

HOW TO MAKE AN HERBAL-INFUSED OIL

A simple method for making a topical herbal oil

An infused oil is made by soaking herbs in a carrier oil to extract oil-soluble plant compounds. Infused oils are commonly used in salves, balms, massage oils, and other topical preparations.

WHAT YOU'LL NEED

- ☐ Completely dried herbs
- ☐ Carrier oil — olive, sunflower, jojoba, or similar
- ☐ Clean, completely dry glass jar
- ☐ Fine strain or cheesecloth
- ☐ Dark glass bottle or jar
- ☐ Label & marker



! WHY DRY HERBS?

Fresh plant material contains water. Water trapped in oil can encourage microbial growth and spoilage.

For beginners, dried herbs are the safer choice for homemade infused oils.

STEP 1 — PREPARE YOUR HERB

Make sure the herbs are **completely dry**. Remove damaged material and gently crumble or chop larger pieces.

Place the herbs loosely into your clean, dry jar. Don't pack them tightly.



STEP 2 — ADD YOUR OIL

Pour your carrier oil over the herbs until they are completely covered.

Leave a little space at the top of the jar.

Make sure no plant material is sticking above the surface.

Seal tightly.



STEP 3 — INFUSE

Place the jar somewhere cool and dark. Allow the herbs to infuse for approximately 2–6 weeks, depending on the plant and desired strength.

Gently shake the jar every few days. Check regularly for any signs of spoilage.

STEP 4 — STRAIN

When the oil is ready, strain it through cheesecloth or a fine strainer. Press the herbs gently to recover the oil. Discard the spent plant material.

STEP 5 — BOTTLE & LABEL

Transfer the finished oil into a clean, completely dry container—preferably dark glass.

Herb: _____

Plant part: _____

Carrier oil: _____

Date started: _____

Date strained: _____

Store in a cool, dark place.



! IMPORTANT SAFETY NOTE

- Discard the oil if it develops mold, bubbling, cloudiness that wasn't present initially, an unpleasant odor, or other signs of spoilage.
- Some herbs are irritating, allergic, or unsuitable for topical use.
- Always research the specific herb before applying an infused oil to your skin.

