



Liquid Blends for
Topical Applications

Why Make Individualised Topical Applications?

The art and skill of mixing individualised herbal formulations is what sets naturopaths and herbalists apart from other healthcare professionals. The art of making bespoke topical applications has a rich tradition based on wholistic principles. This assists in providing clinically-effective results and in improving the lives of patients. Receiving an individualised topical application fosters the patient's confidence that they are receiving the best possible healthcare.

Achillea millefolium

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“ Plant material often contains apparently soothing effects on physical contact and plant remedies must have been a very instinctive application



Professor Kerry Bone

Herbal Preparations – A Complete Guide

This booklet contains a guide to using herbal medicines for a wide array topical applications. While it includes numerous recipes for consideration, the herbs mentioned throughout sections of this booklet may be interchanged for patient suitability and availability.

The preparation of any herbal application requires a strict adherence to hygiene and equipment sterility practices to avoid potential contamination. Equipment used to prepare topical preparations must be sterilised immediately before use (using an instrument steriliser, boiling in water and oven drying, or soaking in “Milton” type solutions are very effective). The equipment should also be used exclusively for topical preparations and stored in a clean, dry place after use.

It is important to use aseptic techniques and the following is advised:



Choose a preparation area free from open windows and doors, and ensure the working surface is clean



Wash hands with soap and water and dry thoroughly before handling the ingredients. Ideally use disposable gloves after washing



Use a sterile instrument to transfer the cream or ointment from the mixing container to the sterile container



Store creams and ointments below 30°C in opaque or brown glass containers away from direct sunlight



Replace the lid firmly to ensure the contents are sealed



Advise patients to use a clean stainless-steel implement to remove cream or ointment from the jar rather than using their fingers



Discard unused solutions (such as an eye bath) where appropriate and as instructed throughout this guide

What Are Topical Preparations?

Topical herbal preparations can include creams, ointments, pessaries and inhalations, but the external mode of delivery can be wonderfully varied as the selection of herbs. Topical applications imply suspensions used on skin surfaces or mucus membranes and are not recommended to be ingested. These preparations can also complement and support existing treatments, such as those found in the MediHerb® Clinical Liquid Blending Guides. Below are some common topical recipe bases and herbal formulations.

Note: All information published in this Book is for professional use only and individual patient needs must be considered before prescribing.

Creams

The manufacture of bespoke herbal creams for individual patients and conditions can be advantageous for positive patient outcomes. This can be achieved by adding liquid herbs to a neutral cream base.

Herbal Creams Using MediHerb® Vitamin E Cream

The MediHerb Vitamin E Cream is a high quality, non-irritant, neutral cream base that can incorporate herbal extracts, essential oils and herb infused oils without losing its emulsion.

The vitamin E acts mainly as an antioxidant and preservative but will also contribute to the therapeutic effect.

Equipment

- Glass or stainless-steel mixing bowl. If using glass make sure there are no cracks or chips, which could harbour contaminants
- Stainless steel whisk
- Stainless steel spatula
- Gram scales

Method:

Slowly combine the herbal formulation or extract to the MediHerb® Vitamin E Cream while mixing continuously until a smooth consistency is obtained. A 10-15% concentration is recommended to prevent the cream from separating. Transfer immediately into sterilised jars and label.

Essential oils can also be used. Stir thoroughly until the oil is incorporated into the cream and transfer immediately into sterilised jars and label.



Creams (continued)

Herbal Recipes

Acne and Pimples

Golden Seal	1:3	5 mL
Myrrh	1:5	5 mL
Tea Tree Oil		5 mL
Vitamin E Base Cream		100 g

Aches, Pains and Sprains - Osteoarthritis

Willow Bark	1:2	5 mL
Cayenne	1:3	2.5 mL
Arnica	1:5	5 mL
Frankincense Oil		2.5 mL
Vitamin E Base Cream		100 g

Aches, Pains and Sprains - Sore Muscles

Peppermint Oil		2.5 mL
Rosemary	1:2	5 mL
Cayenne	1:3	2.5 mL
Vitamin E Base Cream		100 g

Aches, Pains and Sprains - Sprains/Bruises

Gotu Kola		7.5 mL
Horsechestnut*	1:2	7.5 mL
Vitamin E Base Cream		100 g

*Because of the irritant effect of the saponins, horsechestnut should not be applied to broken or ulcerated skin.

