

Make Your Own Herbal Oil



Featuring St. John's Wort

What You'll need:

16 or 32 oz clean, bone-dry glass jar

Enough dried St. John's Wort leaves and flowers to fill jar half-way

Carrier oil of choice (sweet almond, jojoba, olive oil, sunflower oil, etc)

Fine mesh strainer and cheesecloth



The Process:

Fill the jar half-way with your dried herb.

Add in your carrier oil, leaving about an inch of space from the top.

Cover with tight lid.

Store in a cool, dark place for 3 to 6 weeks.

Shake the jar daily for at least two weeks to stimulate extraction.

Strain through a fine mesh strainer and cheesecloth into another glass jar.

Enjoy your homemade herbal oil within 6-12 months