

Mushroom Drops

for an Overactive Immune System



Mushroom drops are a natural remedy aimed at supporting the immune system and managing autoimmune disorders. The primary mushrooms used in this tincture are reishi, known for its immunomodulatory properties, and turkey tail, recognized for its immune-regulating and anti-inflammatory benefits. These mushrooms work synergistically to help balance the immune response and reduce inflammation associated with autoimmune conditions. A double extraction method ensures that both the water-soluble and alcohol-soluble compounds are effectively extracted.

INGREDIENTS:

- ¼ cup dried Reishi mushrooms (*Ganoderma lucidum*)
- ¼ cup dried Turkey Tail mushrooms (*Trametes versicolor*)
- 2 cups vodka (80-proof)
- 2 cups distilled water
- 1 pint mason jar
- Dropper bottles for storage

NOTES:

It's important to note that this is not intended to treat, cure, or prevent any autoimmune disorders, but rather to support general health as part of a holistic wellness strategy. Always consult with a healthcare provider before starting any new health regimen, especially if you have an autoimmune disorder.

Do not use if you are allergic to mushrooms. Pregnant or breastfeeding women should avoid using mushroom tinctures without medical advice.

If any adverse reactions occur, discontinue use immediately and seek medical attention.

INSTRUCTIONS:

- 1 | **Preparation of Mushrooms:** Chop or grind the dried mushrooms into small pieces to increase their surface area for extraction.
- 2 | **Alcohol Extraction:** Place the chopped mushrooms in a clean pint mason jar. Pour the vodka over the mushrooms, ensuring they are fully submerged. Seal the jar tightly and shake well. Label and date. Store the jar in a cool, dark place for 6-8 weeks, shaking gently every few days.
- 3 | **Strain the Alcohol Tincture:** After 6-8 weeks, strain the alcohol tincture through a fine mesh strainer or cheesecloth into a clean bowl, squeezing out as much liquid as possible from the mushroom pieces. Set the strained alcohol tincture aside.
- 4 | **Water Extraction:** Place the strained mushroom pieces in a saucepan. Add 2 cups of distilled water and bring to a simmer. Simmer gently for 1-2 hours, ensuring the water does not evaporate completely. Add more water if necessary to keep the mushrooms submerged.
- 5 | **Straining the Water Tincture:** After simmering, strain the water extract through a fine mesh strainer or cheesecloth into a clean bowl, again squeezing out as much liquid as possible from the mushroom pieces. Allow the water extract to cool completely.
- 6 | **Combining the Extracts:** Combine the alcohol and water extracts in a clean glass container. The ratio should be roughly 3:1 of your alcoholic tincture to your water extraction. Mix well to ensure thorough combination.
- 7 | **Bottling the Tincture:** Transfer the combined tincture into dropper bottles for easy use. Store the dropper bottles in a cool, dark place to preserve the tincture's potency.

DOSAGE:

1-2 dropperfuls (approximately 30-60 drops) 2-3 times daily. Start with a lower dose and gradually increase it to assess tolerance and effectiveness. For maximum efficacy, take these drops directly in the mouth. If the taste is too strong, you may add drops to water, juice, or tea.



HERBAL SUPPORT

for Skin Problems and Wounds



The skin is the largest organ of the body and plays a crucial role in protecting the body from external elements, regulating temperature, and serving as a barrier against infections.

Tips for promoting Skin Health:

CLEANSE GENTLY:

Use a gentle cleanser to remove dirt, oil, and makeup without stripping your skin's natural oils. Over-cleansing can lead to dryness and irritation.

EXFOLIATION:

Exfoliate 1-2 times a week to remove dead skin cells and promote skin renewal. Avoid over-exfoliating, which can lead to sensitivity.

SUN PROTECTION:

Use broad-spectrum sunscreen with at least SPF 30 daily, even on cloudy days. Sun protection helps prevent premature aging and reduces the risk of skin cancer.

HYDRATION:

Drink plenty of water to keep your skin hydrated from within. Moisturize your skin to maintain its moisture barrier.

HEALTHY DIET:

- Antioxidant-Rich Foods:** Consume foods high in antioxidants, such as fruits, vegetables, nuts, and green tea. Antioxidants help protect your skin from damage caused by free radicals.
- Vitamin C:** Foods rich in vitamin C, like citrus fruits, berries, and bell peppers, help promote collagen production and protect against UV damage. Proper hydration and nutrition are also important for efficient wound healing.

