

# Chamomile Infused Oil

BY ROSALEE DE LA FORÊT



800 ML CARRIER OIL OF YOUR  
CHOICE (27 OUNCES OR  
ROUGHLY 3 CUPS)



80 GRAMS FRESHLY DRIED  
CHAMOMILE FLOWERS THAT  
ARE HIGHLY AROMATIC  
(2.8 OUNCES)



*I use this chamomile infused oil on my face, neck and chest before bedtime. You can also apply it over tight and tense muscles, even muscle cramps like charley horses or menstrual cramps. It can also be made into a salve.*

**YIELD:** Approximately 3 cups

**HINT:** If you love chamomile essential oil, and don't mind spending a small fortune on it, then it can be a luxurious addition to this blend, though the infused oil is wonderful both with or without the essential oil. Chamomile essential oil has the potential to negatively interact with some drugs. If you're using it for the first time, test it, diluted, on a small area to see if there is any irritation.

1. Finely crumble the chamomile flowers. You can pulse them in a blender for a short bit. You're looking for the flowers to be in very fine pieces but not powdered.
2. Place the chamomile flowers in a canning jar, then add the carrier oil. Stir well.
3. Store this in a cool dark place where you'll remember to shake it daily. I like to keep it on my counter with a towel over it to keep out excess light.
4. Steep for approximately four weeks.
5. Strain well.
6. If you'd like to add chamomile essential oil (optional), add 3 drops essential oil per 1 ounce of strained oil.
7. Store in a cool dry place and use within a year.



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