

Making Your Own Essential Oils

1. Chop your plant matter as fine as possible so you get better coverage from your Oil Extraction Liquid.
2. Place chopped plant matter into a ceramic or glass bowl, cover the plant matter with Oil Extraction Liquid, then cover the bowl with a lid or glad wrap.
3. Place the bowl in a dark cupboard for approximately 12 hours.
4. Take the bowl from the cupboard and filter the liquid into a clean ceramic or glass bowl, squeeze the Sontara cloth so you get all the liquid from your plant matter. Then discard the plant matter. You can repeat steps 1 to 4 using the same liquid 2 to 5 times, or until the liquid becomes so saturated with oil you will see the oil becoming trapped in the cloth, it is now time to start the next process.
5. Take your bowl of well filtered oil saturated Oil Extraction Liquid and $\frac{3}{4}$ cover with cling wrap so the liquid can still breathe. This will stop the Oil Extraction Liquid from evaporating in this process, put the bowl into direct sunlight and within 3 hours the colour pigment (chlorophyll) will disappear along with the pungent odour. If you can't use direct sunlight the process will take longer. A way to test this is to give the liquid a stir and get a teaspoon of liquid and pour it onto a white saucer where you will see its true colour straight away. If it shows any shade of green then leave it a little longer and do the teaspoon test again.
6. Once you are confident the chlorophyll has been removed, take the cling wrap off and leave the bowl in the sun. The Oil Extraction Liquid will evaporate leaving you with a pure essential oil, extract or resin depending on which plant you used.
7. If you ended up with a powdery extract and wanted to end up with an oil, simply add $\frac{1}{2}$ a capful (5ml) of Oil Extraction Liquid to your extract and mix this into 10ml to 20ml of carrier oil. Good carrier oils are apricot kernel oil, almond oil and macadamia oil.
8. If you ended up with a resin and wanted an essential oil, simply add a few drops of Oil Extraction Liquid to a saucer and mix in your resin. The resin will break down into a thinner oil.

Aroma Therapy

Warm a bottle of carrier oil in the sun to lukewarm, then pour in a small amount of essential oil or extract. To smell stronger use more essential oil. If too strong, add more carrier oil.

Medicinal Oil

Use the same method as aroma therapy oils, except use 50% carrier oil and 50% essential oil.

Herbal Ointments

1. You will need a jar of lanolin or unscented Vitamin E cream, bee's wax and your essential oil or powdery extract. The powdery extract will mix directly into the lanolin.
2. To 50ml of lanolin or vitamin E cream add 10ml of essential oil or 1 gram of powdery extract. Mix well.
3. Melt the bee's wax in a pan so it becomes liquid.
4. Add between 30% and 50% bee's wax to your mixture and mix well. Keep mixing every 5 minutes until the ointment sets. Store in a cool dark cupboard.

Perfumes and Aftershaves

Because the Oil Extraction Liquid has a very low odour, it makes an ideal base for perfumes and aftershaves. These are very simple to make.

1. Take your extract, be it an essential oil or a powdery extract and add a small amount of this to 50ml to 100ml of Oil Extraction Liquid. Mix well by shaking. Add this liquid to distilled water or rose water. Use twice the volume of water to a volume of Oil Extraction Liquid. Shake well.
2. Put the liquid into a fancy bottle and there you have it.