Bacterial Skin Infections eg. Impetigo Option 1

Pomegranate	1:2	5 mL
Myrrh	1:5	5 mL
Calendula	1:2	5 mL
Vitamin E Base Cream		100 g

Bacterial Skin Infections eg. Impetigo Option 2

Propolis		7.5 mL
Golden Seal	1:3	7.5 mL
Vitamin E Base Cream		100 g

Eczema - Dry and Itchy

Calendula (low alcohol)	1:2	5 mL
Chamomile	1:2	5 mL
Licorice	1:1	5 mL
Vitamin E Base Cream		100 g

Eczema - Wet and Weepy

Calendula (low alcohol)	1:2	5 mL
Golden Seal	1:3	5 mL
Gotu Kola	1:1	5 mL
Vitamin E Base Cream		100 g

*Can be used on blistered skin conditions



Melaleuca alternifolia



H. perforatum and other species of the genus have been used as a remedy since ancient times, particularly to treat ulcers, burns, wounds... and bacterial diseases



Professor Kerry Bone



Hypericum perforatum

Creams (continued)

Herbal Recipes

Fungal Skin Infections eg. Tinea Option 1

Myrrh	1:5	5 mL
Thuja	1:5	5 mL
Tea Tree Oil*		5 mL
Vitamin E Base Cream**		100 g

Fungal Skin Infections eg. Tinea Option 2

Propolis	1:5	5 mL
Barberry	1:2	5 mL
Tea Tree Oil*		5 mL
Vitamin E Base Cream**		100 g

Fungal Skin Infections eg. Tinea Option 3 (Sensitive Areas)

Calendula (low alcohol)	1:2	5 mL
Propolis	1:5	5 mL
Thyme	1:2	5 mL
Vitamin E Base Cream		100 g

*Tea Tree Oil can be irritating to the skin in sensitive individuals. Patch test prior to use. A 2.5% concentration can also be considered – particularly if the ring worm is located in a sensitive area eg. face.

**These recipes are also appropriate in an ointment base

Haemorrhoids and Varicose Veins

Horsechestnut	1:2	7.5 mL
Yarrow	1:2	7.5 mL
Vitamin E Base Cream		100 g

Nappy Rash

Calendula (low alcohol)	1:2	10 mL
Chamomile	1:2	5 mL
Vitamin E Base Cream		100 g

Psoriasis

Calendula (low alcohol)	1:2	5 mL
Oregon Grape	1:2	5 mL
Licorice	1:1	5 mL
Vitamin E Base Cream		100 g

*Because of the irritant effect of the saponins, horsechestnut should not be applied to broken or ulcerated skin.

Skin Healing eg. Cuts/Grazes/ Minor Wounds

Gotu Kola	1:1	5 mL
Propolis	1:5	5 mL
Calendula (low alcohol)	1:2	5 mL
Vitamin E Base Cream		100 g

Viral Skin Infections eg. Chicken Pox, Shingles, Molluscum Contagiosum Option 1 - General

St. John's Wort (high grade)	1:2	5 mL
Lemon Balm	1:2	5 mL
Calendula (low alcohol)	1:2	5 mL
Vitamin E Base Cream		100 g

Viral Skin Infections eg. Chicken Pox, Shingles, Molluscum Contagiosum Option 1 - General

St. John's Wort (high grade)	1:2	5 mL
Lemon Balm	1:2	5 mL
Calendula (low alcohol)	1:2	5 mL
Vitamin E Base Cream		100 g

Viral Skin Infections eg. Chicken Pox, Shingles, Molluscum Contagiosum Option 2 - Post Herpetic Neuralgia

Cayenne*	1:3	2.5 mL
Lemon Balm	1:2	7.5 mL
Licorice (high grade)	1:1	5 mL
Vitamin E Base Cream		100 g

*Exclude cayenne if using on open lesions. If neuralgia is present with lesions, consider St. John's Wort.



Thymus vulgaris



The name Euphrasia is derived from the Greek word *Euphrosyne*, meaning gladness, due to its use in folk medicine for the treatment of eye complaints. It is this use that also gave rise to the vernacular name eyebright



Professor Kerry Bone



Euphrasia officinalis

Eye Baths

Eye baths can be used to relieve the discomfort of tired, irritated or dry eyes, as well as to support healthy conjunctiva. Blend the mixture before pouring into an eye bath. If bathing both eyes, always make a separate eye bath for each eye to avoid risk of cross contamination.

