

Natural Bandages for Minor Skin Wounds

Using a naturally grown bandage for minor skin cuts, scrapes, and burns has advantages over those generic bandages that can be bought in a box at a drugstore. Plants such as lamb's ear and marsh woundwort have built-in antibacterial properties that can be directly applied to the skin, and an animal product like egg membrane can heal a burn faster than sutures. These natural bandages are a perfect alternative for protecting and healing skin wounds without leaving tape marks or pulling out small body hairs. To speed the healing process, add a drop of aloe juice or Manuka honey to the wound before placing a natural bandage over it. Use a small length of cotton yarn to tie the bandage in place without cutting off the blood flow.

Lamb's Ear

Lamb's ear (*Stachys byzantina*, see image above) is a member of the mint family (*Lamiaceae*). The plant is a leafy, silvery-gray perennial with small purple or pink flowers that blossom during the summer months. The leaves are very soft and pliable, with a nap of woolly hairs that feel



like a silk carpet when touched. Lamb's ear contains a natural astringent that cleanses skin wounds in lieu of isopropyl alcohol. Blood clots quickly at the touch of a lamb's ear leaf. The pliable leaves make it perfect for wrapping around a wound on a finger or arm.

Marsh Woundwort



Marsh woundwort (*Stachys palustris*) sometimes referred to as clown's woundwort, which is also a member of the mint family, is related to lamb's ear and possesses many of the same healing properties. The leaves of this plant are antibacterial and will cleanse any minor skin wounds. Use a small, narrow leaf and wrap it around the affected area of the skin.

Egg Membrane

A chicken egg membrane can also be used for healing minor skin cuts, especially cuts which result in tiny flaps of skin. Wash the skin wound under cold water to prevent any further bacteria from entering. Gently set the skin flap over the wound where it was cut. The egg membrane will seal the flap back into place as it heals. Crack open an egg and peel away the membrane from one half of the eggshell. Wrap the membrane around the skin wound. The membrane will stick to itself so there is no need to tie the bandage in place as with the lamb's ear or marsh woundwort. Once the wound has healed, remove the hardened egg membrane by softening it with a little bit of warm water.

Sources:

- *Medicinal Garden Starter Plant: Woolly Lamb's Ear – fig & honey*
- *Marsh Woundwort- Potential Use As Vegetable: History, Uses and Health Benefits of Marsh Woundwort –Herbs Treat and Taste*

- *Eggs as a Bandage: Prepper First Aid* – The Great Northern Prepper