

Herbal Infused Oil Recipe

(simple plant magic in a jar)

What You'll Need

- Clean glass jar (Mason jar, jam jar, etc.)
- Dried herbs of your choice
- Carrier oil (olive, sweet almond, jojoba, avocado, or sunflower)
- Lid that fits your jar



Note: Use only dried herbs. Fresh herbs contain water and can cause mold.

5-Minute How-To

1. Fill your jar halfway with dried herbs.
2. Pour in carrier oil until the herbs are fully covered and the jar is full.
3. Screw on the lid and gently shake the jar.
4. Store in a dark cabinet or a sunny windowsill.
5. Shake once a day, or whenever you remember.
6. Let sit for 4 to 6 weeks.

After infusing, strain the herbs out using cheesecloth or a fine mesh strainer. Store in a clean jar or bottle.

Herbs to Try

- Calendula: Skin-soothing sunshine
- Yarrow: For minor cuts, bumps, and bruises
- Rose petals: Calming and luxurious
- Lavender: Classic and gentle
- Chamomile: Sweet and soothing
- Cayenne: Warming for sore muscles (use sparingly)

Mix and match or use one herb alone.

Final Thought

Let your kitchen be your apothecary, and your pantry your potion shelf.

