

# *Pain Relief and Arthritis Ointment*

*Recipe by Lori Snyder*

## **INGREDIENTS**

Buds from cottonwood/poplar trees  
1 cup oil (olive or grapeseed)  
1/3 cup beeswax

## **DIRECTIONS**

The buds of poplar trees have medicinal properties. These tree buds can be harvested in late fall through to March.

Look for buds that have no black dots (this is a fungus) and place the buds into a jar with oil. Olive or grapeseed oil lasts longer is also a good source of Vitamin E.

Leave space in the jar for the buds to expand as they release their resins. Let steep for 1 - 12 months!

Strain out the plant material.

Melt 1/3 cup beeswax and then add in 2/3cup infused bud oil.

Melt together and pour into clean containers.

Use for pain relief, wounds, arthritis.



*Lori Snyder is an educator of wild, edible and medical plants in British Columbia.*

For more information about wild, edible or medical plants contact  
Lori at [earthandcompanyinfo@gmail.com](mailto:earthandcompanyinfo@gmail.com)