

PREPERATION INSTRUCTIONS OF SOME HERBAL REMEDIES

HOW TO MAKE A TINCTURES:

Alcohol Based:

Put 200 gram of dried herbs into 1 liter of 80% alcohol such as Vodka/Rum in an airtight, sterilized container.

Ensure herbs are covered by alcohol.

Place container in a warm place and leave for 2-3 weeks. The bottle should be shaken at least once a day.

After the 2-3 weeks the mixture should be poured through a muslin cloth into a bowl. The residue inside the cloth is then squeezed to ensure that all the liquid is squeezed out.

The tincture is now ready and should be decanted into dark, well sealed bottles / bottle.

If you do not desire to use alcohol, **apple cider vinegar** is a good alternative. The directions with apple cider vinegar are exactly the same.

BASIC ALCOHOL FREE HERBAL MOUTHWASH FORMULA

INGREDIENTS

1 ounce cloves or powdered myrrh OR 2 to 4 ounces goldenseal or rosemary
2 cups boiling water

1. Place the plant materials in a pint mason jar and cover with the boiling water.
2. Let steep overnight, then strain.
3. Swish around in the mouth and then spit out.

Herbs of your choice can be used but be sure to check whether they are suitable to use as a mouthwash.

HERBAL CREAMS:

Please choose herbs that are suitable for use on skin and do a patch test 24-48 hours before use.

A vegetable or plant oil is best to use such as grape seed oil. You can also add Vitamin E oil to your herbal oil.

Place your herbs (6-8 heaped teaspoons) in a glass jar with a tight-fitting lid. Add enough oil to just cover them. Place the jar in a cool, dark place and allow it to sit for at least one week. For your herbal oil, pour

the herbs /oil mixture through a fine strainer, pressing as much oil as possible from the herbs. Discard the herbs and store your oil in a labeled glass jar or bottle with a tight-fitting lid.

This oil is then used when preparing your herbal cream.

Method to make Cream

A cream is a blend of oil, beeswax and water. You can make your own, or purchase an unscented, water based cream. After adding herb to purchased cream, simmer in the top of a double boiler for 30 minutes. Strain before it cools.

Melt two ounces beeswax in a double boiler. Add one cup olive or other vegetable oil and blend. Add two ounces herb. For lighter cream, add a little water, mixing well. Simmer 20 minutes, mixing well. Add a drop of tincture of benzoin as a preservative. Strain thorough a cloth in to sterilized jars.



Or

You can make herbal skin cream with a simple recipe, combining herbs of your choice with an emulsifying cream.

- Melt about 2 tablespoons of emulsifying cream in a bowl placed over a pot of boiling water.
- Add one large tablespoon of dried herbs to the mixture. Stir slowly until you see the cream taking on the color of the herbs.
- Remove the mixture from heat and strain. Squeeze out the remaining liquid from the clump.
- Allow the cream to cool in a glass bowl.
- Spoon the cream into small, dark bottles, and store in a cool, dark place. Cream will be preserved for use for up to one year.

Method to make Salves and Ointments

Choose herbs with healing, soothing properties to prepare your own salves and ointments to apply to sore skin and wounds. Simply combine an infused oil with chosen herbs and beeswax.

- Pour 3-4 fluid ounces of an infused oil into a glass bowl, and place over a pot of boiling water.
- Add a small, square piece of beeswax to the infused oil, stirring constantly until the wax has completely melted. The beeswax will thicken the mixture, giving it just the right consistency.
- Pour the warm liquid into small, dark ointment jars.
- Store in a cool, dark place.