**割傷、擦傷與灼傷**

不管什麼年紀，甚至成年人也會在日常生活中遇到割傷，擦傷和灼傷。我們經常只會將傷口進行清洗後就按照我們的方式處理，但正確地照顧這些傷口可以預防感染並且能有效緩解疼痛，減輕發炎狀況與加速傷口癒合。

**配方：**

1/3杯的蜂蜜

1湯匙原生椰子油  
2湯匙蘆薈凝膠

30滴薰衣草精油

20滴千層香精油  
15滴乳香精油

10滴羅馬洋甘菊精油  
5滴丁香精油

**準備事項：**

一、準備一個小玻璃碗，倒入1/3杯的蜂蜜。

二、加入1湯匙原生椰子油。

三、加入2湯匙蘆薈凝膠。

四、用手攪拌蜂蜜，椰子和蘆薈凝膠。

五、攪拌30滴薰衣草，20滴千層草，15滴乳香。

六、將成品倒入一個4盎司的梅森罐內，並存放在冰箱裡。

**使用方式：**

一、清潔你的傷口後，在傷口上塗抹少量的藥膏(成品)。

二、用繃帶蓋住。

**效益：**  
蜂蜜早在古埃及時就已發現有抗菌的特性。

椰子油具備抗菌及抗發發炎，也可以幫助緩解輕微的疼痛。  
薰衣草和丁香精油有止痛的特性。  
丁香和千層花精油是清潔和預防感染，而丁香油是可用的最抗菌的精油之一。

乳香和羅馬洋甘菊精油是必不可少的舒緩傷口，並幫助傷口癒合，由於其抗氧化和抗發炎特性。

注意事項：

這種藥膏適用於兩歲以上的人。而對於年齡較小的孩子，六個月以上的嬰兒以及那些討厭使用黏稠的人可以使用Owie Calming Spray（第94頁）。

注意不要讓藥膏滲入水，因為這會導致蜂蜜和椰子油變質。

這種藥膏可以存放在冰箱中長達一年。

CUT,SCRAPE,AND BURN SALVE

Even adults mange to get cuts, scrapes, and burns in our daily lives. Often we just wash them off and go on our way, but properly caring for these minor wounds can prevent infection and make us feel better.

There’s no need to just grin and bear it when this cut, scrape, and burn salve will soothe the pain, reduce inflammation, help your body heal, and prevent infection.

Ingredients:

1/3 cup raw honey

1 tablespoon virgin coconut oil

2 tablespoons aloe vera gel

30 drops lavender essential oil

20 drops melaleuca essential oil

15 drops frankincense essential oil

10 drops Roman chamomile essential oil

5 drop clove essential oil

Preparation:

1. In a small glass bowl, pour 1/3 cup way honey.
2. Add 1 tablespoon virgin coconut oil.
3. Stir in 2 tablespoons aloe vera gel.
4. Use a hand mier to whisk together the honey,coconut,and aloe vera gel.
5. Stir in 30 drops lavender, 20 drops melaleuca,15 drops frankincense,
6. Scoop Cut, Scrape, and Burn Salve into a 4-ounce glass mason jar and store in the refrigerator.

Administration:

1. After cleansing your cut,scrape, or burn, apply a small amount of the Cut, Scrape,and Burn Salve to your wound.
2. Cover with a bandage.

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Benefits:

Honey has been used to treat wounds since Ancient Egypt due to its antibacterial properties.

Coconut oil is antimicrobial, anti-inflammatory, and can help relieve mild pain.

Lavender and clove essential oils reduce pain due to their analgesic properties.

Clove and melaleuca essential oils are cleansing and prevent infection. Clove is one of the most antimicrobial essential oils available.

Frankincense and Roman chamomile essential soothe wounds and help them heal due to their antioxidant and anti-inflammatory properties.

Notes and Tips:

This salve is intended for those over the age of two. For younger children, babies over six months, and those who hate to be sticky use the Owie Calming Spray(page94).

Be careful not to get any water in the salve as this will cause the honey and coconut oils to become rancid.

This salve can be stored in the fridge for up to a year.