



SLOW SOLAR HERBAL OIL INFUSION

- Fill a jar about three quarters full with your herb of choice. (*Use dried herbs to decrease chances of spoilage.*)
- Cover with a botanical oil like sunflower, olive, jojoba, almond, etc. until herbs are completely submerged. Fill jar to about an inch from the top.
- Label jar with oil type, herb used, and date.
- Shake every day for a week or two and store in a window sill or somewhere you will see it often.
- You may choose to move it to a cool dark place for another 4 weeks, unless you like to keep shaking it.
- After 4-6 weeks, strain plant material and place oil in a clean jar. Store in a cool, dark place.

QUICK HEAT HERBAL OIL INFUSION

- Fill a jar about three quarters full with your herb of choice. (*Use dried herbs to decrease chances of spoilage.*)
- Cover with a botanical oil like sunflower, olive, jojoba, almond, etc. until herbs are completely submerged. Fill jar to about an inch from the top.
- Label jar with oil type, herb used, and date.
- Place jar in a crockpot with water, or a double boiler and heat very gently between 100 - 140 degrees (f) for 6-12 hours. Remove the jar when the oil has slightly taken on the color of the herb and has a light scent.
- Strain plant material and place oil in a clean jar. Store in a cool, dark place.

**Herbal infused oils can last between 6 months to 3 years. A few drops of vitamin e can aid in preservation.*

BEESWAX BALM FORMULATION

- Source beeswax locally if possible! (Beeswax pellets are helpful for quick melting time.)
- Using a kitchen scale or measuring spoons, place beeswax and infused herbal oil into a double-boiler. A glass pyrex measuring cup works very well for pouring into containers and is heat-safe.
- *A good ratio for a basic salve/balm consistency is 80% oil, 20% beeswax by weight or volume.
- Stir often over low to medium heat until the beeswax is melted and completely combined.
- *Test drops of the mixture on the back of your hand, or on the back of a chilled spoon. Add more beeswax or oil to desired consistency.
- Remove from heat, allow to cool for a couple minutes, and stir in auntsy essential oils or vitamin e if desired.
- Pour mixture into aluminum tins, glass jars, or paperboard tubes and allow to cool completely (without lids).
- Label your creations and store in a cool location for 1-3 years.

HERBAL HONEY INFUSION

- Source local, raw honey if possible.
- Collect clean herbs and flowers that you would like to use and fill the jar $\frac{1}{2}$ - $\frac{3}{4}$ full.
- Cover with honey and stir, removing air bubbles and coating the herbs surfaces. Fill to an inch from top of jar.
- Label your jar with herbs used and date of infusion.
- Allow to infuse for at least a week, ideally two or more. Flip the jar occasionally for a little extra mixing.
- Eat flower/herb honey mix as you please, as soon as you deem it ready. No need to strain.

TERMINOLOGY

menstruum - a naturally-derived substance used as a solvent to extract compounds from plant material when making herbal extractions or preparations.

maceration - an extraction process that occurs for a specified period of time during which fresh or dried plant material, cut into small pieces, are immersed in a liquid solvent or menstruum so that the medicinally active plant material maintains contact with the liquid component, releasing its chemical components into it.

electuary - a powdered herb mixed with honey to make a paste.

humectant - a substance that is used to preserve moisture.

emollient - a substance that softens and soothes the skin.

balm - a fragrant ointment or semi-solid preparation used to heal or soothe the skin

MEDICINAL ACTIONS

antioxidant – prevents or inhibits oxidation

antiviral - opposes the action of a virus

carminative - causes the release of stomach or intestinal bloating

diaphoretic – increases perspiration (synonym: sudorific)

febrifuge – reduces or relieves fever

nervine – a nerve tonic

sedative – exerts a soothing, tranquilizing effect on the body

(Definitions provided by the American Botanical Council)