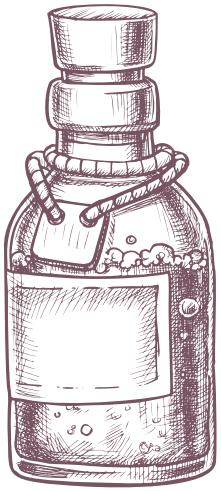
St. John's Wort Oil

St. John's Wort oil has been used for centuries to massage into sore, aching bones, joints, and muscles. It can be used as a massage oil, or made into a liniment, salve, ointment or balm. In addition to external use it can also be used internally to calm the nerves, aid in sleep, and work internally on inflammation and pain relief. Use in the kitchen as you prepare your food and meals.



INGREDIENTS

Quart jar
Fresh St. John's Wort plant
Olive oil
Optional: 1 Tbsp Vodka

DIRECTIONS

1. Fresh is always best when making an herbal remedy but if you don't have fresh you can certainly use the dried herb. You want to cut the top 4" of the plant right before the blossoms bloom or just as they are blooming. A good way to tell if they are ready is to squeeze the bud and if a dark red or purple juice oozes out, they are ready and at their top potency level.
2. Cut blossoms right over the jar until ¾ full. If using dried plant material follow instructions of how to make a basic herbal oil.
3. Add the optional Tbsp of Vodka and stir well to coat the plant thoroughly. This will help pull more constituents from the plant material.
4. Cover with olive oil until it comes about an inch above the herb.
5. Let the oil infuse for 3 months before straining and agitate regularly.