HERBAL SUPPORT

Aloe Vera (*Aloe barbadensis miller*)

Aloe vera gel may soothe irritated and burnt skin, support skin recovery, and provide hydration.

Arnica (*Arnica spp.*)

Arnica is commonly used for bruises, aches, sprains, swelling, and pain relief, and is often utilized for conditions like arthritis and carpal tunnel.

Calendula (*Calendula officinalis*)

Calendula is used topically to soothe irritated or inflamed skin. It supports skin health with its anti-inflammatory, antimicrobial, astringent, antifungal, and antiviral properties. Calendula is traditionally used for minor wounds, conjunctivitis, cuts, scrapes, chapped or chafed skin, bruises, burns, athlete's foot, acne, yeast imbalances, bee stings, diaper rash, and other minor skin irritations.

Chamomile (*Matricaria chamomilla*)

Chamomile has anti-inflammatory and calming properties. It can be used as a topical treatment or consumed as a tea to help with skin irritation.

Comfrey (*Symphytum*)

Comfrey is traditionally used to support wound recovery due to its cell-regenerating properties. It is used externally and is beneficial for set broken bones. It is not recommended for deep puncture wounds.

Cottonwood Bud Oil (Balm of Gilead)

Cottonwood buds are anti-fungal, anti-microbial, & anti-inflammatory. It is used externally for pain relief from arthritis, strains, and muscle pains, and is beneficial for sunburns.

Green Tea (*Camellia sinensis*)

Green tea is rich in antioxidants that help protect the skin from damage. Apply cooled green tea bags to your skin or drink green tea.

Lavender (*Lavandula officinalis*)

Lavender essential oil has calming effects and may help reduce skin irritation. Dilute it before applying to the skin.

Plantain (*Plantago major*)

Plantain is traditionally used externally for swollen joints, sore muscles, sprains, insect bites and stings, snake bites, and sore feet. Its tannins may help stop bleeding, and it is known as a drawing herb. Warning: For snake bites, it is crucial to seek immediate medical attention, as plantain is not a substitute for professional medical treatment.

Raw Honey

Manuka honey has natural antibacterial properties and can be applied to wounds to prevent infection and support skin recovery. It is also beneficial for burns.

Rosehip Oil (*Rosa canina*)

Rosehip oil is rich in vitamins and fatty acids that support skin regeneration and hydration. It is often used as a facial oil.

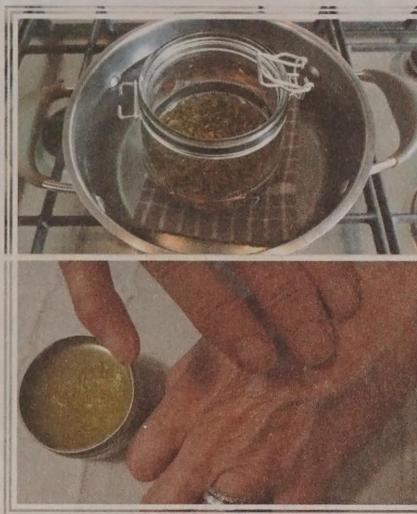
Turmeric (*Curcuma longa*)

Turmeric contains curcumin, which has anti-inflammatory and antioxidant properties. It can be used topically or consumed to support skin health.

Witch Hazel (*Hamamelis virginiana*)

Witch hazel has astringent properties and can help tone the skin and reduce inflammation.

Antiseptic Balm



This chaparral salve blends the beneficial qualities of chaparral leaves with nourishing plant-based oil and beeswax, offering a natural option for supporting skin health. Historically, it has been used to address skin infections and to soothe sunburns and skin-related issues.

INGREDIENTS:

- 1 ½ cup of high-quality organic plant-based oil
- 1 cup of dried chaparral leaves (*Larrea tridentata*)
- ¼ cup of beeswax pellets
- Essential oil (optional, for added fragrance)

NOTES:

Do not use this preparation on a very recent burn as oil may seal in the heat which will allow damage to continue or lead to a more severe burn.

Perform a patch test before widespread use to ensure no allergic reactions.

Avoid using on deep wounds or open sores without consulting a healthcare professional.

