

Balm of Gilead



1. Fill half a mason jar with the buds.
2. Pour olive oil to the top.
3. Every day for a few weeks stir the oil. Make sure the buds are covered with oil.
4. In six weeks, you can strain it. However, the longer you leave it the better.

The Balm of Gilead is an amazing topical remedy for skin ailments, sore muscles, aches and pains, and more!