

LAVANDULA ANGUSTIFOLIA (LAVENDER) RECIPES

ACE OF CUPS APOTHECARY



LAVENDER STEAM

Lavender Steam

Ingredients

- Lavender plant
- Water

Method

- Place in a pot
- Bring to a gentle boil
- Turn to simmer
- Use towel as a tent
- Be cautious, do this at your own risk



LAVENDER

BATH AND SCRUB

Lavender Bath

Ingredients

- Lavender flower or aerial parts
- Mesh fabric or bag
- A bath tub

Method

- Place the lavender flowers (or aerial parts) fresh or dried in to a mesh fabric
- Seal and place under faucet while running bath

Lavender Scrub

Ingredients

- 1 cup oats
- 1 cup almonds
- 1/2 cup lavender

Method

- Blend in a blender and use as a face scrub, add bentonite clay (after blender) to make a mask



LAVENDER TEA AND HONEY

Lavender Tea

Ingredients

- Lavender tea can be quite lovely as a single plant tea
- Ingredients
- 1 tsp lavender
- 8 oz water

Method

- Bring water to a boil and remove, wait 30 seconds and add lavender
- Steep 5 minutes and strain

Lavender Honey

Ingredients

- Lavender
- Mesh fabric
- Honey (preferably local)

Method

- Place 1/2 cup lavender in a mesh bag
- Put in a sterile and dry jar (be sure it is completely dry)
- Pour honey over and let sit for 2-4 weeks



LAVENDER LEMONADE

Lavender Lemonade

Ingredients

- Lavender flowers
- Lemons
- Optional-Honey
- Optional-alcohol of your choice

Method

- Make a lavender tisane
- Add lemons to taste
- Add honey to taste (slightly warm honey so it mixes well but don't overheat)



LAVENDER GLYCERIDE

Lavender Glyceride

Ingredients

- Lavender
- Sustainable ethical food grade glyceride

Method

- Place 28 grams of lavender in a sterile jar
- Add a 70% glyceride (70% glyceride and 30% spring or distilled water)
- Let sit 4-6 weeks
- Strain

