

HOW TO PREPARE WITCH HAZEL

— *Hamamelis virginiana* —

Simple Herbal Preparations

DISTILLATE

— *Witch Hazel Water* —



1. Simmer twigs & bark
2. Steam-distill & collect liquid,
3. Bottle & store cool, dark.

*Traditionally used externally
to tone skin and calm irritation*

DECOCTION

1. Simmer 1 tablespoon dried witch hazel bark in 1 cup water, covered, for 10–15 minutes.
2. Strain thoroughly to extract liquid,
3. Use as a wash or compress.



TINCTURE

1. Fill a jar $\frac{1}{2}$ full with chopped dried bark.
2. Cover with high-proof alcohol and infuse for 4–6 weeks.
3. Strain, bottle & label.

**Used in small, measured
amounts for vascular
support (with guidance)*



COMPRESS

1. Prepare strong decoction
2. Soak clean cloth in warm liquid,
3. Apply 10–15 minutes to affected area.
4. Repeat as needed.



WITCH HAZEL RESTORES STRUCTURAL BALANCE

Strengthens tissues where they have become lax

- Boundary-firming • Bleeding-compressing.
- Vessel-steadying

Tightens and firms where tissue has become lax