

Red Rose Anointing Oil

To begin making any sacred object, oil or remedy, start by cleansing your working space, tools and ingredients.

You can use sage to smudge everything, or place your hands over them and use your intention and prayer.

Prepare yourself as well by cleansing your body in whatever way feels meaningful.

Ingredients

Base oil: 1 Cup total: Olive oil, jojoba, or sweet almond oil can all be used as a base.

Essential oils: It is recommended you buy these at your local health food store or a known reputable supplier. There are many oils on the market that are cut with chemicals and diluted somehow. Some oils that are known to be good quality (not the highest) are Young Living and doTerra.

Plants(optional): Rose petals, frankincense or myrrh resin

Instructions

If you choose to make your base oil infusion with plants, you will need 1 cup of oil, $\frac{1}{3}$ cup rose petals, $\frac{1}{3}$ cup resin. Only 30mL is required to make your anointing oil.

Place oil and plants in a double boiler (oil heats up too quickly directly on the stove) and let steep on low heat (do not let oil boil) for 6-8 hours.

Strain your plant matter and use the oil for your anointing blend.

Add essential oils to base oil once it's cooled off. If there are any of these essential oils you do NOT like on its own, do not add it to the blend.

Blend:

30mL base oil

Rose (Absolute or Otto): 5 drops

Frankincense: 5 drops

Myrrh: 4 drops

Patchouli: 3 drops

Ylang Ylang: 2 drops

Cinnamon Leaf or Bark: 1 drop

Shake well and let sit and marry for 24 hours before using.