

wellness Recipe

Lavender Oil

INSTRUCTIONS

- Lay out your sprigs on newspaper and remove leaves and flowers by running your fingers lightly over the stems. Then lightly crush the leaves and buds to release the oils. Make sure your chosen container is completely dry.
- Fill your vessel with dried lavender and pour the oil in until the lavender is completely covered. Choose a natural oil that doesn't have an overpowering scent of its own, you will probably be safe, like jojoba,
- grapeseed oil or olive oil. Cover the container with lid or cling wrap and set in a sunny spot for 3 - 6 weeks. Once done, pour mixture through cheese cloth to remove pieces and store in a cool, dry place.
- The oil can be used in many beneficial beauty applications such as in massage oil, bath oil, body moisturizer and hair treatments.

The content on this website is not intended as a medical reference but as a source of information. Before trying any herbal remedy, it is recommended to test a small quantity first to establish whether there are any adverse or allergic reactions to the herb. Or consult your physician first. The use of any herb or derivative is entirely at the reader's own risk.

TIPS FOR HARVESTING & DRYING LAVENDER

- The best time to cut the flowers for drying is when the buds are bright purple, and right before they open. You can still dry the flowers after they open, but they won't be as fragrant, and may lose their color.
- You can dry any part of the plant. However, the flower buds are the more fragrant and flavorful. The leaves are edible and fragrant too, and there are lots of great uses for them in cooking and crafting.
- If you have too much lavender in your bunch you run the risk of getting mold due to excessive moisture. A good rule to follow is no more lavender than will fit from your pointer finger to your thumb. If you press them together and make a circle.
- When you hang your bunch, you do not want to put too much pressure on your lavender stems so you do not distort their shape, you also do not want to have the rubber band too loose so the stems fall out of the bunch once they shrink from drying. Be sure the lavender is completely dry before storing it. You'll know it's dry when the stems crack (not fold) when bent.
- You can remove the dried buds from the stems by gently running your fingers along the stem or store the fresh dried stems whole.

