Make an Herbal Infused Body Oil with Arina from BellaCreme

Chapter 1 - Make an Herbal Infused Body Oil

Overview

(soft jazzy music) - I believe in creating products with care, consciousness, and consideration. I'm Arina Soler, owner and operator of BellaCreme, an all-natural skincare business, operating out of the Hudson Valley in New York. In this class, I will teach you how to make your very own bottle of herbal-infused oil, which is the very first step toward creating products that are both beautiful and resourceful. I started my business because as an eczema sufferer, I found it difficult to access products that were efficient, inexpensive, or made with quality ingredients that I wanted to use. I found it necessary to not only connect with nature, but to also use exactly what I wanted to use and know exactly what I was putting on my skin. Eight years later, I still enjoy making these products for myself, my family, and my community. (soft chimes fading)

How to choose botanicals and oils

- The ingredients you need for this herbal infusion include; carrier oils and dried botanicals. We're going to be using grape seed oil but you have the option to also use a simple soybean vegetable oil that you may find in your cabinet at home as well as a coconut oil. You can source lavender from your very own garden. If you do choose that option, which you must make sure of is that your lavender is completely dry before you apply it to your infusion. If you don't do that, it may mold over and introduce bacteria and your project will be ruined. In addition, if you don't have your very own botanicals available you can purchase different botanicals such as calendula, rose petals and lavender. These are all going to come dry it already and if you don't have that option available, you can always use an orange peel, which again you must dry completely before introducing to your infusion. The tools that you'll need include a jar with a lid and an airtight seal, a measuring cup, a mini funnel, a fine mesh strainer and a bottle with a dropper for ease of packaging. Also, if you choose to add any additional essential oils, you would use this dropper. I have lemongrass and lavender here. Always remember, this is your ideal herbal infusion so feel free to use the ingredients and scents that you love.

Infusing

- I've chosen grapeseed oil as my carrier oil and lavender as my dried botanical. What you're going to do first is measure out your botanical into your measuring cup. I'm using about a cup of dried botanical. Then you take your airtight container, and you pour your dried botanicals in. The next step is to take your carrier oil, and carefully pour it over your dried botanical. You want to be sure that your botanical is completely submerged. I use one cup of oil. If you find that what you've measured out is not enough, as far as the oil is concerned, you can always add additional oil or additional botanical, if you have some on hand. Close your product back up, give it a little shake, and now it's set to wait six to eight weeks. Be sure to agitate your infusion daily. You also have the option to put it out in the sunlight or in the moonlight. In addition to that, you can always check and see if it is scented exactly the way you like. Remember that some infusions may turn colors, but not all of them. The recipe for this lavender oil infusion, as well as a rose petal oil infusion, can be found in your PDF.

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Straining and Bottling
- After six to eight weeks, check your infusing using your dropper. If you don't have a dropper on hand, you can always use a Q-tip but be sure not to introduce any bacteria to your infusion. This can occur if you are using your finger because we have a lot of bacteria on our hands. If the scent is to your liking, you can feel free to move to the next step. The next step is to drain the oil from your infusion. (liquid dripping) In order to prolong the shelf life on your infusion, it's a good idea to add dried botanicals to the bottle prior to adding the oil. As long as there's a botanical present within the bottle, the oils will not go rancid. You don't need a lot, just a little. Using your mini funnel, you can pour your oil into the bottle. Stop pouring at the neck because once you add the dropper, it will displace some of the oil and we don't want it to overflow. At this stage, you can choose to use any essential oil that you'd like to boost or compliment your scent. In this case, I'm using lemongrass and lavender essential oil, lavender to boost the scent of the lavender infusion, and lemongrass to compliment the scent of lavender. I'm adding 10 to 15 drops per essential oil. You can vary how much or how little essential oils you add to your finished product, based on who will be using it. For instance, a baby will not be able to safely use 20 to 35 drops of essential oil, they'll need less, as well as anyone who is elderly who may be using it. However, for you, you can use as many or as little as you'd like, based on your skincare needs.

Uses for infused oils
- When I create my infusions, I make my decision on what carrier oil to use and what botanical to use based on what I want from the desired product. Here, I've used grapeseed oil and goldenrod. Goldenrod is a great botanical for healing, as well as for eczema sufferers. Grapeseed, which is the carrier oil used here, is perfect for balancing out the natural oils within your skin, with its astringent properties as well as going on as a very non-greasy formula and moisturizing your skin. Here, I've used lemongrass, which has anti-dandruff properties, and you can see the infusion has caused the oil to become a very dark green. Another botanical that I love is rosehip. Rosehip is perfect for mature skin and it changes the oil a nice, beautiful orange. If you're more interested in scent, it might be a good idea to choose either lavender or rose petals. Both of these botanicals will produce a light, floral scent, in addition to numerous beneficial properties, such as anti-inflammation, soothing, and moisturizing. Castor oil is another great carrier oil to use. You can always add additional essential oils to it because it has a very strong sense of its own, but it's perfect for thickening the hair follicles, as well as conditioning the skin. Because of the fat content in oils, they do have a propensity to go rancid. So, it is a good idea to either store them in the refrigerator or use them within six to 12 months. Remember that you're one step closer to creating your ideal skincare regimen. Each of the oils that you create can be used in the ways that you choose. You can use any of these oils as a nighttime skincare routine, placing the oil on your face right before bed and allowing the moisture to soak into your skin while you sleep, as well as using the oils as both a deep-conditioning and during protective styling on your scalp. And lastly, the oils can be added to your bathtub or applied directly to your skin fresh out of the shower. But feel free to do whatever you'd like with these oils. Remember, it is your creation.

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