

HOW TO PREPARE WHITE PINE

Simple Herbal Preparations

HERBAL SYRUP



1. Simmer 1 cup dried pine needles in 2 cups water for 20 minutes with the lid ajar.
2. Strain, add 1 cup honey, and bottle.

STEAM INHALATION

1. Add fresh needles in a large bowl of steaming water.
2. Cover your head with a towel and inhale the aromatic steam deeply.



INFUSED OIL



1. Fill a jar $\frac{2}{4}$ full with fresh, roughly chopped pine.
2. Cover with oil. Infuse in a warm spot 4-6 weeks, then strain & bottle.

SALVE

1. Mix 1 part resin-rich infused oil with 1 part melted beeswax.
2. Pour into tins, let cool to solidify.

