

## Materia Medica for the Skin

### External Use: Herbs for Healthy Skin and Tissues

Arnica	<i>Arnica montana</i>
Black birch	<i>Betula lenta</i>
Black walnut	<i>Juglans nigra</i>
Calendula	<i>Calendula officinalis</i>
Cayenne	<i>Capsicum annuum</i>
Chamomile, German	<i>Matricaria recutita</i>
Chickweed	<i>Stellaria media</i>
Comfrey	<i>Symphytum officinale</i>
Ginger	<i>Zingiber officinale</i>
Lavender	<i>Lavandula</i> spp.
Mint	<i>Mentha</i> spp.
Mugwort	<i>Artemisia vulgaris</i>
Mullein	<i>Verbascum thapsus</i>
Nettle	<i>Urtica dioica</i>
Plantain	<i>Plantago major</i>
Rose	<i>Rosa</i> spp.
Rosemary	<i>Rosmarinus officinalis</i>
Sage, garden	<i>Salvia officinalis</i>
Self-heal	<i>Prunella vulgaris</i>
St. John's wort	<i>Hypericum perforatum</i>
Thyme	<i>Thymus vulgaris</i>
Violet	<i>Viola odorata, V. tricolor</i>
Witch hazel	<i>Hamamelis virginiana</i>
Wormwood	<i>Artemisia absinthium</i>
Yarrow	<i>Achillea millefolium</i>

**Antispasmodic:** mugwort, rosemary, valerian

**Antibacterial:** lavender, mint, mugwort, rosemary, sage, thyme, yarrow

**Antifungal:** black walnut, chaparral, tea tree, thyme, witch hazel, wormwood

**Anti-inflammatory:** arnica, black birch, rosemary, St. John's wort

**Anti-inflammatory (topical):** calendula, chamomile, rose

**Astringent:** black walnut, rose, sage

**Calming (aromatherapeutically):** chamomile, lavender, rose, sage

**Extractants:** chickweed, plantain, self-heal

**Nutritive:** chickweed, nettle, plantain, St. John's wort

**Pain relieving:** black birch, cayenne, wintergreen

**Rubefacient:** cayenne, ginger, mint, rosemary

**Vulnerary:** calendula, comfrey, plantain, self-heal, St. John's wort

**Internal Use: Support for Healthy Skin**

**Alteratives:** burdock root, calendula flower, cleavers, dandelion leaf and root, nettle, red clover, violet leaf and flower, yellow dock root

**Antimicrobials** (for balancing the microbiome and promoting healthy digestion):  
calendula, chickweed, garlic, oregano, rosemary, sage, thyme, turmeric

**Diaphoretics:** catnip, elderflower, linden, peppermint, yarrow

**Lymphatics:** burdock root, calendula, cleavers, red clover, red root, violet leaf and flower