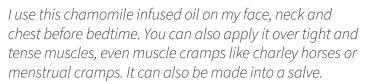
Chamomile Infused Oil



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)



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.
- 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.

