

# Infused Oils, Salves & Lip Balms



## Basic Infused-Oil Recipe

Herb

Oil (olive oil, sweet almond oil, sesame, grapeseed, coconut and jojoba are nice...DO NOT use soybean, canola or vegetable oil)

To make a **fresh infused oil**:

Chop up the fresh herbs (be sure they have no excess water on them like dew), loosely pack into a dry glass jar, leaving about an inch of head space in the jar. Next fill the jar completely with your oil of choice. Stir with a chop stick to remove all air bubbles and add more oil. Be sure that your final oil goes right up to the top of the jar, since the least possible exposure to air will minimize the chance of mold occurring. Place your jar on a towel as it may leak a bit as it infuses. Let it infuse about 1 week but no more shaking vigorously daily, which will also help inhibit mold growth. Then strain and you have your oil! When straining, avoid wringing it out too much and try not to get any sediment from the bottom of the infusing oil in your final oil, as again this can increase chances of your mold going bad. Basically you want your final product to be a nice clear oil.

If you are **infusing dried herbs** in oil there are 2 methods:

### Method 1 for oils made with dry plant material: HEAT

This can be used if you need to make your oil quickly or are in a pinch. The herb and oil mixture needs to be heated, uncovered, for a prolonged period of time to extract the properties- anywhere from 2-48 hours. This works best for non-aromatic plants, since some essential oil and compromised from the heat. Basically your indication that the oil is done is when the herbs have lost their color and the oil smells strongly of the herb or herbs you are infusing. There are a few ways to do this. One way is in a crock pot on low for 4-5 hours minimum, and another is to use a double-burner on a stove top, which really works great. For a ratio of herb to oil, I like to cover the plant material completely with oil, and then add an extra inch or two of oil over that. (NOTE: If you would like to make an infused oil quickly with fresh plants, you can also use this method for fresh plants, but it is less preferable since some of the essential oil content will evaporate away. So if you are going to use this method for fresh plants, it's best to do it with non-aromatic plants.) After warming for desired amount of time, let it cool a bit, strain, and you have your oil!

### Method 2 for oils made with dry plant material: SOLAR INFUSED

This method works well if you have time to wait for your oil! Put your dried herbs in a dry glass jar and then cover with your oil of choice, filling it 1-2" over the hers so they have room to swell as they absorb the oil. Put in a window-sill that gets sun. Shake vigorously as often as you remember. Let sit 2-6 weeks. Strain and use!

## More....

### Shelf-life

Infused oils will keep for up to 1 year unrefrigerated or longer if stored in the fridge. They are for external use only.

### Some herbs commonly infused in oil

Plantain lf, Calendula fls, Comfrey lf, St Johnswort flowering tops, Sage lf, Chickweed herb, Violet lf + fl, Mullein fl, Garlic, Yarrow flowering tops, Chamomile fls, Lavender fls...to name a few!

### Why make an infused oil?

Infused oils can serve a base for salves, lip balms, creams, suppositories, body butters, body scrubs and bath salts. They can also be used for massage, choosing appropriate herbs based on desired effects. They can also be mixed with tinctures or alcohol to make a basic liniment.

## Relaxing Body Oil

Lavender 1 part  
Rose Petals 1 part  
Cardamom 1/4<sup>th</sup> part  
Ginger 1/4<sup>th</sup> part  
Lavender essential oil

Make your infused oil with the herbs above following the Basic Infused Oil recipe. Use on sore muscles, tight neck and shoulders, as a perfume, for headaches, and relaxation.

## Basic Salve Recipe

Infused Herbal Oil  
Beeswax , grated (Use 3/4-1 tsp beeswax: 1 oz of oil)  
Essential Oils (optional)

**Directions:** Combine oils in desired proportions or just use one! Heat very, very gently on the stove, just for a minute or two... you do not want the oil to start smoking. Remove from heat. Then, for every ounce of oil added, add about 3/4-1 tsp of grated beeswax (depending on desired firmness) and stir until completely dissolved. Pour into desired container and let cool. It's that easy! For a softer salve add less oil, for a harder one add more. A good test for consistency is to dip a spoon into the mixture and stick it in the freezer for a few minutes and then check the consistency. This is a very basic recipe, from here let your imagination run wild and experiment!

**Some fun embellishments:** Shea Butter, Cocoa Butter, Mango Butter can be added at a ratio of .5 oz per 8 oz of oil. \*\*Essential oils may be added at a basic ratio of 5 drops essential oil to one ounce infused oil. Salves have about a 1 year shelf life and do not need to be refrigerated.

**Some herbs commonly infused in oil include:** Plantain lf, Calendula fls, Comfrey lf, St Johnswort flowering tops, Sage lf, Chickweed herb, Violet lf + fl, Mullein fl, Garlic, Yarrow flowering tops, Chamomile fls, Lavender fls...to name a few!

**Why make a salve?** The beeswax stabilizes the oil and provides a nice structure for the oil, preserving its medicinal properties, yet also making it easier to transport and have on hand, and less messy to apply.

**To help preserve oils & salves:** Essential Oils- About 4 drops of essential oil per 4 oz salve or oil. Remember there are 8 oz in a salve, so 4 oz = 1/2 cup. Some of my favorites for this are frankincense, tea tree and lavender. Vitamin E Oil- Same as essential oil

## All Purpose Salve

Plantain Lf 1 part  
Calendula Flower 1 part  
Lavender 1 part  
Oil of choice  
Beeswax

Follow the Basic Salve recipe using the herbs above to first make your infused oil....then add the beeswax to the oil to make your salve! Useful for bumps, bruises, scratches, cuts, abrasions. Wash the area before applying the salve.

### Basic Lip Balm Recipe (Adapted from Mountain Rose Herbs- a GREAT source for hard to find ingredients!)

1 Tablespoon Shea Butter  
3 Tablespoons Calendula Herbal Oil (or any other nice infused oil)  
1 Tablespoon plus 1 teaspoon Beeswax  
10-15 drops essential oil of choice  
A few drops of Vitamin E Oil

**Directions:** Lip Balms are made exactly the same way as salves, with a few minor differences. They are made primarily with *vulneraries*, herbs known for their remarkable ability to heal and sooth wounds and tissue irritation, both internally and externally. Some good examples include Calendula fl, Violet lf & fl, St Johnswort flowering tops, Elder lvs, Plantain lvs and Comfrey lf. Another difference is that they are also usually made with a bit more beeswax, since a firmer consistency is usually preferred. I like to use 1 tsp of grated beeswax: 2 oz of oil. Also, additions such as cocoa butter and shea butter are especially nice here. And lastly, you wouldn't want to use very much essential oil, if any, since this stuff is going on your lips! Alkanet is an herb that can be used in small amounts to impart a red color to lip balms- use 1/2 tsp of the powder: 4 oz of the oil you are using as the base for your lip balms. Natural flavors are also available....have fun with this!