

Make your own PLANT AND PROPOLIS OIL MACERATE

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Oil has the ability to extract and fix some components of plants and propolis. Oil macerates is an easy way to benefit from their properties. It can be used directly to feed and sooth the skin as well as for massages, or as a medium in other recipes, like the bee-balm. Examples of macerates:

- Calendula/propolis: calming soothing healing.
- Comphrey/propolis: healing wounds, fixing bones.
- St John's herb/propolis: for sun burns, shocks, irritated skin, back ache.



Ingredients and material

- Vegetal oil (virgin, cold pressed and organic):
Olive is the most resistant, it might keep longer. Sunflower also works well.
- Amber glass jar or transparent jar in a brown paper bag (to prevent from UV alteration).
- Bottles: Tinted glass bottles (amber or blue) help longer preservation
- Wooden stick or spoon to stir
- Sieve
- Funnel



One way to proceed

- Harvest
 - Connect with the Deva of the plant you want to harvest. Offer her a song, a prayer or a heart wave. Ask for her blessing to be harvested.
 - Harvest if possible on a warm day before noon, when the dew is away and before it gets too hot.
 - If you have access to a moon calendar, you may prefer to harvest flowers in an air/flower day (moon in Gemini, Libra or Aquarius) or a fire day. Earth days are good for roots. Avoid water days, moon nodes and rainy days.
- There are 3 ways to use the plants:
 - Dried: spread the flower on mesh (plastic is better than metal) in a dry, shady and aerated place.
 - Fresh
 - Half-dried (my favourite): after one or two days of drying, the essences of the plants are more concentrated and elements that would leave when drying further are still present.
 - Fill the jar with the plants and the propolis in powder (grind when cold)
 - Cover with oil
 - If using fresh or half-fresh flowers, plants should not be in contact with the air, otherwise it might get mouldy. Put a flat stone to press the plants into the oil.
 - Place the jar in the sun for a moon cycle or more.
 - Stir the mix once in a while (once a week for example)
 - Sieve, bottle, label.
 - Keep the jars protected from direct sun light and from electro-magnetic radiations.

