

## *Deep Clarifying & Detox Salve/Poultice*



For a complete cleansing experience, here's how to prepare and use a deep clarifying and detox salve or poultice.

### *Uses*

Deep clarifying and detox salve and poultice helps remove toxins, reduce inflammation, and ease skin irritation for a range of conditions, including wounds, blemishes, acne, boils, cysts, warts, hemorrhoids, moles, arthritis, and more.

### *Materials*

- 1 oz. (or 2 tablespoons) Shea Butter
- 1 oz. [SolleFlex AC Cream](#)
- 10 capsules [Amitox DC](#)
- 2 small bowls
- 1 small fork to cream Shea Butter + SolleFlex AC
- 2 oz. container

## *Preparation*

- Open 10 capsules of Amitox DC into first bowl. Place aside.
- Blend the Shea Butter and SolleFlex AC Cream into second bowl.
- Add the loose Amitox DC into the cream mix, blending slowly and completely.

## *Application of Salve*

Apply the mixture directly on the skin in the affected area. Allow the salve to sit for at least 20 minutes. You can rub the mixture into the skin or rinse the area with warm water to remove the mixture.

## *Application of Poultice*

This mixture can also be used as an effective poultice for liver detoxification. For a liver poultice, apply a small amount of the above mixture over the liver region, adding a couple of rolls of the Solle Confidence Compass Blend or your favorite essential oil blend for the liver to the area as well. Apply gauze, band aids, or a cloth on top of the mixture. Cover with a heating pad on low heat for five minutes if desired. This poultice also can be used on the armpits, feet, gall bladder, and more.

## *Recommendations for Herbal Remedies*

Always test a small area of skin with the mixture you've made before applying the poultice or salve. Also, be careful about applying any home remedy to an open wound; make sure you use clean cloths and seek advice if the wound appears to be infected.

As with all homemade remedies, it's a good idea to begin your self-care journey with some expert advice to be sure you are using the safest, most effective ingredients in the best way possible. Board certified Naturopathic Doctor and Master Herbalist Dr. Kristine Devillier, N.D., can recommend appropriate ingredients and guide you through the process of creating and using your own home remedies.

To find out more about poultices, salves, and other home remedies, call 337-332-2705 or visit: <https://natureslinkwellness.com>

