

## Making a Herbal Honey Facial: A General Procedure



photo/www.morguefile.com Honey is loaded with healthy properties, among them the ability to rejuvenate and heal the skin. As a facial treatment, honey removes acne without drying and helps smooth large pores; great for teens and women facing unbalanced hormones late in life as well.

The technique for this facial was inspired by the Honey Pat in *Herbal Body Book* by Jeanne Rose. I use Melissa (

[lemon balm](#)

) honey in the dark months to give my spirits a lift while cleansing and balancing my skin. Calendula honey is wonderful for sun-damaged or sunburned skin.

[Nettle](#)

honey is a great one for summer, when those extra nutrients help combat the harsh effects of sun, wind, and rain.

Herbal Honey is edible so long as the herbs you add are edible and makes a delicious condiment as well.

### A General Procedure for Making Herbal Honey

This is a basic procedure, not a recipe. Feel free to adjust the measurements in this procedure; they're there to give you a good guideline for the right proportions. [For specific recipes using](#)

[this technique, see The Practical Herbalist Recipes.](#)

### **Equipment you'll need to make Herbal Honey:**

- Kettle or pot to boil water
- Heat proof, resealable glass container
- Strainer
- small non-reactive pot
- heat proof, resealable jar for storing your honey
- Label and pen

### **Ingredients for making Herbal Honey:**

- 1 Tbsp. dried herb or 1/4 cup fresh herb
- 1 cup of water
- 1 cup honey

### **Procedure for making Herbal Honey:**

1. Make a strong infusion by boiling the water then adding it to the dried or fresh herbs in a resealable, heat-proof glass or other non-reactive container and let it stand covered for half an hour or more. Be sure the herbs are thoroughly soaked before you cover and set it aside.
2. Strain the herb from your infusion, saving the liquid, and discard or compost it.
3. Add the liquid and a cup of honey to a non-reactive pot.
4. Gently heat the mixture over medium to low heat, bringing it to just under a boil.
5. Allow the mixture to slowly reduce until it is roughly the consistency of honey.
6. Pour the herbal honey into a heat-proof glass container and label it.

### **Using your Herbal Honey as a Facial**

Pat a small amount of herbal honey into your skin. It will absorb into your skin as you pat. When it becomes sticky enough to pull or tug your skin, stop. Let the honey soak into your skin for up to 10 minutes, then wash it off with warm water.

### **Storing Herbal Honey**

Keep your Herbal Honey in a sealed container in the refrigerator or a cool, dark place. In the refrigerator, it will last six months or more although it will crystalize at this temperature. Simply take out what you need and reheat according to the instructions above.