



NATURAL FLAXSEED GEL/SERUM

A source of protein, polysaccharides, and nourishing oil

INGREDIENTS

- 1/4 cup Brown Flax Seeds
- 2.5 cups of Distilled Water
- 20 Drops Essential Oil (Optional) I used Rose :)
- 1 oz of Aloe Vera Juice
- 12 to 20 oz glass jar with lid
- Clean knee-high stocking
- Glass Measuring Cup

PREP TIME

- Prep | 20 minutes
- Cook | 7-10 minutes
- Cool | 45-60 minutes
- Duration | 4 weeks to a month

PROCEDURE

01

Take the brown flaxseed and put in a sieve and rinse thoroughly. A few passes.

02

Pour water into a sauce pan, bring water to a slow boil. Pour flaxseeds into the water, carefully. Allow the seeds to boil at medium heat for 7 to 10 minutes. Till the mixture thickens to a mucilage-gel like consistency. Not too thick but not too runny.

03

Turn off the stove. Allow the mixture to cool for 45-60 minutes.

04

Once cooled, pour mixture into the clean knee-high stocking over the glass measuring cup. Squeeze out the gel into the cup.

05

Add the essential oil, aloe vera into the glass cup and mixture. Mix till fully incorporated. Pour into glass jar and LABEL. It can be stored in the fridge between 4 weeks and a month.