title varies slightly issued semiannually 1897 1906 **Practical Druggist and Pharmaceutical Review of Reviews** ,1916 *Health at Home* William Whitty Hall,1875 **Health at home, ; or, Hall's family doctor** William Whitty Hall,1876 **Johnson's Univeral Cyclopædia** ,1890

## **Geranium Liniment Recipe** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Geranium Liniment Recipe**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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