



Herbal oil

Herbal oil is a good way of preparing herbs that are for external use.

Herbal oil can be used just as it is, rubbed into the skin or for massage, or it can be used as a base in an ointment or cream.

1. Choose a dry and sunny day to pick the herbs.
2. Fill a glass jar half way up with chopped fresh herbs.
3. Pour vegetable oil up to the rim of the jar. Good oils to use are olive and rapeseed, which keep for a long time without going rancid. Put the lid on.
4. Place the jar in a west or east-facing window.
5. Leave it for two weeks. Stir gently every day.
6. After two weeks – strain off the herbs through a textile filter. Make sure to press all the oil out of the herbs.
7. Pour into a dark glass bottle. The oil will keep for one year.

IMPORTANT: Make sure the herbs aren't wet when you put them in the jar. The best is if it hasn't rained for the last 24 hours. Wet herbs and herbs with an unusually high water content may cause mould in the herbal oil, which then has to be discarded.

See next page for what plants to use.



Herbs good for herbal oil

CALENDULA – Good for dry skin, chaps, dry patches, wounds, eczema, rashes, foot care and baby care.

CAMOMILE – Good for dry and sensitive skin, eczema and rashes.

ST. JOHN'S WORT – Good for muscle aches and muscle inflammations. Please be advised that this oil increases photosensitivity and can make the skin more sensitive to the sun. Use the oil only at night if it's sunny outside. This oil has a bit of an odd smell, almost as if it's gone rancid. If the smell bothers you, add a few drops of lavender essential oil.

ARNICA – Heals sprains, bumps, bruises, swellings, varicose veins and muscle ache.

NETTLE FLOWERS – Contain a hormone very similar to oestrogen and is good for dry mucous membranes in the female genitals.

SPRUCE NEEDLES, PINE NEEDLES, JUNIPER NEEDLES & JUNIPER BERRIES – Stimulates the blood circulation locally, is warming and heals wounds.

ROSE – A calming and luxurious oil which is good for dry and sensitive skin.

ROSEMARY – Stimulates the blood circulation, is warming and good as a massage oil.