



# 16 HOME REMEDIES FOR HERPES

*Posted on December 6, 2021 by Rose Keefe*

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Ok, we have all had a cold sore, which always seems to appear at the worst time. It seems that everything you do makes the cold sore hurt and oh boy does it really hurt when the sore cracks open. A cold sore is a group of tiny, painful blisters caused by the herpes simplex virus (HSV). They're also called fever blisters or herpes simplex labialis.

While there are over-the-counter remedies that you can use, you are not limited to these when it comes to treating your cold sore. There are several herbal treatments that can be used but before we jump right into this information, let's do a bit of homework since many of these treatments come from essential oils.

## Essential Oils

Essential oils should never be directly applied to the skin but what do you do? The answer is simple and that is to mix the essential oil with a carrier oil. Remember to do a skin patch test before using essential oils. Examples of carrier oil are coconut and jojoba oil. Now before mixing your essential oil with the carrier oil, give the carrier oil a test on your forearm. Let it sit for 24 hours, if you feel no irritation then you can use the oil. On the other hand, if you do find that it burns or itches then you will need to wash it off immediately and explore a different type of carrier oil.

When it comes to "herbs" that treat herpes, there are several. The first ones that I will cover do not require carrier oil.

## Aloe Vera

[Aloe vera](#) is famous for speeding up the healing of sores and cold sores are no different. This herb is one that can be applied directly to the skin without any problem. Some individuals have found that putting the aloe vera in the fridge to cool is the best way of applying this herb. Why? Well, beyond the healing properties of aloe vera, cold compresses are another form of treatment for cold sores, and cool aloe vera gel allows you to check that box.

## Licorice Extract

Licorice extract is both an antiviral and anti-inflammatory. Applying this extract directly on the cold sore will speed up healing and reduce the swelling that goes along with a cold sore.

## Echinacea Extract

[Echinacea](#) extract is another antiviral that fights both strains of herpes simplex. It is also an anti-inflammatory. When using this extract, simply rub it directly onto the cold sore without diluting it.

## Witch Hazel

Witch hazel is a powerful antiviral that can be used directly on the skin or diluted. If you have sensitive skin, you will want to dilute the witch hazel with a carrier oil before applying it to the area.

## Tea Tree Oil

Tea tree oil is a very powerful antiviral and has shown that it is useful in the treatment of herpes but this oil needs to be diluted prior to using directly on the skin.

## Neem Extract

Neem extract has been shown to have anti-herpes properties but pure neem extract is very strong and will burn the skin if used directly. In doing so, you will need to dilute the neem extract prior to applying it to the skin.

## Combined Sage and Rhubarb Extract

Studies on this combination have shown that sage and rhubarb extract together treats herpes as well as a common currently prescribed. But, you will need to dilute these two extracts in a carrier oil.

## Mexican Oregano Oil

You may not have heard of this oil but Mexican [oregano](#) has carvacrol in it. What is this substance? Well, it is a powerful antiviral that is known to be effective on herpes. Now, when using this oil, do not apply it directly to the skin. Instead, make sure to dilute this oil in a carrier oil.

## Greek Sage Oil

Greek [sage](#) is an oil that you may also not have heard of but it is also known to be a powerful fighter against the herpes virus. When it comes to using this oil, make sure to use a carrier oil to dilute it before using.

## Lemon Balm Extract

Medicinal extracts of this herb were shown to have [significant antiviral activity against HSV-1 and HSV-2 when applied topically](#). Many use Lemon Balm tincture externally for mouth sores. Additionally, it can be used internally as an antiviral. Lemon balm also soothes the nervous system and reduces stress, which can help to prevent a herpes simplex or shingles outbreak. You can learn more about the additional benefits of lemon balm [here](#).

## Chamomile Oil

You may be familiar with [chamomile](#) as a wonderful ingredient to add to your cup for an evening brew that will help you sleep but it can also be used as a treatment for herpes. Why you may be wondering. While chamomile is soothing it is also a strong virus fighter. Now, do not just apply chamomile to the skin. This oil needs to be diluted.

## Ginger Essential Oil

This essential oil is a killer and yes I said, killer. Studies have shown that [ginger](#) essential oil is a herpes virus killer. As before, do not use this essential oil directly on the skin. Instead, dilute this essential oil in a carrier oil.

## Thyme Essential Oil

Studies on this essential oil have shown that it has the potential to fight the herpes virus. As with the other essential oils, you will need to dilute them into a carrier oil before using them.

Now you may be wondering how to dilute the essential oil in a carrier oil without some complicated formula. Well, before I get to this keep in mind that it is better to start off weak in the formulation and then work up. As an example, treating your herpes with a 1 percent solution is a much better approach compared to starting with a 5 percent solution and having problems.

