

Yarnica (Yarrow + Arnica) Healing Oil



INSTRUCTIONS BY GAYLA PEDERSEN

MATERIALS:

- Herbs in any proportion
 - Dried northern yarrow (*Achillea millefolium* L.)
 - Dried arnica (*Arnica montana*)
- Oil—olive, almond, argon, jojoba, or any other oil you consider healthful. Use one oil or a mix of oils.
- Cheesecloth
- Glass jar large enough for your ingredients, with a lid
- A few drops of vitamin E oil as a preservative
- Bottle for finished oil (won't need until later)

We do not recommend using wild plants without proper training on safety and identification. All plant experimentation is done at your own risk.

INSTRUCTIONS:

1. Pack dried plant material into a glass jar and leave some space at the top.
2. Pour oil into jar over plant material and let it seep to the bottom. Add a few drops of vitamin E oil. This will keep the oil from spoiling and is recommended.
3. Tap the jar on a table or use a spoon to push down the plants and release air bubbles.
4. Add more oil to fill the jar to the top. Leave as little room for air as possible.
5. Seal the jar.
6. Place the jar in a dark room for 6 weeks to allow the plants to infuse the oil.
7. Shake the jar daily to inhibit mold growth.
8. After 6 weeks, strain the contents of the jar through a cheesecloth to separate the oil and herbs.
9. Transfer the oil to a bottle. It is now ready for use!
10. The plant material can be composted.

This activity creates anti-inflammatory, analgesic, and antiseptic healing oil. People use it to treat bruises and swollen joints. Before the availability of drugstore remedies, Alutiiq healers steeped plants in water to release their soothing properties. Both yarrow and arnica are known for their ability to ease aches and treat bug bites and sores.

**For external use only.
Do not ingest or apply
to open wounds.**