Method:

Add up to a total of 5 drops of a herbal extract or combination of herbs to an eyebath and fill with saline or recently boiled water. Allow to cool before applying.

Alternatively, sterile pads soaked in the combined herb and saline solution can be used.

Herbal Recipes

Conjunctivitis

Golden Seal	1:3	20 mL
Eyebright	1:2	30 mL
Calendula (low alcohol)	1:2	20 mL
Chamomile	1:2	30 mL
		100 mL

Tired/Irritated Eyes

Chamomile	1:2	30 mL
Calendula (low alcohol)	1:2	30 mL
Eyebright	1:2	40 mL
		100 mL

*Add 5 mL of herbal extract blended into 50 mL of boiled and cooled water or saline solution. Place into an eyebath and bathe the eye.



Matricaria chamomilla



Gargles and Mouthwashes

Gargles are recommended for conditions affecting the throat, whilst mouthwashes are indicated for conditions involving the oral cavity. The method of preparation however is identical for each formulation. Although a single herbal extract can be used, it may be more effective to combine several herbs.

Method:

Add 5 mL of an extract or combination of extracts to at least 50 mL of water or salt water solution. Gargle or rinse the mouth for 60 seconds and expel the mixture – do not swallow it. For hygiene reasons, discard any unused herbal salt water solution. Repeat the process 2 to 3 times daily depending on the severity of the condition.

Herbal Recipes

Antibacterial Mouthwash

Peppermint	1:2	30 mL
Barberry	1:2	30 mL
Thyme	1:2	20 mL
Sage	1:2	20 mL
		100 mL

Antifungal Mouthwash

Propolis	1:5	35 mL
Pomegranate	1:2	40 mL
Pelargonium	1:5	25 mL
		100 mL

Mouth Ulcers

Calendula (low alcohol)	1:2	30 mL
Golden Seal	1:5	40 mL
Propolis	1:5	30 mL
		100 mL

Sore Throat Soothe

Marshmallow Root	1:5	30 mL
Calendula (low alcohol)	1:2	20 mL
Myrrh	1:5	20 mL
Licorice	1:1	30 mL
		100 mL

Throat Infection

Propolis	1:5	40 mL
Myrrh	1:5	30 mL
Thuja	1:5	10 mL
Licorice	1:1	20 mL
		100 mL



Althaea officinalis

Ointments

Ointments are mainly immiscible with skin secretions, not readily absorbed and provide a protective insulating barrier, plus contact with the herb. They are a little more challenging to prepare than creams – ointment bases are fat soluble and will suspend liquid extracts as droplets as they are poorly fat soluble. Herbs high in resins and volatile oils are better suited to ointments, however the addition of beeswax will act as an emulsifier and enable most herbs to be used.

A Base Ointment Recipe

Beeswax (use carnauba wax for a vegan ointment)	15 g (~1 metric Tbsp)
Cocoa butter	10 g (~2 metric tsp)
Vegetable oil (coconut oil, olive oil, sweet almond oil (or a combination) – this could also be an infused oil (e.g. calendula, chamomile)	70 mL
Liquid extract	5 mL
Pure essential oil of choice (optional)	2.5 mL
	100 g

This base will only incorporate a maximum of 5mL of liquid extracts.

Method:

Melt the beeswax and cocoa butter with the vegetable oil over a water bath in a suitable vessel. Once melted, remove from the water bath carefully. Allow it to sit and cool slightly for several minutes before slowly adding the herbal extracts. Stir the mixture constantly until it is obvious that the mixture is homogenous. Whilst still warm and slightly liquid pour into sterilised jar.

Store in a cool location.

***Note:** The consistency of ointments can be adjusted - use less beeswax for a softer consistency and more beeswax for a firmer ointment. To test the consistency - place a spoon in the freezer before making the ointment. When the beeswax melts, pour a little ointment onto the cold spoon and place it back into the freezer for 1 to 2 minutes. This will simulate the final consistency. Once cooled, the ointment can be adjusted by adding more oil (softer) or more beeswax (firmer).



