



HERBAL EXTRACT
COMPANY

HERBAL CREAMS FOR TOPICAL APPLICATIONS

Chamomile
(*Matricaria chamomilla*)

Australian
Made

Outstanding Quality
Guaranteed



Herbal Extracts
as Nature Intended

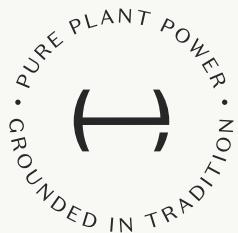
INTRODUCTION

Making individualised therapeutic creams is a convenient way to deliver herbal medicines, particularly for dermatological conditions or localised conditions such as muscular aches and pains.

Our Natural Base Cream makes it easy for you to prepare your own herbal cream formulations. By simply adding our full spectrum liquid herbal extracts, essential oils or herb infused oils you can design personalised products to benefit your patients.

Our all natural, moisturising base cream is crafted with no synthetic preservatives, petroleum-derived ingredients or animal products. It is PETA certified meaning it is vegan and animal-test free.

There are an endless number of different formulations that can be made by adding herbal extracts to a base cream. Following are a few examples. These formulas are flexible and may be adjusted according to patient needs.



Equipment

Have a set of utensils which are used only for the purpose of preparing herbal creams.

- scales
- measuring cylinder in 1mL gradations
- glass or stainless-steel mixing bowl
- stainless steel whisk or spoon
- stainless steel spatula
- 60g amber glass jars and caps

Method

Always start with a clear, clean bench. Wash hands with soap and water and dry thoroughly before handling the ingredients. Mixing can occur in a suitable mixing bowl or glass jug, using a sterilized whisk or spatula. Add one liquid herbal extract at a time followed by additional oils or nutrients. Use continuous stirring to ensure optimal incorporation and uniform consistency.

This usually takes a few minutes depending on the particular herbal extracts being used. When using liquid herbal extracts it is generally recommended to add these to a total level of between 10% and 20% of the overall starting weight of the base cream. The final herbal cream can be spooned or poured into jars, capped and then labeled.

Store in amber glass jars in a cool place away from direct sunlight.

Practitioner is to recommend the dosage to patient. Advise patients to use a clean

stainless-steel implement to remove cream from the jar rather than using their fingers.

If there is excess liquid on the top instruct the patient to stir it back in with the sterilised implement before use.

Cautions

Creams with Garlic:

Garlic has a pungent smell; application may be initially unpleasant to the senses.

Wash hands after application (to avoid burning eyes etc.).

Creams with Turmeric:

Turmeric will cause some minor staining. Apply small amounts to affected areas. Avoid wearing white garments after application.

Creams with Cayenne:

Wash hands after application (to avoid burning eyes).

Omit Cayenne if applying creams to open lesions. If lesions are accompanied by neuralgia, consider using St. John's Wort.

Avoid using in those with a hypersensitivity to plants in the Solanaceae family.

Creams with Liquorice:

Liquorice will cause some minor staining. Apply small amounts to affected areas.

Avoid wearing white garments after application.

SKIN CONDITIONS

Psoriasis



Herbal Formula

- Chamomile 1:1 4mL
- Gotu Kola 1:1 4mL
- Liquorice 1:1 4mL
- Nettle leaf 1:1 4mL
- Natural Base Cream 55mL

Psoriasis is a common, chronic, noncontagious and disfiguring inflammatory skin disease with no clear cause. While psoriasis causes patches of inflamed, thickened skin lesions it is more than just a skin condition and is systemic. Topical applications can provide symptomatic relief and assist in reducing dryness, itching and inflammation.

Eczema and Dermatitis (Dry and scaly)



Herbal Formula

- Chamomile 1:1 4mL
- Chickweed 1:1 4mL
- Liquorice 1:1 4mL
- Oats Seed 1:1 4mL
- Natural Base Cream 55mL

Eczema, also known as atopic dermatitis, is a condition that causes dry, scaly, itchy and inflamed skin. This can be very irritating and tends to flare sometimes. Moisturising regularly can relieve itching and prevent new outbreaks (flares). Treatment may also include medicated creams. For weeping eczema replace Chamomile and Liquorice with Gotu Kola and Calendula.

Fungal Skin Infections



Herbal Formula

- Echinacea 1:1 5mL
- Pau D'Arco 1:1 5mL
- Paw Paw 1:1 5mL
- Natural Base Cream 55mL

Fungal infections are caused by a fungus (yeast or mould) and generally require a damp environment to flourish. Examples include ringworm that can infect the feet (athlete's foot), groin and inner thighs (jock itch) plus candidiasis. They usually appear as a scaly rash or as discoloured and often itchy skin.



