



# ROSE PETAL VINEGAR

1 PINT JAR ROSE PETALS  
(NOT SPRAYED)

APPLE CIDER VINEGAR

FILL THE JAR  $\frac{3}{4}$  OF THE WAY FULL WITH ROSE PETALS. POUR VINEGAR OVER THE PETALS UNTIL THEY ARE COMPLETELY COVERED.

PLACE A LID ON THE JAR AND ALLOW IT TO SIT IN A COOL DARK PLACE FOR FOUR WEEKS. STRAIN OFF THE PETALS AND REBOTTLE THE VINEGAR.

\*NOTE: IF USING A METAL LID FIRST COVER THE JAR WITH PLASTIC WRAP TO KEEP THE LID FROM CORRODING.

EXTERNALLY: SUNBURN, SWOLLEN JOINTS,  
INFLAMMATIONS AND BUG BITES

INTERNALLY: BACTERIAL INFECTIONS, INFLAMMATION.