



# Quick Guide

# How to Infuse Oils for

# Magic & Medicine

METHODS, RATIOS, AND MAGICAL USES

## QUICK RATIOS & BASICS

### Herb to Oil Ratio

1 part dried herb : 3-5 parts oil (by volume)

### Container

Sterilized glass jar with tight-fitting lid

### Shelf Life

6 -12 months (store in a cool, dark place)

## CARRIER OILS

**Olive** - Protective, nourishing, easy to source

**Jojoba** - Long shelf life, skin-friendly

**Coconut** - Great for solid salves and body blends

**Sunflower** - Light texture, neutral scent

## PRO TIPS

- Always label jars (herbs, oil type, date, intention)
- Use dried herbs to prevent mold
- Choose a carrier oil suitable for the intended use

## METHODS AT A GLANCE



### Solar Infusion

**Time:** 2-6 weeks in a sunny window

**Best For:** Flowers & sun-aligned herbs (calendula, chamomile)



### Warm Infusion

**Time:** 2-4 hours

**Best For:** Woody or resinous herbs (rosemary, cinnamon)



### Cold Infusion

**Time:** 4-8 weeks in a dark cupboard.

**Best For:** Delicate or skin healing herbs (comfrey, lavender)

## CORRESPONDENCES

**Rosemary:** Protection, purification, memory

**Calendula:** Healing, solar energy, happiness

**Lavender:** Great fo salves and body blends

**Mugwort:** Dreamwork, divination, spiritual travel

**Peppermint:** Clarity, energy, prosperity

