

Herbal Extracts

Herbal extracts are also commonly referred to as tinctures. If the term *tincture* is used without a descriptor, you can assume that it denotes an alcohol tincture. Tinctures made from other menstruums are usually referred to as a glycerin tinctures or vinegar tinctures.

Internal Remedies

Alcohol Tincture

Menstruum for alcohol tinctures should be at least 100-proof vodka.

Fresh Plant Maceration

1:2 weight/volume (1 part plant by weight:2 parts menstruum by volume)
Let the herbs steep for 1 to 2 moon cycles, or 4 to 8 weeks, then strain.

Dry Plant Maceration

1:5 w/v (1 part plant by weight:5 parts menstruum by volume)
Let the herbs steep for 1 to 2 moon cycles, or 4 to 8 weeks, then strain.

Wine

Fresh plant maceration 1:2; dry plant maceration 1:5
Steep the herbs for 1 moon cycle.

Vinegar Tincture

Fresh plant maceration 1:2, dry plant maceration 1:5
Steep the herbs for 1 to 2 moon cycles.

Cordial

Add ½ part honey or another natural, raw, unrefined sweetener to any steeped and strained alcohol or vinegar tincture.

Glycerin Tincture

Works best with fresh herbs, 1:2 w/v. It's best to add a small amount of alcohol, totaling 25% of the menstruum, as a preservative and helpful extractive, but if your glycerin tincture needs to be alcohol free, make sure the water content does not exceed 45%.

External Remedies

Liniment

Fresh plant or dried plant maceration in rubbing alcohol. Use alcohol tincture weight to volume ratios or follow the folk method.
FOR EXTERNAL USE ONLY.

Vinegar Wash

Use a standard vinegar extract as an external wash/ toner for the skin.

Alcohol Tincture

There are many circumstances when it is appropriate to apply alcohol tinctures directly to the skin.