

Nasal Spray Formula for Sinus Infections

- 5 drops eucalyptus tincture
- 5 drops usnea tincture
- 5 drops echinacea tincture
- 5 drops sage tincture
- 5 drops juniper tincture
- 3 drops grapefruit seed extract

Place tinctures in a 1-ounce (30 ml) nasal spray bottle, add pure water to make 1 ounce (30 ml), and replace cap.

To Use: Spray into nostrils as often as desired.

MAKING OIL INFUSIONS

Oil infusions are exceptionally useful for burns, sunburn, chapped and dry skin, skin infections, and ear drops and for use on wounds as salves. The medicinal properties of the plant are transferred to an oil base. For a salve, the oil is made thick and moderately hard by adding beeswax.

Using Dried Herbs

To make an oil infusion of *dried* herbs, take the herbs you wish to use and grind them into as fine a powder as possible. Place the herbs in a glass baking dish and cover with oil. Olive oil is a good choice because it is the one oil that will not go rancid; it is strongly antimicrobial. Stir the herbs to make sure they are well saturated with oil, then add just enough oil to cover them by $\frac{1}{2}$ to $\frac{1}{4}$ inch (13 to 6 $\frac{1}{4}$ mm). You may leave them in the sun for 2 weeks or bake them in the oven on the lowest heat your oven allows for 8 hours or overnight. Some herbalists prefer to simmer the herbs and oil for as many as 10 days at 100°F (38°C) in a slow cooker. When the preparation is ready, strain the oil out of the herbs by pressing in a strong cloth with a tight weave.