

## Soothing Lavender Tincture

Do you find the scent of lavender soothing? Did you know that herbalists have used it for generations to ease aches and pains?

Vodka has been enjoyed since at least the early Middle Ages, and while it has been popular as a drink there are other uses such as this lavender tincture. Vodka also has a long history of use as medicine, having been sold by druggists to cure everything from infertility to colic and the plague. While some of those historic promoters were half-cocked, it's true that vodka has a wide range of potential uses beyond serving as a relaxer and social lubricant.

Why would you want to do anything else with vodka but drink it? It is widely available, effective and less toxic than many of the chemical alternatives you might use for these tasks.

### How to Make a Soothing Tincture

#### Tools Needed:

Glass jar

Lavendar flowers

Vodka

Strainer

Storing jars (baby jars are a great use for this)

Fill a clean glass jar with fresh lavender flowers, then top off with vodka. Seal the lid tightly and place in the sun for three days (same idea as making sun tea!).

Strain the resulting liquid through a coffee filter, and it's ready. You have a homemade tincture to rub into aches and pains. You can pour into smaller bottles, decorate them, and give them as unique gift.