

Intro into Herbal Energetics and Formulas

Lesson 8 Homework

Dry Energetics, Demulcent Herbs, Salves and Poultices

Homework Activity

Complete each of the following:

- Make 1 salve/butter/lotion recipe (options below)
- Make 1 poultice/compress recipes (options below)
- Track your water intake for 1 week

- The salve/butter/lotion recipe I chose was:
- Comments on this recipe:

- The poultice/compress recipe I chose was:
- Comments on this experiment:

- Comment on tracking your water intake for 1 week:

Salve/lotion/butter recipe options (you can use another recipe that you find on your own):

- <https://learningherbs.com/remedies-recipes/chickweed-salve/>
- <https://learningherbs.com/remedies-recipes/lip-balm-recipes/>
- <https://www.herbalremediesadvice.org/calendula-body-butter-recipe.html>
- <https://learningherbs.com/remedies-recipes/arnica-ointment/>
- <https://www.herbalremediesadvice.org/herbal-healing-cream.html>
- <https://learningherbs.com/remedies-recipes/self-heal/>

Poultice/compress recipe options (you can use another recipe from a reputable source):

- <https://theherbalacademy.com/how-to-make-a-poultice-with-herbs/>
- <https://theherbalacademy.com/comfrey-uses-and-remedies/>