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How to Make Lemon Balm Oil

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Lemon balm oil, with its striking aroma and versatility, is a wonderful addition to any holistic medicine cabinet. Derived from the leaves of the lemon balm plant (*Melissa officinalis*), this oil has a refreshing citrus scent and is well-known for its ability to calm the mind.

Crafting your very own lemon balm oil at home is a simple yet rewarding process that allows you to use its therapeutic potential in the privacy of your own home, and maybe have some bragging rights when it's all said and done.

First, let's take a look at some of the benefits of lemon balm oil. After that, we'll dive right into how to make DIY lemon balm oil.

How to Make Lemon Balm Oil: Step-By-Step

Here is a step-by-step guide to making lemon oil in the comfort of your own home:

1. Gather Your Ingredients First

To start on your lemon balm oil creation journey, acquire these few things:

1. Fresh lemon balm leaves: Either harvested from your garden, bought from your local community, or purchased online from a reputable source. The fresher the better. (Note: If you can't find fresh lemon balm leaves, it's better to simply purchase lemon balm oil ready-made instead of working with sub-par ingredients; we recommend a shop like **this**.)

2. Carrier oil: High-quality carrier oils should be utilized for this process. Olive, almond, and coconut oils are perfect for this task. The carrier oil extracts the essence of the lemon balm leaves over a period of time.

3. Clean glass jar with proper lid: Before the infusion process, scald the jar in hot water to adequately sterilize it.

2. Prepare the Leaves

Before the infusion process, it's crucial to prepare the lemon balm leaves:

1. Wash the leaves thoroughly under running water to remove any dirt, bugs, or any other kind of debris.

2. Dry the leaves with a paper towel or another clean kitchen towel, removing as much excess moisture as possible.

3. Set out the leaves to dry.

4. Once dried, chop up the leaves finely. This helps to speed up the extraction process as opposed to adding whole leaves to the carrier oil itself.

3. Infuse the Lemon Balm Leaves into the Carrier Oil

Now it’s time to infuse the lemon balm leaves into the carrier oil of your choice:

1. Place the chopped lemon balm leaves into the clean and sanitized glass jar.

2. Pour the carrier oil you chose over the leaves, making sure they are completely submerged.

3. Proceed to seal the jar tightly with a lid.

4. Start the Infusion Process

Now here’s what you’ve been waiting for. To extract scented compounds from the lemon balm leaves, do this:

1. Store the sealed jar in a dark place that isn’t too cold or too hot. Make sure it’s out of direct sunlight as well.

2. Allow this mixture to infuse for at least two weeks, shaking the jar every day slowly to help with the process of extracting the fragrance from the leaves.

3. The longer you do this process, the more potent the oil will end up becoming. Two weeks is a good minimum, but an entire month will make the oil incredibly potent when it comes to fragrance and holistic effect.

5. Strain and Store

After the infusion time duration of choice has been completed, follow these steps to strain the oil and store it for future use:

1. Place a fine-mesh strainer or cheesecloth over a clean bowl or measuring cup (make sure the cup or bowl is sterilized as thoroughly as possible).

2. Slowly pour the infused oil mixture through the strainer, allowing the pure oil to collect in the container below.

3. Gently press the leafy bulk still in the strainer to extract even more oil from the original infusion mix.

4. Transfer the newly strained lemon balm oil into clean, dark glass bottles and store accordingly. The dark glass bottles are crucial, as they help to protect the oil from light exposure. This allows the oil to last far longer than in a regular, clear glass bottle.

How to Use Your Homemade Lemon Balm Oil

Here are just a few ways you can use your homemade lemon balm oil:

1. Aromatherapy: Add a few drops of your lemon balm oil to a diffuser to help fill your home with an elevated yet relaxing energy.

2. Mix the lemon balm oil into a carrier oil, like coconut or olive oil, for a great massage oil that helps to relieve stressed-out, painful muscle groups.

3. Put a few drops in a hot water bath for a calm and relaxing session. The smooth yet refreshing lemony fragrance can help lift your soul after a long hard day on the clock.

4. Since lemon balm is anti-inflammatory and anti-bacterial, it can be a natural remedy for cold sores, shingles, rashes, bug bites, and irritated skin in general.

Final Thoughts on How to Make Lemon Balm Oil

Making your own lemon balm oil at home is a simple and elegant process that allows you to take advantage of the holistic and aromatic benefits of this refreshing herb.

So, put a little DIY in your life and take a stab at making your own lemon balm oil today.

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