

Dandelion Oil and Salve

Dandelion oil is liquid gold for your pet's skin! While it's been a traditional Chinese medicine and Native American remedy for thousands of years, recent studies have shown it can protect against cell damage from the sun because it decreases reactive oxidative species (ROS) activity and absorbs harmful UV rays. Use this for hot spots, cracked noses and pads, calloused elbows, cuts and abrasions, and to clean your pets' ears. You can also add this oil to an ice cube tray, freeze, and use as a medicated ice pack.

Yields depend on how many dandelion flowers you use, as well as jar size

Dandelion flower heads

(see exact measurements for salve below)

Oil (any type such as olive oil, argan oil, or coconut oil—measurements below)

1. Dry dandelion heads 24–48 hours or use dehydrator if in humid areas. They must be totally dry to avoid fungal growth.



For oil:

1. Put flower heads in jar and lightly pack. Add oil, covering all the flowers, and fill to top. Cap the jar.
2. *If you have time:* Let jar sit on a sunny, warm windowsill for 4–6 weeks. If it's in direct sunlight, cover it with a paper bag to protect it from UV rays. Strain flowers and use oil.
3. *If you have less time:* Place jar in the top of double boiler and let warm (below 110°F) for 2 hours. Strain flowers, let cool, and seal (or use).
4. *Or:* If you don't have a double boiler, place a metal ring from a mason jar in the bottom of a saucepan, then place the filled jar on top of the ring (so the jar is resting on the ring and not touching the bottom of the pan). Add enough water to cover half of the jar and warm on low heat (below 110°F) for 2 hours. Strain flowers, let cool, and seal (or use).

For salve:

1. Add ½ cup coconut oil and ⅓ cup dried dandelion flowers to a jar.
2. Place jar in the top of double boiler and let warm (below 110°F) for 2 hours.
3. Strain flowers, let cool, and seal (or use).