Ointments (continued)

Herbal Recipes

Cold and Flu Chest Rub

Eucalyptus Oil	2.5 mL
Peppermint Oil	2.5 mL
Thyme Oil	2.5 mL
Natural Ointment Base	100 g

Restful Sleep and Stress Rub

Lavender Oil	2.5 mL
Lemon Balm Oil	2.5 mL
Chamomile Oil	2.5 mL
Natural Ointment Base	100 g

Cold Sores

St. John's Wort (high grade)	1:2	5 mL
Lemon Balm	1:2	5 mL
Thuja	1:5	5 mL
Natural Ointment Base		100 g

Warts

Thuja	1:5	12.5 mL
Tea Tree Oil		2.5 mL
Natural Ointment Base		100 g

Headache Relief Rub

Peppermint Oil	2.5 mL
Lavender Oil	2.5 mL
Natural Ointment Base	100 g



Mentha x piperita



Chamomile is anti-inflammatory... inhibits the occurrence of ulceration; promotes wound healing and stimulates skin metabolism



Professor Kerry Bone



Matricaria chamomilla

Pessary/Suppository

Glycerine-Based Pessary/Suppository

Glycerine	100 mL
Gelatin	50 mL
Water	50 mL
Herbal extracts	50 mL

Method:

Warm glycerine, gelatin and recently boiled water in a double boiler or a bowl suspended over a saucepan of simmering water. Add herb extract, stir well and simmer for 2 to 3 minutes. Pour into moulds and freeze. Remove from freezer 30 minutes before use.

Alternatively, you could try the following:

Coconut Oil and Herbal Infusion Pessary/Suppository

Method:

Melt coconut oil in a bowl suspended over a saucepan of hot/boiling water. Add herbal extract, stir well for 2 to 3 minutes. Stand for 10 minutes. Pour into moulds (small sterile ice cube tray) and freeze. Remove from freezer a few minutes before use.

Herbal Recipes

Anal Fissure

Golden Seal	1:3	20 mL
Calendula (low alcohol)	1:2	20 mL
Marshmallow Root	1:5	10 mL
		50 mL

Haemorrhoids

Horsechestnut	1:2	20 mL
Gotu Kola	1:1	10 mL
Yarrow	1:2	10 mL
Calendula (low alcohol)	1:2	10 mL
		50 mL

Vaginal Atrophy/Dryness

Tribulus	2:1	10 mL
Fennel	1:2	10 mL
Golden Seal	1:3	15 mL
Marshmallow Root	1:5	15 mL
		50 mL

Vaginal Thrush

Thyme	1:2	20 mL
Thuja	1:5	10 mL
Calendula (low alcohol)	1:2	20 mL
		50 mL

Sinus Rinses

Sinus rinses are an excellent way to relieve congestion, inflammation or infection associated with sinusitis. Patients can purchase a saline rinse or spray from the pharmacy (make sure the cap is removable) or use recently boiled water in a neti-pot.

Method:

Instruct the patient to remove approximately 10 mL of a 50 mL bottle or 20 mL of a 100 mL bottle of the saline solution, then add 10 mL or 20 mL of herbal extract.

A neti-pot may also be used, repeat 2 to 3 times daily.

