



LAVENDER VINEGAR

Posted on July 11, 2022 by Amanda Clouse

Maybe you are wondering what in the world you are going to do with lavender vinegar and... it's a fair question. But hold your scroll for just a minute. If you weren't already aware, vinegar is great for cooking, but it's also a fantastic tool to keep around your humble homestead. This sweet-smelling vinegar can be used by chemical-free mamas and do-it-yourselfers alike for many things like lavender vinegar cleaner or a chemical-free laundry softener.

Have you ever tried lavender-infused flea spray? There are so many lavender vinegar uses, and each may be best with a different kind of vinegar, so let's break it down real quick before moving on to the good stuff.

Lavender Vinegar Uses

The scent of the lavender flower, be it a fresh sprig in the summertime or dried buds from last year's harvest, is bold enough to mask strong odors (like vinegar) yet beautiful enough to tempt internal bliss with just one whiff (maybe even call you back for a second or third)— making lavender is an excellent companion for vinegar.

Here are a few things you can do with your lavender-infused vinegar.

Lavender Vinegar All-Purpose Cleaner

Lavender is [antimicrobial](#), and vinegar is a well-known all-purpose cleaner. Lavender vinegar cleaner leaves surfaces clean and streak-free, and it's excellent for removing soap residue. You can use lavender vinegar cleaner on counters, floors, and even glass. And because of its antimicrobial properties, you can also use this cleaner in your bathroom and kitchen. The whole room will smell amazing when you're done.

Simply mix up a 1:1 ratio of lavender vinegar and water and add it to a spray bottle. For a tub and shower cleaner, try adding some dish soap to your cleaning sponge or magic eraser along with your lavender vinegar cleaner. This combination works great to remove hard water stains and soap scum. No harmful chemicals are needed! And for a better natural glass cleaner, you can mix a 1:1:2 ratio of lavender vinegar, rubbing alcohol, and water.

Lavender Vinegar Laundry Softener

Lavender vinegar naturally removes soap residue and the minerals found in hard water, making your laundry soft and lavender-scented, again, without harsh chemicals. Unless you use a plant-based and all-natural fabric softener, it is usually [toxic](#) and, in any case, costs too much! Use your lavender vinegar as an alternative by adding one-quarter cup of your mixture to the end of your wash cycle or fabric softener tray. For a more aromatic lavender aroma, you can add a few drops of essential lavender oil to your vinegar as mentioned in the recipe below.

Lavender Vinegar Hair Rinse

Lavender is excellent for the scalp and skin all by itself, and when mixed with vinegar, it can help pamper your scalp and leave your hair soft and nourished. The antimicrobial and anti-inflammatory properties of lavender help soothe the scalp, relieve itching and redness, and even eliminate fungus resulting in soft, shiny hair and a healthier scalp. Plus, lavender has been [proven](#) to slow down hair fallout and promote hair re-growth.

To use your vinegar as a hair rinse, mix a 1:1 ratio of lavender vinegar and water and pour it over your hair. Let it sit for a few minutes before rinsing and towel drying. You'll want to avoid getting any vinegar mixture in your eyes, as it will burn.

Lavender Vinegar For Fleas

When infused in vinegar, lavender can repel fleas, mosquitoes, and ticks. It WILL NOT kill them, but it does a pretty good job keeping them at bay. Use a 1:1 ratio of lavender vinegar with water in a spray bottle. This mixture works for pets as well as around the house.

Lavender Vinegar for Culinary Purposes

You can use your favorite vinegar for this pantry staple, like balsamic or white wine vinegar. Feel free to try it out in various dishes, but it does make a lovely vinaigrette.

****Please do not add lavender essential oil to your vinegar if you are using it for culinary purposes UNLESS you make sure it's food grade.**

For a simple lavender vinaigrette mix you'll need:

- 4 - tablespoons of olive oil
- 2 - tablespoons of lavender vinegar (vinegar of choice)
- 2 - tablespoons of honey
- a teaspoon of sea salt
- a teaspoon of whole grain mustard
- 1 - clove of garlic

Whisk together and sprinkle over a salad.

Vinegar Options

You might want to consider what you will be using your lavender vinegar for before deciding on the type of vinegar you want to use. Pretty much any kind of vinegar can be used, but there are a few things to consider when making a choice. The three main factors to think about are cost, smell, and taste. While the lavender scent does override much of the "stink" of vinegar, some kinds of vinegar

are better left in the kitchen while others make better cleaners.

