

Herby Lab Wisdom Quest

Things for Stings!

PLANTAIN

Plantain of all types is wonderful for stings, bites, splinters and grazes. You can watch the Plantain video on the Wildling Tribe YouTube channel if you are unsure how to identify plantain. Remember to look for the long stems with brown flower heads and the ribs (stringy bits) in the leaves. You can chew up the plantain and spit it onto your sting or splinter and crush it up and rub it on instead



HERB ROBERT

Herb Robert has small pink flowers and flat light green frondy leaves. It smells like geraniums. You can pick some Herb Robert and rub it straight on to stings, grazes and bites.



DOCK LEAVES

Most people know that dock leaves can be used to help with nettle stings. Crush up the leaf, spit on it and rub it on your sting!



MAKE A STING BALM!

You can make your own bite and sting balm! All you need is some oil, some beeswax and the plants. You INFUSE the oil by putting the plants into a jar and covering them with the oil, and leaving them for one month. Then you strain out the plants, heat the oil with some beeswax until it melts, pour it into a jar or container and add some essential oils! Find the plantain, daisy and Herb Robert sting balm recipe on the Medicine Maker page

