

# Plantain Oil For Itching

8/10/2023

## **Ingredients**

1 Cup Olive Oil (virgin olive oil not necessary)

5 Drops Vitamin E Oil

1/2 Cup fresh Plantain leaves, crushed (dried may be used)

## **Directions**

Place all ingredients in a slow cooker set at the lowest temperature. Leave uncovered 3 to 4 hours. Remove leaves with a slotted spoon. Strain the remaining oil to remove all bits and pieces.

Bottle immediately. Keep out of direct light when storing. The Plantain Oil can be used directly on skin.