

Nourishing the Skin with Herbal Macerations



To Macerate

Latin *macerat*:

- 'Made soft, soaked,' from the verb *macerare*
- *Things (i.e., phytonutrients) can leak out when a membrane is softened/broken down*



Common Fixed Oils

Affordable

Easy to find/access

Shelf-life

Nut/Seed Oils

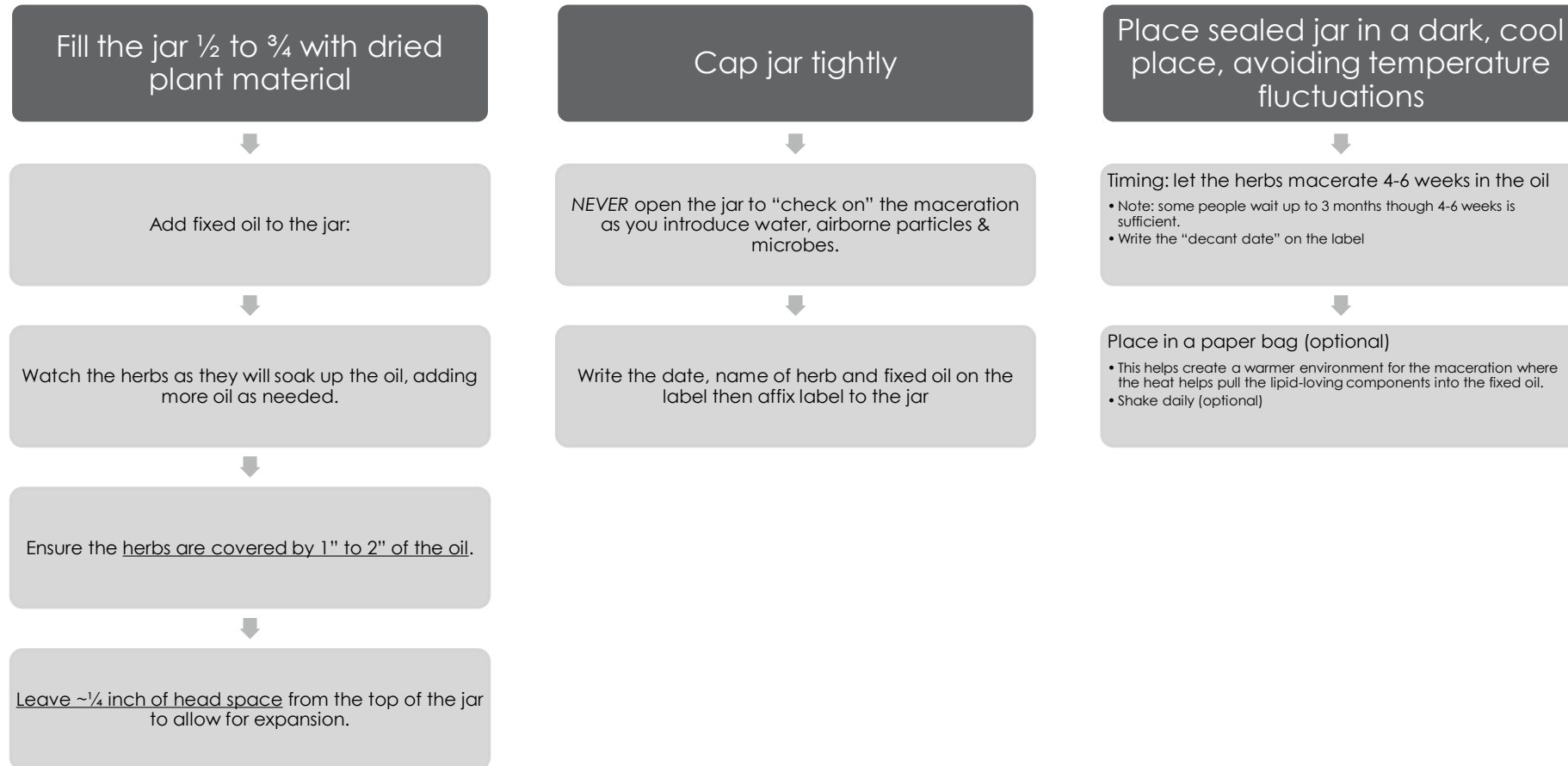
- Olive Oil
- Sunflower Seed
- Sesame

Making an Herbal Infusion: Folk Method

Materials:

- Mason jar with lid (or any jar that is suitable for your material)
 - Go small: 8 ounces and work up to 12oz or 32oz
 - Make enough for what you can use within a year
- Herbs (dried)
- Organic, cold pressed fixed oil of your choice
- Labels
- Paper bag (optional)

Making an Herbal Infusion: Folk Method



How to Strain & Store Macerated Oil

Materials:

- Your amazing herbal maceration
- Sterile bottles with lids (1 to 2 ounces are recommended)
- Labels for your bottles (e.g., masking tape)
- Straining material (e.g. , fine cheesecloth or jelly strainer AND a fine strainer/sieve)
- Large bowl to collect the macerated oil
- Large measuring cup
- Spatula
- Gloves (optional)

How to Strain & Store Macerated Oil

Set Up Workspace

Place a clean, dry bowl large enough to hold the contents of your oil onto a clean, dry work surface.

Place a strainer, lined with cheesecloth, into the bowl ensuring the cheesecloth is secure.

Empty the container with the macerated oil—herbs and all—into the straining mechanism.

Let the oil drain fully from the strainer.

Wring out the cheesecloth or jelly strainer to get as much of the oil out of the plant material as possible.

Note: There is no rush to this process, you can press the material, then let it drip through your strainer/sieve, then press again. You waited weeks for this infusion; you don't have to strain it in 5 minutes.

Transfer the strained oil to the measuring cup.

Use a spatula to get every drop of macerated oil out of the bowl.

You may choose to pass the oil through the cloth again if you see debris.

How to Strain & Store Macerated Oil

Decant the macerated oil from the measuring cup into your sterile bottles.



Note: use smaller bottles with narrow necks and screw tops.

Cap & label your bottles



Note the name of the herb, the fixed oil used and the date decanted.

Store in a cool, dry location.



Avoid heat, extreme temperature fluctuations, light and moisture.