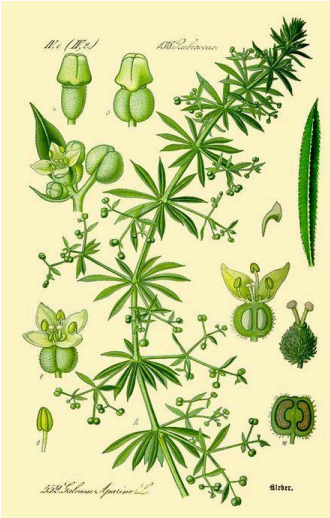
Spring Joy Rising: making seasonal tonics

Sunday 6th March 2022 @ Hornbeam Cafe, Walthamstow
with the Community Apothecary

Galium aparine



Cleavers Infused Oil & Lotion

Cleavers, otherwise known as Sticky Willy because of the sticky hairs that make it cling to you, is a great traditional spring tonic. Often used as a juice or infusion to help cleanse the body after the winter. Topically, it is a cooling, soothing anti-inflammatory for dry, cracked, hot, irritated skin, burns or bites.

Ingredients:

- **Fresh Cleavers - gather a good bagful from a clean spot**
- **A carrier oil e.g. almond, olive, sunflower, grapeseed**
- **Beeswax**
- **Aloe vera gel**

- Lavender essential oil (optional)

<u>Cleavers Infused Oil</u>

- Chop a large handful of fresh cleavers, put in a bowl and cover with approximately 300ml of sunflower or olive oil
- Place the bowl over a pan of hot water, cover and leave to infuse on a low heat for a couple of hours, making sure the water doesn't boil dry
- Strain and repeat the process with more chopped fresh cleavers, using the already green oil and re-infuse for a couple more hours
- Strain and leave in a bowl or jug overnight to allow for watery fluids to sink to the bottom, then pour off the infused oil into a sterilized bottle and label

<u>Make into a cooling Cleavers lotion for hot, irritated skin</u>

- Put the infused cleavers oil back into a clean bowl, adding 1g of beeswax for every 10ml of oil
- Reheat gently over the pan of water till all the wax melts so the mixture is completely liquid
- Take off the heat and leave to cool – when it's almost cool, but not solid, add Aloe Vera gel, the same amount in weight as your oil, and Lavender essential oil (1 drop for every 10ml of oil) and mix well with a wooden spoon or whisk
- Pour into sterilized jars and label with the name of the preparation, the date, ingredients, instructions for use and best before date.