

Chamomile & Lavender Infused Oil

A relaxing blend to support stress relief, sleep, and grounding.

Lavender helps calm the nervous system and ease tension, while **chamomile** is gentle and comforting.

Ways to Use:

- **A few drops in a bath** - deeply relaxing (but beware: slippery!)
 - **Massage into temples or wrists** - calming and grounding
 - **Apply before travel or stressful events** - e.g., before a PIP consultation
 - **Use as a massage oil** - massage into shoulders, around the neck, solo or with the help of another for soothing support
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You'll Need:

- **Dried chamomile and/or lavender**
- **Carrier oil** of your choice (e.g. sunflower, olive, almond, jojoba)
- **Muslin cloth, coffee filter, or fine sieve** (for straining)
- **Dropper bottle or clean jar** (for storing the finished oil)

Optional Tools (depending on your method):

- **Saucepan, Pyrex glass bowl and a lid** (for bain-marie method)
 - **Slow cooker**
 - **Jug**
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Option 1: Sun Method

1. Combine dry herbs and oil in a clean, sterilised jar. A ratio of 1 part dried herbs by weight to 5 parts oil (e.g. 20g dried herb to 100ml oil).
2. Seal the jar and leave in a **sunny spot** for **3 - 4 weeks**, shaking gently every few days.
3. Strain and bottle.

[Sun method guide](#)

Option 2: Slow Cooker Method

1. Combine dry herbs and oil in a clean, sterilised jar. A ratio of 1 part dried herbs by weight to 5 parts oil by volume (e.g. 20g dried herb to 100ml oil).

2. Place your herb-and-oil-filled jar in a **slow cooker** filled halfway with water.
3. Set to “**warm**” and let infuse for **4 hours**.
4. Strain and store.

[Slow cooker method guide](#)

Option 4: Bain Marie Method

1. Place a **Pyrex bowl** over a saucepan of simmering water (make sure the bowl doesn't touch the bottom).
2. Add a ratio of 1 part dried herbs by weight to 5 parts oil by volume (e.g. 20g dried herb to 100ml oil) to the bowl.
3. Place a lid on top of the bowl.
4. Keep the water topped up and **infuse on low heat for 3 hours**.
5. Strain and bottle.

[Bain marie guide](#)

Final Step: Strain & Store

- Strain your oil through muslin, a coffee filter, or a fine sieve.
- Pour into a clean **dropper bottle** or jar.
- Label with contents and date.
- Store in a cool, dark place. Use within 6–12 months.