

# TINCTURES, TEAS, AND CREAMS

## TINCTURES:

TINCTURES ARE MADE IN A SIMILAR WAY TO EXTRACTS. THEY ARE TYPICALLY MADE WITH A CLEAR ALCOHOL LIKE VODKA, BUT YOU CAN ALSO USE APPLE CIDER VINEGAR. TINCTURES ARE TAKEN ORALLY, UNDER THE TONGUE SO IT ENTERS THE BLOODSTREAM QUICKLY, AND USUALLY WITH A DROPPER IN SMALL AMOUNTS (GENERALLY 2 DROPS BECAUSE OF THE ALCOHOL CONTENT).

### STEPS:

- FILL A GLASS JAR HALFWAY WITH YOUR FRESH HERB.
- ADD YOUR LIQUID (APPLE CIDER VINEGAR OR CLEAR ALCOHOL THAT'S SAFE FOR DRINKING) TO COVER ABOUT TWO INCHES ABOVE THE HERBS.
- COVER THE JAR WITH PARCHMENT PAPER AND SEAL TIGHTLY WITH THE LID.
- SHAKE ABOUT TWICE A DAY FOR ABOUT A MONTH.
- STRAIN LIQUID THROUGH A CHEESECLOTH OR COFFEE FILTER.

*NOTE: DRIED HERBS WILL SOAK UP MORE LIQUID SO YOU MAY NEED TO ADD MORE.*

## TEAS AND INFUSIONS:

### STEPS:

- PUT DRIED OR FRESH LEAVES/FLOWERS IN CUP.
- POUR HOT WATER OVER LEAVES/FLOWERS.
- STEEP FOR A FEW MOMENTS.
- STORE IN FRIDGE OR DARK COOL SPACE FOR NO MORE THAN A DAY OR TWO.

### QUANTITY:

- CUP - 1 TSP DRIED HERBS OR 2 TSP FRESH HERBS
- POT - 3/4 C DRIED HERBS OR 1/2 C - 2 C FRESH HERBS

## INFUSED OILS (HOT)

### INGREDIENTS/SUPPLIES:

- HERBS (BLENDED OR CHOPPED)
- OIL (SUNFLOWER/AVOCADO/OLIVE)
- SAUCEPAN
- GLASS BOWL (THAT FITS OVER SAUCEPAN)
- CHEESE CLOTH (OR STRAINER OR COFFEE FILTER)
- DARK GLASS WITH AIRTIGHT LID (FOR STORAGE)

### STEPS:

- MIX HERBS AND OIL.
- FILL SAUCEPAN HALFWAY WITH WATER AND BRING TO BOIL.
- ADD MIXTURE TO GLASS BOWL ON TOP OF SAUCEPAN AND REDUCE HEAT TO LOW.
- COVER AND SIMMER 2 HRS.

- REMOVE FROM HEAT AND COOL. STRAIN.
- POUR INTO DARK BOTTLE, SEAL TIGHTLY AND DATE.

## **INFUSED OILS (COLD)**

### **INGREDIENTS/SUPPLIES:**

- HERBS (CHOPPED OR BLENDED)
- OILS (SUNFLOWER/AVOCADO/OLIVE)
- CLEAR JAR (SUCH AS A MASON JAR)
- CHEESE CLOTH (OR STRAINER OR COFFEE FILTER)
- DARK GLASS WITH AIRTIGHT LID (FOR STORAGE)

### **STEPS:**

- POUR OIL OVER HERBS IN CLEAR JAR.
- SUBMERGE HERBS AND SHAKE WELL.
- PLACE IN SUNNY SPOT FOR 2-6 WEEKS.
- STRAIN. STORE IN DARK BOTTLE WITH TIGHT SEAL.

## **SIMPLE BATH SALTS BASE**

### **INGREDIENTS:**

- 4 CUPS EPSOM SALT
- 1 CUP COARSE DEAD SEA SALT OR PINK HIMALAYAN SALT CRYSTALS
- 40 DROPS ESSENTIAL OILS
- 4-6 TBSP DRIED HERBS

## **CREAMS**

### **INGREDIENTS/SUPPLIES:**

- 1/3 C DRIED HERBS OR 1 1/3 C FRESH HERBS
- 2/3 C SHEA BUTTER
- 1/4 C GLYCERIN
- 1/2 C WATER
- SAUCEPAN
- GLASS BOWL (THAT FITS OVER SAUCEPAN)
- CHEESE CLOTH (OR STRAINER OR COFFEE FILTER)
- CONTAINER WITH TIGHT SEAL

### **STEPS:**

- ADD WATER TO SAUCEPAN AND BRING TO A BOIL.
- ADD SHEA BUTTER TO GLASS BOWL ON TOP OF SAUCEPAN AND MELT.
- ADD HERBS, WATER, AND GLYCERIN.
- REDUCE HEAT TO LOW. SIMMER FOR ABOUT 3 HOURS.
- STRAIN AND STIR UNTIL SET. STORE IN TIGHTLY SEALED CONTAINER.