INSTRUCTIONS:

- 1 | **Infusing the Oil:** In a clean, dry glass jar, combine the chosen plant-based oil (e.g. olive, hemp, almond, jojoba) and dried chaparral leaves. Choosing the right plant-based oil tailored to your specific skin condition is crucial for optimizing the benefits of the chaparral salve. (More about carrier oils and their benefits under the **Oil Infusions** section of this book). Ensure that the leaves are fully submerged in the oil. Seal the jar tightly and place it in a warm, sunny spot for about 4-6 weeks to allow the infusion to occur. Shake the jar occasionally. After the infusion period, strain the oil to remove the chaparral leaves, ensuring only the infused oil remains.
- 2 | **Or Quick Oil Infusion:** In a saucepan, combine the plant-based oil and dried chaparral leaves. Heat the mixture over low heat, maintaining a gentle simmer for 1-2 hours. Stir occasionally. Allow the oil to cool slightly before straining to remove the chaparral leaves.
- 3 | **Create the Salve:** In a double boiler, melt the beeswax pellets over low heat. Once melted, add the chaparral-infused oil to the beeswax and stir well. If desired, add a few drops of essential oil for fragrance.
- 4 | **Pouring and Cooling:** Pour the melted mixture into clean, sterile jars or containers. Allow the salve to cool and solidify.

DOSAGE:

Apply a small amount of chaparral salve topically to the affected area 2-3 times daily.

Nature's "Betadine"



Nature offers herbal antiseptic solutions that can serve as alternatives to commercial antiseptics.

This recipe uses ingredients traditionally known for their antimicrobial and soothing properties. This homemade solution may be used for minor cuts, scrapes, and abrasions to clean the area and support the body's natural healing processes. Below is a recipe using natural ingredients like tea tree oil and witch hazel, which are popular in folk medicine for their antiseptic qualities.

INGREDIENTS:

- 2 tablespoons dried thyme (*Thymus vulgaris*)
- 2 tablespoons dried goldenseal root (*Hydrastis canadensis*)
- 1 tablespoon dried lavender flowers (*Lavandula angustifolia*)
- 1 cup distilled water
- $\frac{1}{4}$ cup witch hazel extract (optional for added astringent effect)
- - 10 drops tea tree essential oil (*Melaleuca alternifolia*)

NOTES:

Do not use on deep or severe wounds; seek medical attention for serious injuries.

Patch test before use to ensure no allergic reaction occurs.

Discontinue use if irritation or adverse reactions occur. Pregnant or breastfeeding women should consult a healthcare provider before use.

INSTRUCTIONS:

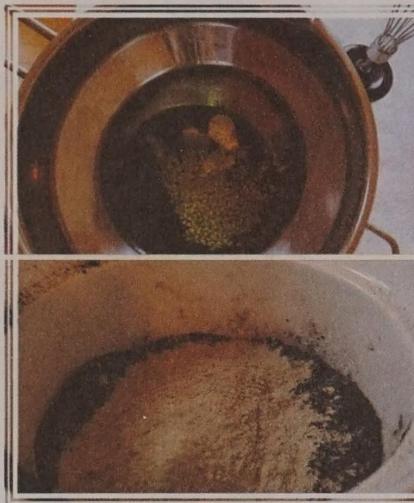
- 1 | **Prepare the Herbal Infusion:** Boil 1 cup of distilled water. Add 2 tablespoons of dried thyme, 2 tablespoons of dried goldenseal root, and 1 tablespoon of dried lavender flowers to the boiling water. Remove from heat and let the mixture steep for 30 minutes.
- 2 | **Strain:** Strain the mixture through a fine mesh strainer or cheesecloth into a clean container, ensuring no plant material remains in the liquid.
- 3 | **Mix:** Allow the infusion to cool to room temperature. Add $\frac{1}{4}$ cup of witch hazel extract if using. Add 10 drops of tea tree essential oil to the cooled mixture and stir well.
- 4 | **Storage:** Transfer the antiseptic solution to a sterilized glass jar or bottle with a tight-fitting lid. Store in a cool, dark place for up to two weeks. For longer storage, refrigerate and use within a month.
- 5 | **Apply:** Clean the wound with mild soap and water. Apply the natural antiseptic solution to the affected area using a clean cotton ball or gauze.

DOSAGE:

Apply as needed, ensuring to keep the wound clean and covered with a sterile bandage if necessary.

Black Drawing Salve

for Boils, Splinters, and Tick Bites



Black drawing salve is a traditional remedy known for its ability to draw out impurities from the skin, making it effective for treating boils, tick bites, and removing splinters. The combination of activated charcoal and bentonite clay works as a dynamic duo to pull out impurities and toxins from the skin. Herbal-infused oils, such as plantain, calendula, and comfrey, contribute their anti-inflammatory and skin-nourishing properties to aid in the healing process.

