



depends on jar!



5 minutes

## lavender glycerite

### ingredients:

- dried lavender, chopped
- [organic, non-GMO glycerine](#) {I always try to buy coconut-based glycerine}
- water {if using dried herbs}
- mason jar

### instructions:

1. Fill any sized glass jar with the lavender. Fill 1/2 of the jar if it's dried lavender and 2/3 of the jar if it's fresh.
2. You're going to cover the herbs completely with the liquid. For dried herbs, add 75% glycerine and 25% water to the jar. For example, a pint jar is 16 ounces, so you'd add 12 ounces of glycerine and 4 ounces of water. Shake very well. You can use 100% glycerine for fresh plant material or 75% glycerine and 25% alcohol.
3. Label the jar with the ingredients and the date, and store in a cool, dry place. Shake daily.
4. After 6-8 weeks, strain well, label the jar, and store in a cool, dry cabinet in a clean mason jar or in dropper bottles.
5. Take a dropperful as needed for relaxation, sleep, to dissolve tension, to stop panic, to soothe headaches and belly aches.

### The cuisine of health

- Lavender is a powerful nervine (affects nervous system). It also...
  - dissolves tension in the body.
  - relieves headaches and migraines.
  - helps sleep; gentle sedative.
  - helps to stop panic attacks.
  - reduces skin itching, scars, stretch marks, and wrinkles.
  - soothes skin after burns.
  - helps stop itching from bug bites.