



# Everything Herbal by Cheryl Jabz

Herbs for Health ♥ Home ♥ Body ♥ Garden ♥ Kitchen

Simple. Natural. Made with Love. ♥



## LEMON BALM *Skin Soothing Oil*



A gentle herbal oil infused with lemon balm to help calm and comfort the skin. Perfect for everyday use on dry, irritated skin or minor rashes.



*Lemon Balm is known for its:*

Calming Properties • Skin Soothing  
Antioxidant Support • Gentle Healing



### INGREDIENTS

- ♥ Fresh lemon balm (wilted 24 hrs)
- ♥ Carrier oil (olive or almond)

*Tip:* Wilting the leaves helps reduce moisture so the oil stays fresh longer.



### INSTRUCTIONS

- 1 Fill a clean glass jar with wilted lemon balm leaves.
  - 2 Cover completely with your chosen carrier oil.
  - 3 Seal the jar tightly.
  - 4 Let sit in a warm spot for 2–3 weeks, shaking gently every few days.
  - 5 Strain through a cheesecloth or fine strainer into a clean bottle.
  - 6 Store in a cool, dark place.
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Helpful for calming irritated skin or minor rashes.

Patch test before use. Avoid broken skin or serious rashes. 



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