

Blessed Creek

Pine Sap Salve

A **pine sap salve** (sometimes called pine resin salve) is a traditional herbal balm made from the sticky resin of pine trees infused into oil and thickened with beeswax. It has been used for centuries in folk and forest medicine, especially by herbalists, homesteaders, and outdoors folks.

Pine sap is naturally **antimicrobial, anti-inflammatory, and drawing**, which makes the salve especially useful for:

- **Minor cuts & scrapes** – helps protect and support healing
- **Splinters & thorns** – “draws” them toward the surface
- **Dry, cracked skin** (hands, heels, elbows)
- **Bug bites & stings** – soothing and mildly antiseptic
- **Sore muscles or joints** – warming and comforting
- **Rough winter skin** – great as a spot treatment, not a full-body lotion

Ethical Sap Collecting

You **never** want to harm the tree. The best sap is **already leaking**.

You can also pick up fallen sap chunks at the base of trees.

1. **Find a pine tree** with visible sap blobs (often from old wounds or broken branches)
2. Use a **small stick, butter knife, or metal spoon**
3. Gently scrape **hardened or semi-hardened sap** into a container
4. Take **small amounts from many trees**, never one tree only

Best tips & tricks:

- **Cold weather = less sticky** and easier to collect
- Bring **parchment paper or a silicone container** (sap sticks to everything)

- Coat tools lightly with **oil** so sap releases more easily
- Wear gloves or expect very sticky fingers.. Sap washes off easily with oil.

How do you clean pine sap (important step!)

Raw sap often contains bark, needles, and dirt.

Easy cleaning method:

1. Place sap in a heat-safe jar or double boiler
 2. Add your carrier oil (olive oil is traditional)
 3. Heat gently on **very low** until sap melts
 4. Strain through cheesecloth or a fine mesh
 5. Discard debris
 6. Clean pans used with rubbing alcohol
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How do you make pine sap salve?

Basic Pine Sap Salve Recipe

Ingredients:

- ¼ cup pine sap (cleaned)
- 1 cup olive oil (or jojoba, sweet almond)
- 1–1½ oz beeswax pellets (adjust for firmness)

Steps:

1. Gently heat sap and oil together (double boiler)
2. Stir until fully melted and combined
3. Strain if needed
4. Add beeswax and melt completely
5. Pour into tins or jars

6. Let cool and label

Texture tip:

- More beeswax = firmer salve
 - Less beeswax = softer balm
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Helpful variations (optional)

- Add **plantain infused oil** for skin healing
 - Add **calendula** infused oil for soothing
 - Add **lavender essential oil** (after cooling slightly)
 - Add **a touch of vitamin E** for shelf life
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Safety notes

- Do a **patch test** first (resin can irritate sensitive skin)
- Not for deep wounds or serious infections
- Avoid if allergic to pine or tree resins

