

Infusing Culinary Oil

Steps to Acidify Herbs



1. Prepare Citric Acid Solution:

- Mix 1 tablespoon of citric acid into 2 cups of water to create a 3% citric acid solution.

2. Soak the Herbs:

- For fresh herbs (like basil, oregano, or rosemary), use a ratio of 1 part herbs to 10 parts citric acid solution.
- For example, use 1½ cups of fresh herbs in 2 cups of citric acid solution.
- Submerge the herbs in the solution and keep them weighed down to ensure they remain fully submerged.
- Allow the herbs to soak for 24 hours at room temperature.

3. Drain and Rinse:

- After soaking, drain the herbs and gently rinse them with fresh water.



Infusing the Oil

Once the herbs are acidified, you can proceed to infuse them into oil.

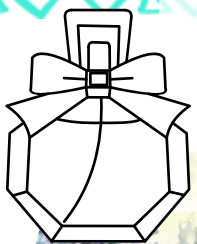
Infusion Process

- **Ratio:** Use 1 part acidified herbs to 10 parts oil for infusion.
- **Oil Selection:** Olive oil is recommended for its flavor compatibility, but canola oil can be used for a milder taste.
- **Infusion Time:**
 - Infuse the oil at room temperature for 1 to 10 days.
 - For a quicker infusion, heat the oil to 140°F for 5 minutes before adding the herbs.

Storage

- Store the infused oil in a cool, dark place. If not used within a few weeks, refrigeration is recommended to extend shelf life.





Making Perfume



Homemade Perfume

3 Cups Everclear 151-190 Proof

1-2 Cups Fresh Flowers

or

½ - 1 Cup Dried Flowers

Essential Oils (optional)



Directions:

1. Place flowers in a glass mason jar.
 2. Add the EVERCLEAR.
 3. Close the jar with a lid and shake well to combine.
 4. Allow the perfume to sit for 24-48 hours to allow the scent to develop. Repeat for stronger scent.
 5. Add essential oils (optional)
 6. Shake before each use and apply to pulse points.
- Use within 3-4 months.

Great
for
Gifts!

WHY IT WORKS

Everclear works to make perfume because it acts as a solubilizer, allowing essential oils to mix with water, and it also serves as a preservative to extend the shelf life of the fragrance.

PRETTY FLOWERS
= **Happiness**



Herbs & Flowers

MAKE YOUR OWN HERBAL INFUSED OIL!

CHAMOMILE - HIGH IN THE COMPOUND ALPHA-BISABOLOL, CHAMOMILE HELPS REDUCE INFLAMMATION, WHICH SOOTHES ACNE, RASHES AND ECZEMA. THE COMPOUND HAS ALSO BEEN KNOWN TO EASE DISCOLORATION.

SAGE - SAGE IS AN ANTIOXIDANT POWERHOUSE, WHICH MEANS IT'S A ROCK STAR WHEN IT COMES TO ANTI-AGING. AN ASTRINGENT RICH IN VITAMIN A & CALCIUM, BOTH OF WHICH PLAY A MAJOR ROLE IN CELL REGENERATION.

MINT - A GREAT NATURAL CURE FOR ACNE, MINT IS A PIMPLE-FIGHTER THANKS TO ITS SALICYLIC ACID (WHICH ALSO HELPS WITH EXCESSIVE OIL). IT'S ALSO ANTI-PRURITIC, MEANING MINT CAN SOOTHE & CALM SKIN.

LAVENDER - LAVENDER IS AN ANTISEPTIC, ANTI-INFLAMMATORY POWERHOUSE THAT WILL SOOTHE IRRITATED, INFLAMED SKIN (THINK DERMATITIS, DRYNESS, ETC.) ALSO HAS A RELAXING & CALMING EFFECT.

CALENDULA - CALENDULA HAS CRAZY-HIGH LEVELS OF POWERFUL ANTIOXIDANTS. IT'S BEEN SHOWN TO HELP WOUNDS HEAL FASTER, PLUMP SKIN THROUGH HYDRATION AND CIRCULATION & PREVENT INFLAMMATION.

THYME - ACCORDING TO SCIENCE, THYME IS MORE EFFECTIVE AT CLEARING ACNE THAN CONVENTIONAL, STORE-BOUGHT REMEDIES — IT'S MOTHER NATURE'S ANTI-BACTERIAL DEFENSE AGAINST ANNOYING BLEMISHES.

ROSEMARY - MOISTURIZES SKIN AND AIDS IN COLLAGEN DEVELOPMENT AS WELL AS FREE-RADICAL FIGHTING. RICH IN MINERALS THAT PROTECT SKIN FROM EXTERNAL DAMAGE, LIKE SUN EXPOSURE. ALSO HELPS WITH SKIN ELASTICITY.



HOW TO MAKE INFUSED OIL:

GATHER FLOWERS & HERBS YOU WISH TO USE.

DEHYDRATE 100% (FOR SAFETY!)

PLACE DRIED HERBS & FLOWERS IN A LARGE GLASS JAR.

POUR OIL TO COVER DRIED ORGANIC MATERIALS.

PLACE JAR IN A SUNNY AREA FOR 4-6 WEEKS.

STRAIN WITH CHEESECLOTH & USE!

Lotion Bars & Sticks

MOISTURIZING LOTION BARS

INGREDIENTS:

125 g Beeswax
50 g Coconut Oil
40 g Mango Butter
40 g Shea Butter
15 g Herbal Oil
10 g Vitamin E Oil
15 drops Preservative
10 g Fragrance Oil

-or- 5 g Essential Oils

DRY SKIN MAKES
YOU SAD.



INSTRUCTIONS:

1. Combine all ingredients except *Natura Bona* & fragrance or essential oils in a glass bowl or pouring pitcher. Melt ingredients together using a double-boiler on medium.
2. Once mixture has melted completely, add fragrance and preservative & stir slowly until combined. Cool to 140° F.
3. Pour immediately into silicone molds pre-sprayed with mold release agent. Allow to cool for 24 hours before unmolding & packaging. Store in a cool, dark location.

Makes Approximately 5 x 2 oz Lotion Bars.



EASY DRY SKIN STICKS

INGREDIENTS:

THESE RECIPES
MAKE YOU HAPPY!

100 g Beeswax
90 g Mango Butter
60 g Grapeseed Oil
30 g Jojoba Oil
30 g Herbal Oil
10 g Vitamin E Oil
15 drops Preservative
14 g Fragrance Oil -or- 7 g Essential Oils



INSTRUCTIONS:

1. Combine all ingredients except *Natura Bona* & fragrance or essential oils in a glass bowl or pouring pitcher. Melt ingredients together using a double-boiler on medium.
2. Once mixture has melted completely, add fragrance and preservative & stir slowly until combined. Cool to 140° F.
3. Pour immediately into recyclable tubes. Allow to cool for 24 hours. Store in a cool, dark location.

Makes Approximately 5 x 2 oz Dry Skin Sticks.



CONTAINERS & TUBES:

Look for recyclable or reusable containers such as tins, glass containers or mason jars. Recyclable cardboard tubes are great for dry skin sticks & lip balms!

