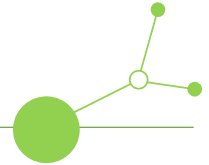


# Home-made production of herbal tincture and balm





# WP2: EMPOWERING CITIZENS TO BECOME ACTIVE IN CIRCULAR BIOECONOMY

## A 2.2: EMPOWERING CITIZENS TO PRODUCE OWN BIOBASED PRODUCTS

### Instructions for homemade biobased products

#### 3<sup>rd</sup> workshop in Slovakia: Home-made production of herbal tincture and balm

We will show you how to simply and effectively use the healing power of nature to prepare your own balms and tinctures. These natural products are a great way to take care of your health and well-being with the help of gifts that nature offers us. The process is simple and suitable even for beginners, so don't worry if you're just starting with home-made production.

Get ready for a creative and useful activity that will bring you not only pleasure, but also practical use in everyday life.

#### **Balm**

What we need:

- Beeswax
- Coconut oil
- Olive oil
- Rosemary
- Calendula (fresh and dried)
- Essential oils (e.g. mint, tea-tree; be cautious with thyme and motherwort)
- Containers for the finished balm



- 2 bowls
- Wooden spoon, ladle, scissors, knife

Process:

1. In a water bath, melt beeswax together with coconut and olive oil (ratio 1:1:1).
2. Add fresh calendula flowers and chopped rosemary to the melted mixture. Cook everything together, stirring occasionally, for 10 minutes.
3. Let the mixture stand for 24 hours.
4. After 24 hours, reheat the mixture in a water bath and bring it to boil, then strain it through a sieve with larger holes to prevent clogging.
5. Add essential oils to the mixture.
6. Keep the mixture warm in the water bath over low heat.
7. Prepare the containers for the balm, add dried calendula to containers as a decoration.
8. Pour the balm into the containers using suitable kitchen utensils. Close the containers once the balm has solidified. The balm is now ready for use.

The balm has regenerative and moisturizing effects. It can be used as a lip balm, for treating herpes and also as a balm for dry hands, face, insect bites, injuries, or rashes.

## **Tincture**

What we need:

- Green walnuts
- Alcohol
- 4l jar
- Cloves
- Whole cinnamon
- Star anise
- Vanilla bean
- Sugar



Process:

1. Add longitudinally cut walnuts in the jar, filling it 3/4 full.
2. Add a package of cinnamon, cloves, star anise and a split vanilla bean.
3. Add sugar to taste (not too much to avoid making the tincture too sweet).
4. Pour alcohol over the mixture.
5. Stir and place the jar in a sunny spot for 3 weeks, stirring occasionally.
6. After 3 weeks, strain the mixture and pour it into suitable containers/bottles.

The tincture helps to remove and expel intestinal parasites from the digestive system. Take it 3 times a day, 30 drops (1 teaspoon) at least 15-30 minutes before meals. If you experience any painful stomach cramps, symptoms or other persistent problems, stop using the tincture. Shake the tincture well before each use to mix it properly.

**WARNING:** The tincture contains alcohol, so it is not recommended to drive immediately after consumption.