

## Cabinet Creations

---

# Echinacea Salve

Sore Throat • Immune Support • Kid-Friendly

---

Prep Time:

Stovetop Method: 2-3  
hours

Solar Infusion

Method: 2-3 weeks

Ingredients:

- ½ cup dried echinacea
- ½ cup dried plantain
- 1 cup olive oil
- Beeswax (1 oz per cup infused oil)

---

Method:

- Combine herbs and olive oil in a heat-safe vessel.
  - Infuse over low heat for 2-3 hours, or allow to solar infuse for 2-3 weeks; strain.
  - Gently melt beeswax into infused oil until fully incorporated.
  - Pour into clean glass or metal containers and allow to set.
- 

Apothecary Notes:

Echinacea contains polysaccharides and alkamides that have been studied for their immune-modulating and tissue-supportive activities. Plantain is rich in allantoin and mucilage, traditionally used to support skin repair and soothe irritation. Olive oil acts as a lipid carrier, aiding the delivery of herbal constituents, while beeswax creates a protective barrier that helps retain moisture and support the skin's natural healing process.