Viral (Herpes simplex, shingles, chicken pox, molluscum)

Herbal Formula

Lemon Balm 1:1 5mL
St John's Wort 1:1 5mL
Thuja 1:1 5mL
Thyme 1:1 5mL
Natural Base Cream 55mL

Viral skin infections encompass a variety of conditions caused by a virus (rather than bacteria or other organisms). It can be a reaction from a virus inside the body (systemic infection) or an infection of the skin itself (cutaneous infection). Topical creams can reduce itching and discomfort.

Warts

Herbal Formula

Celandine 1:1 5mL
Paw Paw 1:1 5mL
Thuja 1:1 5mL
Natural Base Cream 55mL



Warts are small skin growths caused by human papillomavirus infections. They are generally harmless but can be unsightly. Herbs with an antiviral action have had success in removing warts when applied locally.

Sunburn Cream

Herbal Formula

Calendula 1:1 5mL
Gotu Kola 1:1 5mL
Natural Base Cream 55mL



Sunburn is a type of skin damage that occurs when the skin is exposed to excessive ultraviolet radiation from the sun.

Topical creams can assist by soothing the skin, reducing inflammation, providing relief from discomfort and aiding in the skin's natural healing process.

PAIN MANAGEMENT

Rheumatic Pain and Arthritis

Herbal Formula

Arnica 1:5 5mL
Teasel Root 1:2 5mL
Cayenne 1:3 2mL
Ginger 1:2 2mL
Natural Base Cream 55mL

Arthritis is the swelling and tenderness of one or more joints. The main symptoms are joint pain and stiffness. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. In addition to internal treatment, external remedies can be used to ease the associated pain, inflammation and discomfort.

Pain and Neuralgia

Herbal Formula

St John's Wort 1:1 7.5mL
Heartsease 1:1 5mL
Cayenne 1:3 2.5mL
Natural Base Cream 55mL

Nerve pain (neuralgia) is caused by damaged or irritated nerves. Conditions associated with neuralgia include shingles, trigeminal neuralgia and diabetes. It is associated with pain, numbness, tingling or other unpleasant sensations along the path of the nerve. Topical applications may be beneficial for reducing the pain intensity.

Bruises, Breaks and Sprains

Herbal Formula

Arjuna 1:1 5mL
Arnica 1:5 5mL
Comfrey 1:5 5mL
Witch Hazel 1:1 5mL
Natural Base Cream 55mL

Everyday living can cause traumas such as:

- Bruises caused by a blow or fall
- Sprains, which are a stretch or tear of a ligament, the tissue connecting two bones
- Breaks, a fracture, chip or complete break in the bone often caused by accidents, sports injuries or bone weakness.

Topical creams can be used for temporary relief and are applied to the skin and rubbed into the painful area.

WOUND HEALING

General Wound Healing

Herbal Formula

- Calendula 1:1 5mL
- Gotu Kola 1:1 5mL
- Oak Bark 1:1 5mL
- Yarrow 1:1 5mL
- Natural Base Cream 55mL

A wound is a break or damage to the skin surface. Minor wounds can usually be treated with first aid. Vulnerary and astringent herbs have properties that can be used in wound management for minor skin abrasions to reduce soreness and inflammation and to promote healing and lower scar formation.

HAEMORRHOIDS

Haemorrhoid Relief

Herbal Formula

- Witch Hazel 1:1 5mL
- Stone Root 1:2 5mL
- Horsechestnut 1:1 2.5mL
- Liquorice 1:1 2.5mL
- Natural Base Cream 55mL

Haemorrhoids, often referred to as piles, are swollen and inflamed blood vessels in the anal canal and lower rectum. Haemorrhoids are a common condition and can be caused by various factors. External remedies can be used to ease the associated discomfort.

REJUVENTATION

Timeless Skin

Herbal Formula

- Green Tea 1:2 5mL
- Maritime Pine 1:2 5mL
- Perilla 1:2 5mL
- Rosemary 1:1 5mL
- Natural Base Cream 55mL

Glowing skin requires a multifactorial approach however skin health can be amplified by hydrating and moisturising. Antioxidants in herbs have the ability to fight free radical damage and may be able to improve skin elasticity and reduce skin pigmentation.

PURE PLANT
POWER



HERBAL EXTRACT
COMPANY

GROUNDED
IN TRADITION

Our powerful herbal healing is
grounded in tradition, and we are
devoted to sharing this with you.

Our practitioner-quality herbal
extracts are handmade to harness
the pure power of nature.

To learn more please visit our website:

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