Here are some best use practices:

- Lavender white vinegar – cooking, laundry, and deodorizing
- Lavender apple cider vinegar (ACV) – cooking, skin, hair, bath and pets
- Lavender white wine vinegar - cleaning, cooking, laundry, deodorizing,
- Lavender balsamic vinegar – cooking, salad dressing

How to Make Lavender Vinegar

Just a few notes...This recipe makes a robust lavender vinegar concentrate— most often you will want to add water to it. If making cooking vinegar, use half the amount of lavender.

The color of your vinegar may be darker than what is shown.

You will need:

- 2 - quart-sized jars with a ring
- A pint-sized jar; three-quarters of the way full of fresh or dried lavender buds
- Enough vinegar to fill a quart jar
- 6" X 6" square of wax paper
- 6" X 6" square cheesecloth
- A funnel
- Lavender essential oil (optional)
- Bottles for storage
- A stirring spoon

Step 1: Pour the lavender buds into the quart-size jar. **Step 2:** Add one pint of vinegar. Add up to 20 drops of essential lavender oil here if you wish. **Step 3:** Stir the lavender buds around for a minute to immerse them into the vinegar.

Step 4: Add enough additional vinegar to fill the jar to the top. **Step 5:** Add wax paper to the top of the jar and seal with the ring (this is an important step to keep the ring from creating rust.) **Step 6:** Place the jar in a sunny window for six weeks. **Step 7:** Remove the jar from the window and replace the wax paper with the cheesecloth.

Step 8: Pour the lavender vinegar through the cheesecloth into your clean jar.

Step 9: Mix with the appropriate amount of water and divide into desired containers.

Step 10: Store in a cool, dry place. Mixtures should last up to one year.

What is your favorite way to use herbal vinegar? Share in the comments below!

You may also like:

[How To Grow Your Own Lavender From Cuttings](#)

[Add This “Unusual Nutrient” to Coffee or Tea, to Effortlessly and Fully Empty Your Bowels Every Single Morning](#) (Learn More)

[The Herbal Body Map](#)

[How To Make a Whipped Lavender Cream](#)

[DIY Skin Soothing Chickweed and Vinegar Bath for Rashes](#)

Comments



Patricia - 2022-07-25 14:11:29

Distilled



Amanda C. - 2022-07-20 11:30:52

Distilled water is always recommended when making anything with an extended shelf life. Tap water can contain bacteria that can cause your mixtures to go bad sooner than you anticipate.



Jul - 2022-07-15 17:39:07

Try google-ing it and see if there are any local herbal stores in your area that sell that if not then I agree Mountain Rose sells quality herbs.



Grandma - 2022-07-15 01:01:23

I buy mine from Mountain Rose Herbs. You can find them from cheaper places elsewhere, but I like the quality and quantity from Mountain Rose



Rhonda Lee Gordon - 2022-07-14 19:15:02

where can I get dried lavender? And should I use distilled or bottled or tap water? I am new to all of this and am very excited to get started!



Jul - 2022-07-14 17:04:10

I also use vinegar in my rinse when doing laundry. I cut my lavender after the bees have had their fill and when I no longer need their assistance protecting my raspberries from unwanted pickers. I use it in my fireplace throughout the cold months. It helps start my fire and imparts a lovely fragrance throughout the house. I will try using some for a lavender vinegar for cooking this season, as it sounds delightful. Thank you for such a delicious suggestion.



DobieMom - 2022-07-11 15:59:28

Use vinegar with lemon verbena mix...beautiful scent around the house



Mary Moriah - 2022-07-11 15:05:55

Why not make your vinegar at the same time. Vinegar is citrus or fruit peels with water and time. Just put the lavender in at the same time.



Wendy Bennett - 2022-07-11 13:08:07

I was very disappointed because I wanted to add the extra deal attached to this for \$79 but when I tried to add it it would not let me add Canada to my billing address Only the US and APO/FPO was available to pick. Is there any way I can still get his deal? It already went through so I couldn't add it to my order. Is this extra deal only available in the U.S.? Thank you



BONNIE FERGUSON - 2022-07-11 11:50:27

I already use vinegar as a rinse in laundry (undiluted) and a cleaner for a lot of things around the house. My question is if I just wanted to use 100% pure lavender oil (not food grade I am assuming as it says external use only) what would be the ratio for just white vinegar in laundry and cleaning. I have "Anouk" lavender in my garden my other variety died after 3 years. I don't believe the "Anouk variety" is edible, so I wouldn't be able to use it in food preparation but would it work for a cleaning solution? I would love to try it but in the meantime can I use the Lavender oil and what ratio? As always thank you so very much for your willingness to share with everyone so freely.



Teresa - 2022-07-11 11:46:56

Me again, I meant to add when finished and you are making your cooking vinegar or cleaning solution do you use regular or distilled water?



Teresa - 2022-07-11 11:44:36

Cant wait to make this... Do you use regular tap water or distilled water?