## Mushrooms

**Turkey Tail** — An outstanding internal herbal remedy for fighting bacterial and viral infections, turkey tail is highly effective for treating herpes and shingles, especially when combined with reishi mushroom. It is also helpful in treating human papillomavirus (HPV) and cancer. For the highest potency, use [dual-extracted tinctures](#) that only utilize the fruiting body of the mushroom, like what is found in the Apothecary.

**Reishi** — This mushroom is truly a healing wonder. [Reishi](#) is antimicrobial, antifungal, anti-bacterial, and antiviral. It regulates the immune system and helps the body to heal. It has been shown to effectively treat HSV-1 and HSV-2, shingles, HIV, and influenza when taken internally. It also is helpful for urinary tract infections. As an adaptogenic herb, it helps you to adapt to stress, thereby reducing the harmful effects on the body and immune system.

**Cordyceps** — With anti-microbial, anti-bacterial, anti-fungal, and antiprotozoal properties, this unusual-looking mushroom is helpful for a range of viral illnesses — including [herpes and shingles](#). It also improves immune function and reduces the damaging effects of stress. It is an excellent internal remedy for fortifying the system to avoid outbreaks.

## Other Home Remedies For Cold Sores

The remedies I have talked about above cost money and time but did you know there are also treatments that you have in your kitchen. Well, you do and the first one consists of warm/cold compresses. Using a warm compress can reduce pain and a cold compress reduces swelling.

The next technique requires one to make a paste out of baking soda or corn starch mixed with water. Apply this mixture with a cotton swab to your cold sores to ease itching and dry out the lesions.

The last technique utilizes a famous antiviral and fragrant herb. Do you have any idea? Well, it is garlic. When using garlic to treat herpes, take one clove of garlic and crush it. Mix the crushed garlic with olive oil and apply to a cold sore. You can reapply this mixture up to three times a day.

**You may also like:**

[Homemade Nail Fungus Cream](#)

[Do This Before Going to Bed To Rebuild Your Gums](#) (Video)

[The Super Herb That Destroys Candida](#)

[3 Home Remedies for Skin Fungus That Actually Work](#)

[How to Treat Fungal Infections with Oregano](#)

## Comments



**Joel Malard** - 2022-07-29 00:53:23

One person, I knew treated his cold sores with camphor alcohol.



**Debra Kulka** - 2022-02-22 11:42:09

i recently had two but the bottom one near my front teeth was so painful. i think it is one of my 2 new heart meds creating the issue switching slowly to earlier dosing. i tried Abreva salve but due to being internal just cuts pain a bit. I learned not to take lysine at night it gave me a real bout of heart burn. I went & then, read the instructions: take with food. Years ago i used to get them constantly & lysine made a difference none till recentlyl. Desperation made me take one at night . wow had to get up & do the Kefir.



**sarah greenfield** - 2022-02-22 11:36:52

Take wax from your ear, or someone else's, on a Q tip, hold it on the cold sore for at lease 15 minutes. This can be done when you just start to feel it coming but cannot see it. This can cure them permanently.



**J** - 2021-12-07 17:43:30

600 drops is 30 ml. Take and run with it from there.



**Dawn** - 2021-12-07 03:40:11

This is how I fought Shingles.



**Diane Conroy** - 2021-12-07 00:08:10

My sister had this problem and it helped to take Lysine.



**J** - 2021-12-06 22:50:52

Thank you for that information. I will certainly investigate that but my question is directed toward the herbal remedies suggested in the article.



**Fred Davies** - 2021-12-06 21:30:27

Another plant that kills the Herpes virus is Skullcap (*Scutellaria lateriflora*). The wonderful thing about Skullcap is that it will go into the spinal fluid where the virus hides and kills it. I advise clients to supplement with plants high in micro minerals as a prevention for cold sores. Some plants high in micro minerals include; alfalfa and kelp.



**SOLEDAD REGALADO** - 2021-12-06 21:09:11

Yes I had the same issue, until I reach out to the seller and they explained is an e-book and you can pay 9.99 for a physical copy if you like. Hope this helps.



**Ray** - 2021-12-06 20:28:55

The treatment I mentioned works for a whole slew of issues, including stuff like Mono, which is supposedly incurable too. Find a clinic and for less than \$200 you could find out first hand that it indeed works.



**J** - 2021-12-06 20:12:35

Curious to know if this is effective against genital herpes too. What would that treatment entail?



**Diana Burandt** - 2021-12-06 20:02:13

Yes chocolate, nuts, coffee, coconut, brown rice..... these are the "snax" I turn to when on the go. So the increased arginine load on top of the stress needs to be balanced. Reply to Mary: Check online which other foods are higher in arginine than Lysine. Also, other factors than stress, such as period, pregnancy, physical exertion and so on.



