



Soothing

Mommy Salve

Lifeholistically.com

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This salve is perfect for the new mom to soothe any bits of delicate tissue after birth and while breastfeeding.

Do not apply to nipple area just prior to nursing, it is best to apply right after nursing.

As an abundance of caution, you can wipe off before nursing the next time.

What you'll need:

4oz container (can double or triple recipe if desired)

1 oz avocado oil

2 tbsp beeswax pestules

1 1/2 ounces cocoa butter (refined if you are an allergen sufferer)

1 tbsp (1/2 ounce) evening primrose seed oil CO₂

(can substitute with the oil or by breaking up primrose capsules)

24 drops Helichrysum *Helichrysum italicum* (1%)

Place in a double boiler on very low heat to melt cocoa and beeswax. Do not add primrose or essential oils until removed from heat and mixture has begun to cool. Mix well and pur into container to set.

Vegan Version

1 oz avocado oil

2 1/2 ounces cocoa butter (refined if you are an allergen sufferer)

1 tbsp (1/2 ounce) evening primrose seed oil CO₂

(can substitute with the oil or by breaking up primrose capsules)

24 drops Helichrysum *Helichrysum italicum* (1%)