



I.P.A ADULTS

Make Essential Oils



Infused oils are made by soaking herbs in particular oil to extract the active compounds. Some botanicals, such as calendula, infuse very well and create very healing oil. But some, like lavender, are never quite as good as the actual essential oil.

Essential oils are steam distilled, which involves simmering the plant material to produce steam, which travels through a tube, which is then run through cold water. The liquid that forms from condensation will be in two parts, a water compound, and an oil compound. The water compound is where floral waters, such as lavender and rose water, come from. The oils that rise to the top are DIY essential oils.

Ingredients & Supplies for DIY Essential Oils

- A crockpot with a lid
- Distilled water
- Enough fresh plant material to fill the crockpot about half full (at least 3-4 cups, chopped)
- time



Process

1. Place the plant material in the crockpot and cover it with water. The water shouldn't fill more than $\frac{3}{4}$ of the volume of the crockpot. Put the lid on upside down. (The concave structure will allow any steam that forms to condense and fall back into the pot. If you don't have a lid, you can use a plate.)
2. Turn the crockpot on high to heat the water. Once the water is hot, turn it down to low. Simmer on low for 3-4 hours.
3. After the plant material is cooked down, turn it off and let it cool. When it is cool, place it inside of the crockpot into the refrigerator. If your crockpot doesn't come apart, you can place the whole unit in there, or transfer the liquid into another container. Leave it in overnight.
4. The next day, pull the crockpot out of the refrigerator. A thin film of oil will form on the top and will be hard after cooling. (These are your DIY essential oils!) Carefully lift the oil off of the water. Work fast – it will start to melt quickly!
5. Place this into a bottle and cap. Label contents well. There may be a small amount of water-based liquid on the bottom. You can gently heat the oil to turn the liquid to steam and release it from the oil. Don't heat the oil for too long as it can lose its potency.
6. Store in a coloured glass container (like these bottles) away from light and heat.