



YOU WILL NEED:

Infused Oil:

Saucepan

Glass measuring cup (2 cup) or mason jar

About 2 cups carrier oil: jojoba, almond, or coconut

About 1 cup dried violet leaves

About ¼ to ⅓ cup dried violet blossoms

Wooden or silicone spoon

Balm:

Double boiler top pan or additional glass jar

20 g shea butter

20 g beeswax pellets

66 g violet-infused oil

Optional: essential oil (lavender, rose, and/or chamomile)

2 4-oz tins, 8 0.5-oz tins, or 2 4-oz glass jars for storage



Violet Calm Balm



Violet is a plant that is beloved for its medicinal AND spiritual tendency to tend the heart, calm the nerves, boost the spirit, and balance the emotions.

Violet Calm Balm is a multipurpose, conveniently portable skin potion that benefits mind, body, and spirit. You can use it for practical purposes like lip care, as a cuticle oil, to moisturize dry patches of skin, and even on minor scrapes and cracked knuckles - yet a balm has an old-fashioned witchy vibe about it, too. (Think flying ointment!) You can apply it to your third eye for insight, to your heart for calming and steadying, or to your pulse points like a solid perfume for some magical + botanical moral support.

BY THE HERBOLOGY FAERIE

theherbologyfaerie.com

theherbologyfaerie.substack.com

theherbologyfaerie.etsy.com



INSTRUCTIONS

To make the violet-infused oil, begin by placing the dried plant material in your glass jar or measuring cup and pouring the oil over it. Then place this into a saucepan with about 1 inch of water in it - this functions as a double boiler. Heat low and slow on the stovetop for about 2-3 hours; your carrier oil should have picked up the color of the leaves by the time you're finished. Be careful to watch it closely though, and don't fry your plant material! You are trying to extract the goodness, not sauté it!

Remove from heat and allow to cool fully. Strain the oil into a separate clean jar using a mesh strainer and cheesecloth or coffee filter, squeezing out all the goodness you can! This is your infused base oil; it can be used as a massage oil or even a facial serum on its own, but we are going to use some for our calm balm.

To make the balm, in a double boiler combine about 66 g of the infused oil with the shea butter and beeswax. Melt over the lowest heat, watching closely. Remove from heat, add the essential oil drops if you're opting to, and stir well to combine. Pour into balm containers or a small jar and allow to harden on the countertop or in the fridge.

To use, warm and soften the balm with your fingertips in the container. Massage into skin and feel the calm embrace of violet!

