

## HOW TO MAKE



### YOU'LL NEED

- FROZEN PROPOLIS
- MORTAR & PESTLE
- GLASS CONTAINER (dark or covered)
- GRAIN ALCOHOL
- SMALL DARK BOTTLES w/ DROPPERS

- ① Break up frozen propolis & remove debris.
- ② Return cleaned propolis to freezer
- ③ Grind propolis with mortar & pestle.
- ④ Put in glass container & fill with alcohol.
- ⑤ Shake often while waiting (2 weeks min.)
- ⑥ Pour off clear liquid on top into dark bottles.
- ⑦ Add more grain alcohol & repeat (will become darker.)
- ⑧ Stop when liquid on top no longer darkens.

tincture	100% alcohol		propolis
	oz.	or fl. Oz.	oz.
10%	22	27.0	2.5
20%	17	21.0	4.25
30%	17	21.0	7.25

tincture	70% alcohol		propolis
	oz.	or fl. Oz.	oz.
10%	22	25.3	2.5
20%	17	19.6	4.25
30%	17	19.6	7.25

Source: Gary Reuter, University of Minnesota  
<http://www.tc.umn.edu/~reute001/htm-files/Propolis%20extract.html>

### BASE OIL-BEAUTY BENEFITS

**Coconut** Naturally coconuts are packed with protein, vitamin E, and fatty acids that can be absorbed into the skin easily. It also has antibacterial properties. The oil is solid at room temperature, making it easy for travel and a good base for your DIY lotion recipes.

**Grape seed** For women with acne-prone skin, grape-seed oil is one of the best picks because of its astringent properties. It naturally contains linoleic acid, which has healing and anti-inflammatory properties. It's quickly absorbed into the skin (and hair) and delivers antioxidants deep into the cell tissue.

**Jojoba** Jojoba is naturally similar to human sebum. Therefore women with oily skin and scalp can benefit the most from a moisturizer with jojoba to help regulate the epidermis's natural production of oil.

**Olive** Antioxidant-rich olive oil is the ideal DIY-recipe ingredient for women with dry skin and eczema. This heartier liquid is also a good choice for women with aging skin because of the vitamins A and E.

**Sesame** Bacteria doesn't stand a chance against sesame oil. For centuries, it has been used in Ayurvedic medicine to counteract high cholesterol and viruses. This should be your go-to base oil to remedy skin irritation like wind and sunburn.

**Sweet almond** Almond oil is a natural way to clear dead skin cells. You can apply the elixir to get a more even skin tone and remedy dark spots. However, take note that almond oil should not be used by those with nut allergies.

### TREATMENT OIL-BEAUTY BENEFITS

**Arnica** If you frequent the gym, arnica should be in your workout bag. The fragrant oil will help improve circulation and take down swelling, bruising, and pain. It's a natural relaxant for sore muscles.

**Carrot Seed** The beta-carotene and vitamin A in carrot seed oil help stimulate cell growth and detox the skin. You can also slather it on to protect your skin from environmental damage (UV rays, pollution) as well as to keep moisture in.

**Evening Primrose** Eczema sufferers have probably heard of the moisturizing effects of evening primrose. The fatty acids found naturally in this liquid are proven to help soothe the itch and inflammation.

**Tea Tree** In recent years, tea-tree oil has become popular for its infection-fighting power. Acne, nail fungus, dandruff, lice, and insect bites can all be alleviated by a tea-tree poultice because it naturally kills bacteria.

### ESSENTIAL OIL-BEAUTY BENEFITS

**Calendula** Acne-prone skin can benefit from a mix made with calendula oil. It can reduce redness and swelling, in addition to being an anti-inflammatory and free-radical fighter. You can also use it to minimize under-eye bags.

**Chamomile** Azulene is the main component in chamomile that helps calm the skin. It's a key ingredient to soothe irritated areas like psoriasis, spider veins, acne scars, eczema, and sunburns.

**Eucalyptus** Eucalyptus is a healing herb that has been used in Australia for centuries in wound care. The fragrant oil can also be handy as an all-natural insect repellent.

**Geranium** Geranium is a powerful antiaging oil. It has astringent properties, which can tighten loose skin. It also has antioxidants that help encourage cell turnover, meaning you'll have fewer wrinkles to begin with.

**Jasmine** Your skin will benefit from jasmine's ability to improve elasticity. It's definitely one to include in brightening skin concoctions and can be used to fade stretch marks and acne scars.

**Lavender** One of the most recognizable essential oils, lavender can do much more than help you sleep. Massaging an oil tincture including lavender into the scalp can curb hair loss and help with headaches, too.

**Peppermint** Pack a bottle of peppermint oil on your next camping trip to soothe the itch of poison ivy or other allergic reactions. You can also apply a few drops of the oil to the face (mixed with a carrier oil) to clear the sinuses or soothe a tension headache.

**Rosemary** In aromatherapy, rosemary is used as an energizing scent to clear the mind. When used on your skin, it can stimulate blood circulation to soothe aching muscles and ease the joint pain of arthritis.

**Thyme** Studies show that thyme can be an effective natural solution for acne. Its antibacterial properties stop pimples before they can fester into a larger breakout. Mix a few drops into a bottle of witch hazel for an oil-clearing toner.

**Ylang-Ylang** Ylang-ylang has been used for decades to protect strands against salty ocean water, and it can also promote hair growth and thickness. The oil also a stress-relieving scent that works well in any DIY massage oil recipe.

SOURCE: PopSugar.com