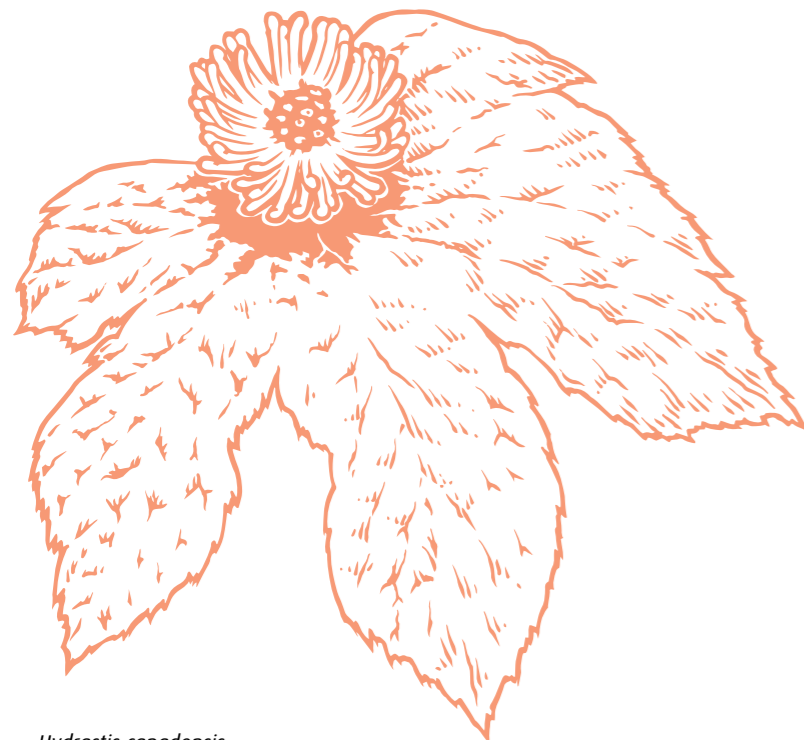
Herbal Recipes

Allergic Rhinitis

Albizzia	1:2	60 mL
Eyebright	1:2	30 mL
Licorice	1:1	10 mL
		100 mL

Sinus Infection/Congestion

Eyebright	1:2	30 mL
Golden Seal	1:3	40 mL
Golden Rod	1:2	30 mL
		100 mL



Hydrastis canadensis

Steam Inhalations

Steam inhalations containing essential oils are an effective way to soothe and decongest nasal passages and upper respiratory tract.

Method:

Pour boiling water into a large bowl and add 2 to 3 drops of 100% pure essential oils or fresh herb. Lean over the bowl, so the face is directly above the water. Cover the head with a towel to ensure the essential oils are retained in the air and inhaled. Keep your eyes closed and breathe through the nose between 1 - 10 minutes.

Herbal Recipes

Anti-infective

Tea Tree Oil	2-3 drops
Thyme Oil	2-3 drops

Congestion Relief

Eucalyptus Oil	2-3 drops
Peppermint Oil	2-3 drops



Throat Spray

Similar to a mouthwash/gargle – place the herbal formula into a small spray bottle and apply as required, or 4 sprays four times per day.

Herbal Recipes

Option 1

Myrrh	1:5	20 mL
Echinacea Premium	1:2	20 mL
Propolis	1:5	20 mL
Calendula	1:2	20 mL
Marshmallow Root	1:5	20 mL
		100 mL

Option 2

Golden Seal	1:3	30 mL
Thuja	1:5	20 mL
Licorice	1:1	30 mL
Calendula	1:2	20 mL
		100 mL



Glycyrrhiza glabra



Echinacea purpurea

What MediHerb® Do:

Ensure our therapeutic formulas are produced at therapeutic doses

Ingredient standardisation, and quantified activity levels tested for label potency in every batch, for consistent clinical results. We make sure our products still have the required potency at the end of shelf life.

Only source and purchase quality raw materials

We source sustainably from around the world and select materials with precision, as we know climate and conditions matter in the end product. Our strong relationships with growers go back 30 years where we purchase from up to 100 herb farms or wild harvesting regions. We also test every raw material that comes through our doors to ensure the quality and purity of the material meets our strict release criteria before it is considered suitable for use.

We extract herbs ourselves using proprietary cold percolation extraction

Developed and used only by MediHerb® to maintain the delicate herbal integrity, and the efficacy of the end MediHerb® product.

Test every batch of every product

We've invested in our own state of the art laboratories featuring the latest technology, equipment for precision, accuracy, and quality control. Our testing occurs at various stages of production in line with strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.

Invest heavily in independent natural medicine research

We support and strengthen the industry through investments in a growing number of clinical trials and various research projects. We do this to unlock new information, pioneer quality and help build a more credible industry for all practitioners in the future.

Innovate

Our own primary research, clinical experience and respect for traditional evidence defines our approach to innovation. We believe in products that are tried, tested, trusted, and true.

Recruit and nurture a qualified practitioner team

Our team is made up of industry leading professors, naturopaths, herbalists, scientists and researchers, all with extensive years of research and significant, real-world, practical, clinical experience.

Proudly manufacture local Australian made products

Our manufacturing and packaging facilities in Warwick QLD and Ballina NSW are both world class, GMP approved facilities, where we continue to invest in the latest, cutting edge equipment. We also source the best free-thinking, local talent, some of whom have been working with MediHerb® right from the beginning.

Empower you, the practitioner

We want to invest in you, and help you in your practice with quality technical support, valuable clinic tools, and first class educational events, bringing you relevant and current research. All with the end goal of meeting the genuine and current health needs of your patients.

Notes

Additional Resources:

Downloadable resources (located under "Clinic Resources" on myintegria.com):

- *Liquid Blends for Immunity*
- *Liquid Blends for Digestion*
- *Liquid Blends for Stress*

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To discuss individual patient safety considerations, please contact Integra Clinical and Technical Support on 1300 654 336 or via live chat on www.mediherb.com.au.

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