

## How to make a Selfheal & Plantain ointment

### You will need:

- Some Self heal and Plantain (Found growing plentifully at this time of year!)
- A cup of olive oil
- 2 clean sterilised jars
- A tea strainer.



### Step 1.

Pick a cup full of plantain (leaves) and self heal (leaves and flower heads.) Wash mud off if necessary.

### Step 2.

Chop the herbs and leave to dry out a little over night.

### Step 3.

Put the herbs into a clean jar and cover them with olive oil. Press down in the oil, making sure none of the herb is above the level of the oil. Place the lid on the jar.

### Step 4.

Allow the plants healing properties to infuse into the oil - leave on a windowsill or in a warm place for one week. stir daily and ensure the herbs are pressed back under the oil.

### Step 5.

Strain your herbal oil using a fine tea strainer (or some muslin) into a clean jar. Don't forget to label your product!