

Integumentary Herbs List

Nourish, Regenerates + Revitalize

Angelica-A
Astragalus-A
Dong Quai-A
Red Clover-N, E
White Peony-Japan + China

Detoxify the skin

Burdock-EA
Chaste Tree berry-N
Echinacea-N
Lavender-Mediterranean, ME,
India

Vulnerary

Aloe Vera-Africa
Agrimony- Africa, E
Burdock-EA
Calendula-E
Comfrey-EA
Goldenseal-N
Marshmallow-EA
Oak-N, EA, Africa
Oatstraw-Africa
Plantain-EA
Rosemary-Africa, Mediterranean

Anti-inflammatory

Supports itching
Aloe Vera-Africa
Arnica-N, E
Bromelain- enzyme from pineapples!
Calendula-E
Chamomile-E, west A
Echinacea-N
Licorice Root-ME, EA

Witch Hazel-N
*Oils: Almond, Apricot,
Castor, Cocoa,
Coconut, Neem,
Olive, Sunflower*

From our ancestors + traditions:

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Salvia Root/Red
Sage-Brazil
St John's-N Africa, W
A, E
Willow Bark-N, EA
Witch Hazel-N
Yarrow-N, EA

From our ancestors + traditions:

*Most poignant
external use as
poultices, compresses,
plasters, herbal
washes, herbal
bathes, liniments*

Oak-N, EA, Africa
Salvia Root/Red
Sage-Brazil
Turmeric-SA
Walnut Leaf-N
Willow Bark-N, EA
Witch Hazel-N
Yarrow-N, EA

Plant Ancestor is native to:
Africa
ME-Middle East
N-Turtle Island/North America
C-Eagle/Mexico, Central America
S-Colibri/South America
E-Europe
EA-EuroAsia
A-Asia
SA-Southeast Asia
AS-Australia
AA-Australasia
PI-Polynesian Islands

