



# Herb Infused Oils

## What is Herb Infused Oil?

Herb infused oil is a type of oil that has been infused with herbs to extract their beneficial properties. These oils can be used for various purposes, including skincare, massage, and as a base for homemade balms and salves.

## Benefits of Herb Infused Oils

1. **Skincare:** Herbal oils are often used in skincare for their moisturizing and therapeutic properties. For example, lavender oil can be soothing and calming for the skin.
2. **Aromatherapy:** Infused oils can be used in aromatherapy to enhance relaxation and well-being.
3. **Massage:** They provide a nourishing base for massage oils, which can enhance relaxation and muscle relief.
4. **Natural Remedies:** Infused oils can be used as a base for homemade herbal salves, balms, and other topical remedies.

## Shelf Life and Storage Guidelines

- **Shelf Life:** Herb infused oils generally last from 6 months to 1 year, depending on the type of oil used and storage conditions. Oils with a higher proportion of essential oils or those made with light oils (like olive oil) may have a shorter shelf life.
- **Storage:** Store infused oils in a cool, dark place to prevent oxidation and rancidity. Glass bottles or jars with airtight seals are ideal.
- **Refrigeration:** While not always necessary, refrigeration can help extend the shelf life of the oil, especially in warmer climates or if you notice any signs of spoilage.

## Preparing Herb Infused Oils: Step-by-Step

1. **Choose Your Herbs:** Select dried or fresh herbs based on the intended use of the oil. Common choices include calendula (for skin healing), rosemary (for hair care), and chamomile (for relaxation).
2. **Prepare the Herbs:** If using fresh herbs, let them wilt for a few hours or overnight to reduce their water content, which can cause mold growth. For dried herbs, make sure they are fully dry and free of moisture.
3. **Select Your Oil:** Choose a carrier oil based on the desired properties. Common options include:
  - **Olive Oil:** A versatile oil suitable for most herbal infusions.
  - **Sweet Almond Oil:** Great for skin care due to its light texture.
  - **Coconut Oil:** Has moisturizing properties and a longer shelf life.
  - **Jojoba Oil:** Mimics the skin's natural oils, good for facial applications.
4. **Combine Ingredients:**
  - Use a ratio of 1 cup of herbs to 2 cups of carrier oil. Adjust the quantity based on your needs.
  - Place the herbs in a clean, dry glass jar. Pour the carrier oil over the herbs, ensuring they are fully submerged.
5. **Infuse:**
  - **Cold Infusion:** Seal the jar and place it in a warm, sunny spot for 2-6 weeks. Shake the jar daily to mix the herbs and oil.

- **Heat Infusion:** For a quicker method, place the jar in a double boiler or a slow cooker on low heat for 2–4 hours. Ensure the temperature stays below 120°F (49°C) to prevent damaging the herbs.
- 6. **Strain:** After the infusion period, strain out the herbs using a fine mesh strainer, cheesecloth, or a coffee filter. Ensure all plant material is removed to prevent spoilage.
- 7. **Bottle and Label:** Pour the infused oil into sterilized glass bottles or jars. Label with the date and the type of herbs used. Store in a cool, dark place.

### **Tools / Ingredients**

Herbs, fresh or dried

Oil

Oven – safe dish

Mason Jars

Wire mesh strainers

Cheesecloth

Funnels

Storage Bottles