

Practitioner Range: Tinctures Glossary

Maceration: The process of soaking a herb (mark) in a solvent (menstruum). For tinctures our menstruum is organic grain alcohol (ethanol) and typically we macerate our herbs for 28 days.

Fresh Tincture: A fresh tincture is tincture made with fresh herbs i.e. not dried, traditionally known as a Specific tincture.

Infusion: The herbs are infused in water before the alcohol is then added. The infusion can be with hot or cold water and this mixture is usually left for at least 12 hours. A hot infusion enables the release of specific constituents from the herb. Once infused, alcohol is added, and this is then macerated for 28 days.

Decoction: In a decoction the herb is heated, potentially even boiled for up to 24 hours. This process is used for tougher plant parts such as roots and barks, or to make syrups and stronger concentrates. For our decocted tinctures we heat half of the herb in water for about 45 minutes at a temperature of 65 degrees, after which it is left to cool overnight. The next day the alcohol, along with the remaining herb, is added carefully to avoid separation, this is then left to macerate for 28 days.

Repeat Maceration: This process is used where the dried herb is too absorptive to achieve a 1:3 tincture, for example, Nettle leaf. Instead, half of the herb quantity is macerated for two weeks, this is then pressed, and the remaining half of the herb is added to the for a further 14-day maceration.