**Mary** - 2021-12-06 19:51:15

That is nice to know but I'm not a chocolate or a nut person and when I stress I usually don't eat. But will try the L-lysine and see how that works the next time.



**Deb Powell** - 2021-12-06 19:47:10

If you have taken the time to count out '600' drops of oil, you must have nothing else to do... haha! So then why can you not post a measurement for that because I'm sure not too many people are going to count out 600 drops... I still can't believe you did that!!



**Deb** - 2021-12-06 19:25:42

So true Diana. Chocolate and nuts are foods high in arginine, all ones we reach for when stressed !! I now take L-lysine every day.



**Ray** - 2021-12-06 18:45:49

If you want to get rid of them for good, I have a solution for you. Ultraviolet blood irradiation therapy. Hard to find clinics that will do it, but one treatment at \$100 was all it took for my best friend and he hasn't had one since. It's been 10 years so far, and still no issue. He used to get them like clockwork once a month. This same treatment can also remedy cold/flu symptoms within hours. The treatment consists of a nurse starting an IV, drawing out about a pint of blood, running it through an ultraviolet light several passes, and then right back into your body. I've been having this done for years just for maintenance purposes, and I swear by it. Mainstream clinics won't advertise this treatment, even if they offer it, due to outside forces who wish for us to remain sickly. All of the manufacturers for these devices have been forcefully shut down here in the US. There are German and Canadian manufacturers that make these machines, but if you try buying one for personal use, these companies will make you fill out a Department of Homeland Security form first. The last time I tried to purchase one, they were over \$10,000 US dollars, and I just knew DHS would send someone to round it up the second it arrived at my doorstep, so better to just find a local clinic that offers the treatment, and for around \$100-150 you can get rid of your supposedly incurable disease.



**Shelly West** - 2021-12-06 18:35:43

I, too, would like references.





**Roxanne Hill** – 2021-12-06 18:02:24

Olive leaf fights any kind of virus. Buy powder and put in capsules. Chiropractor prescribed. If you are trying to fight a virus what was pre-scribed is 9 capsules a day . When I had covid before it was talked about in late 2019 but here. That is what I took, 9 capsules a day . I was over it 2 weeks. Coughing and everything. Hubby went 2 months and did not take until the end. He then took only 2 capsules cause the coughing would not stop and was willing to try it. His coughing stopped with only 2 capsules.



**Walt** – 2021-12-06 18:01:28

Look in your emails. It's an ebook.



**Mary** – 2021-12-06 17:59:57

This may sound funny but I always use homemade vanilla on my mouth sores. I get them when I start stressing which can be quite often. I start when I can feel them before they break out into the sore. Besides the fact that it works for me the smell is very pleasant One year they were quite bad and the doctor put me on meds, but I gained 50 pounds in less then a month. I stopped taking the meds and to my relief the weight came off with constant walking and for several years not one sore. Would I do it again, no but it would be nice not to have them.



**Donna** – 2021-12-06 17:43:25

She states, 6 drops essential oil per 600 drops of carrier oil of your choice. Just saying what I read on the article. I'm sorry that I cannot answer the reason for the lapse in time for your book.



**Nicole Apelian** – 2021-12-06 17:29:46

My favorites for Herpes are the following anti-virals: Lemon Balm (many put the tincture directly on cold sores on the lips to clear them up!), Turkey Tail, Reishi and Cordyceps. See my article at <https://www.nicoleapelian.com/blog/breaking-the-cycle-of-herpes-shingles/> thanks all! - Nicole Apelian



**Katie** – 2021-12-06 17:25:29

I wish you would add how many drops of any of the oils you mentioned above to how much carrier oils. Also, I ordered a book at least three weeks ago .. foraging food in the woods or something of that sort. I can't recall the exact title. I have yet to receive it? Can you tell me who to contact regarding this. Thanks.



**Diana Burandt** – 2021-12-06 17:23:06

Sure fire way to avoid them in the first place is make sure your l-lysine levels are higher than your l-arginine. Supplements help. Look up what foods are high in each of them. Take extra Lysine when under stress, or eating foods high in arginine.



**ken longo** – 2021-12-06 17:14:44

I have found the best cure is prevention being sunshine and or vitamin D.



**Deborah Lynne Fruechtenicht** – 2021-12-06 16:24:56

Are you willing to share your references? Also, thank you for the article.



**Gary Price** – 2021-12-06 16:15:31

I used to get cold sores inside my mouth when I was younger. Teens and twenties. The last one I ever had I swished cayenne pepper sauce inside my mouth using my tongue to press the sauce into the sore. Hurt? Yes. But it was the last time I had one. I am now 69 years old



**Annie** – 2021-12-06 15:54:03

I put cooled green tea bag on my cold sore right away for 20 minutes. Then put Tea Tree oil and coconut oil on it. Got rid of it right away!