



# THE OKLAHOMA HOMESTEADER

REDISCOVERING THE SIMPLE JOYS OF HOMESTEADING

## Homemade Bug Bite Balm

### Ingredients:

- Plantain leaves
- Calendula
- Chickweed
- Carrier oil
- 1/2 cup infused oil
- 1 1/2 tbsp beeswax
- 10 drops essential oil (optional)
- 2 oz tins

### Instructions:

1. Infuse herbs in oil for 6 weeks.
2. Strain oil.
3. Melt oil & beeswax.
4. Cool slightly; add essential oil.
5. Pour into tins; let solidify.

### Notes:

- Store cool & dry.
- Lasts 6-12 months.