

Queen of Hungary's Water

Learn how to make The Queen of Hungary's water, a gentle cleanser that draws on the healing gifts of rose and chamomile to tone and nourish the skin.



I find this recipe to be very forgiving and just use tablespoons measurements for the parts, though you could also do it by weight.

- 6 parts lemon balm (12 tablespoons fresh or 6 dried)
- 4 parts chamomile (8 tablespoons fresh or 4 dried)
- 4 parts roses (8 tablespoons fresh or 4 dried)
- 3 parts calendula (6 tablespoons fresh or 3 dried)
- 3 parts comfrey leaf (6 tablespoons fresh or 3 dried)
- 1 part lemon peel (2 tablespoons fresh)
- 1 part rosemary (2 tablespoons fresh or 1 dried)
- 1 part sage (2 tablespoons fresh or 1 dried)
- About 1 quart apple cider or wine vinegar (enough to fill quart jar)
- $\frac{2}{3}$ to 1 cup rose water or witch hazel extract
- A few drops essential oil of lavender or rose for scent (optional)

- 1 Place the herbs in a widemouthed jar.
- 2 Fill the jar with enough vinegar that it rises an inch or two above the herb mixture.
- 3 Cover tightly and let it sit in a warm spot out of direct sunlight for 2 to 3 weeks.
- 4 Strain out the herbs.
- 5 To each cup of herbal vinegar, add $\frac{2}{3}$ to 1 cup of rose water or witch hazel. (It is important to dilute the vinegar in this way rather than applying it to your skin straight to prevent burning.)
- 6 Add a drop or two of essential oil, if desired.
- 7 Rebottle. This product does not need to be refrigerated and will keep indefinitely. (Note that if you use raw apple cider vinegar to make it, vinegar mothers will form in the jar and need to be removed periodically, and I'm not sure it will actually last indefinitely, but I like Rosemary's optimism. I know my quart lasts at least six months.)
- 8 (My note: Soak a cotton ball in the vinegar solution and apply to face. You will likely feel a tingly or even slightly burning sensation. Rinse the vinegar from your face with cool water, dry, and then apply your moisturizer of choice — an infused herbal oil or cream, perhaps.)