

ELDERFLOWER AND ROSE PETAL TONER

Infusing elderflowers and rose petals in witch hazel magnifies their skin-toning gifts, making this a wonderful facial treatment. It also makes a soothing spray for sunburns. For both applications, it's handy to store this in a small spray bottle.

To learn more about rose, download the bonus chapter at wildremediesbook.com/adventures.

Yield: 2 cups

½ cup dried elderflowers
1 cup dried rose petals
Up to 2 cups witch hazel distillate

1. Place the elderflowers and rose petals in a pint jar. Pour in enough witch hazel distillate to fill the jar and submerge the flowers completely. (You might not use the entire 2 cups.)
2. Stir to release any air bubbles. Tightly cover the jar and label it.
3. Store the jar in a cool, dark place for 4 weeks. Shake the jar daily for the first week, and make sure the plant material stays submerged under the witch hazel for the remainder of the macerating time.
4. Strain the mixture through cheesecloth, squeezing it well to extract all the liquid.
5. Use a funnel to pour the toner into small, clean spray bottles. Store in a cool, dark place. Use within 1 year.

