

## How To Create Your Own Flower Tincture

We're looking forward to our upcoming Mother Yourself Healing Hour LIVE with Rachel Brathen on May 4th, and we want to make sure you have everything you need to make your own flower tincture! We will be doing this together, but you can also use these instructions whenever you are feeling called to create your own flower tincture, so save this PDF for later. It's a wonderful opportunity to connect with the healing power of plants and nurture yourself from within, whenever you feel called to!



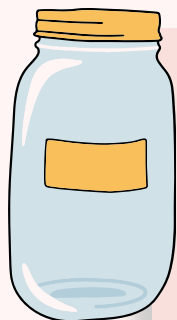
An herbal tincture is a concentrated and easy-to-use form of herbal medicine that uses alcohol to extract the healing and medicinal properties of various plant matter over a period of time. For this tincture, we are using flowers (lavender and rose) in combination with lemon balm to support our nervous systems and soothe our hearts. Alcohol is used because it is one of few solvents that is strong enough to extract the plant's healing properties without heat, and it's also used because of its extended preserving capability. If you would prefer not to use alcohol, you can substitute for apple cider vinegar!

Flower tinctures are easy to make and incredibly versatile in their uses! In nurturing ourselves with the healing power of plants, we cultivate a deeper connection to nature and to our own well-being.

We will make the flower tincture in this session, let it sit and gather strength, and then we will bottle it in our next LIVE with Rachel on June 8th. Below is everything you'll need to create a flower tincture, but feel free to intuitively choose a flower/herb/herbal combination to work with.

## Instructions:

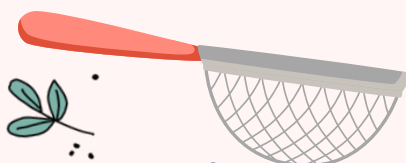
### Materials Needed:



- Small, clean glass jar with lid
- Dried rose, lavender, and lemon balm (equal parts of each or enough to fill small jar about halfway)
- High-proof vodka (at least 80 proof/40% ABV) (enough to fill 1/2 of your glass jar)
- Used kitchen towel or cheesecloth
- Dark glass bottle with dropper
- Large food-grade bowl
- Sieve or strainer
- Food-grade funnel or liquid measuring cup with pour spout (\*optional to make bottling easier)
- Piece of parchment paper (\*optional if lid to glass jar is metal - put between metal lid and jar to prevent rusting)
- Label



*\*Note: when consuming herbs/flowers, we recommend sourcing organic whenever possible or carefully washing/rinsing beforehand to lessen the amount of pesticides consumed.*



## Process:



1

FILL JAR  $\frac{1}{3}$ - $\frac{1}{2}$  FULL WITH DRIED HERBS. TOP OFF WITH ALCOHOL, ENOUGH TO COVER AT LEAST AN INCH ABOVE THE PLANT MATTER (THIS IS IMPORTANT TO ENSURE YOUR HERBS DON'T MOLD). SEAL WITH LID (WE RECOMMEND USING A PIECE OF PARCHMENT PAPER UNDER YOUR LID IF IT'S METAL TO PREVENT RUSTING AND CONTAMINATION), THEN GIVE IT A GOOD SHAKE. IF YOU ARE SETTING A SPECIFIC INTENTION FOR THIS TINCTURE, SPEAK IT OUT LOUD. WE ALSO RECOMMEND SINGING TO YOUR HERBS! THE ENERGY YOU HOLD AS YOU MAKE MEDICINE IS THE ENERGY YOUR MEDICINE WILL HOLD.



2

STORE YOUR JAR IN A COOL, DARK, AND DRY PLACE FOR AT LEAST 6 WEEKS. SHAKE IT EVERY COUPLE DAYS TO AVOID MOLD BUILD UP AND PERIODICALLY CHECK TO MAKE SURE THE ALCOHOL DIDN'T EVAPORATE (IF IT DOES, JUST TOP IT OFF WITH ENOUGH TO COVER THE HERBS AGAIN).

*REMEMBER, WE WILL BE BOTTLING THE TINCTURE TOGETHER IN THE NEXT LIVE ON JUNE 8TH. BUT IF YOU DECIDE TO MAKE A TINCTURE ON YOUR OWN, SAVE THIS PDF SO YOU HAVE THE STEPS TO BOTTLE IT IN THE FUTURE!*



3

WHEN YOU'RE READY TO BOTTLE YOUR TINCTURE, PUT A STRAINER OVER A LARGE BOWL. LAY AN OLDER KITCHEN TOWEL OR CHEESECLOTH DOWN INSIDE THE STRAINER, ARRANGED SO THE CENTER OF THE TOWEL/CLOTH IS IN THE CENTER OF THE STRAINER. THE TOWEL/CLOTH WILL DO MOST OF THE STRAINING, BUT THE STRAINER WILL HELP TO ENSURE NOTHING IS MISSED.



## Process: (continued)

4

CAREFULLY POUR YOUR ALCOHOL-INFUSED LIQUID INTO THE TOWEL/CLOTH HELD OVER THE STRAINER TO STRAIN ALL THE LIQUID INTO THE BOWL, THEN PICK UP THE CORNERS OF THE TOWEL/CLOTH AND SQUEEZE AS MUCH OF THE LIQUID THROUGH IT AS POSSIBLE.

5



FROM HERE, CAREFULLY POUR YOUR TINCTURE LIQUID INTO A GLASS BOTTLE (\*OPTION TO USE A FOOD-GRADE FUNNEL OR LIQUID MEASURING CUP WITH POUR SPOUT). SEAL WITH THE TOPPER AND LABEL IT (WE RECOMMEND LABELING WITH THE NAMES OF THE HERBS AND THE DATE IT WAS TINCTURED). TINCTURES ARE TYPICALLY SAFE TO USE FOR AT LEAST 2 YEARS WHEN STORED IN A COOL, DARK, AND DRY PLACE.

## Reflections:



1. What are the unique qualities and properties of each flower/herb you're working with?
2. Tune into your intuition as you create your flower tincture. How could these plant allies support you in your day to day?
3. How can you incorporate mindfulness into the process of making and using your tincture?

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