Essential oils such as tea tree and lavender not only provide a pleasant aroma but also deliver antimicrobial benefits, defending against potential infections. The beeswax in the salve creates a protective layer on the skin, assisting in maintaining the skin's integrity and preventing further damage.

INGREDIENTS:

- 3 tbsp infused oil
- 3 tbsp coconut oil
- 2 tbsp castor oil
- 2 tbsp beeswax
- 1 tbsp activated charcoal
- 1 tbsp bentonite clay
- 25 drops of lavender essential oil
- 15 drops of tea tree essential oil

NOTES:

This salve is a great natural remedy, but it is not a replacement for medical care when needed. Consult a doctor before using if you have any health conditions or concerns.

Prolonged or excessive use of this salve may result in dryness, especially in individuals with sensitive or naturally dry skin. If you experience dryness, reduce the frequency of application to allow the skin to regain its natural moisture balance.

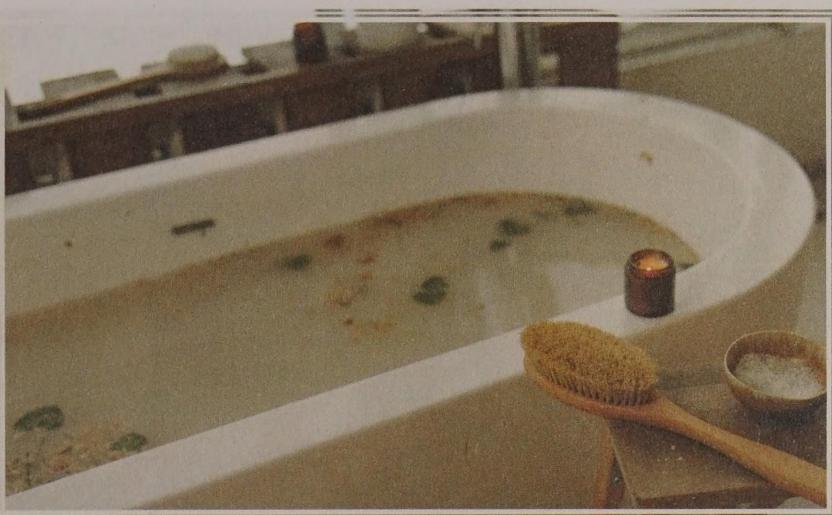
INSTRUCTIONS:

- 1 | **Combine and Melt Ingredients:** In a double boiler, melt the chosen herbal infused oil (e.g. calendula, comfrey, and/or plantain), coconut oil, castor oil, and beeswax together. My favorite is plantain (*Plantago spp.*) for its drawing abilities.
- 2 | **Add Absorbers:** Once melted, add activated charcoal and bentonite clay, stirring continuously to avoid clumps. Activated charcoal tends to stain fabric, so you don't want it touching your clothing or furniture.
- 3 | **Essential Oil Blend:** Remove from heat and add lavender and tea tree essential oils, ensuring even distribution.
- 4 | **Jar the Salve:** Pour the mixture into sterilized jars and let it cool before sealing.
- 5 | **Application:** Apply a small amount of the salve to the affected area, covering it with a bandage if needed. You can leave the salve on the spot overnight. In the case of splinters and other foreign bodies, check if it's moved enough to grab it with tweezers. For tick and insect bites, you can remove the salve after a couple hours, clean the spot, and then either let it be open to the air or cover it with another bandage.
- 6 | **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area after using the salve if needed.

DOSAGE:

Use 1-2 times daily until the issue resolves.

Soothing Chickweed and Vinegar Bath for Rashes



Chickweed is a common herb traditionally used for its soothing properties, especially for skin-related issues. When combined with vinegar, this bath recipe may support relief for rashes and irritated skin. Chickweed contains compounds like flavonoids and saponins, which are known to help with skin discomfort, providing hydration through its mucilage content and soothing itchiness. Additionally, chickweed is traditionally known for its wound-healing properties and mild antimicrobial benefits. Apple cider vinegar is commonly used in skincare for balancing the skin's pH levels, acting as a gentle exfoliant with acetic acid, and offering antimicrobial properties. It is also known to help with sunburned skin.

INGREDIENTS:

- 1 cup of fresh chickweed leaves (*Stellaria media*) or $\frac{1}{2}$ cup of dried chickweed
- 2 cups of apple cider vinegar

NOTES:

If you are allergic to chickweed or vinegar, refrain from using this bath.

Avoid getting the herbal infusion in your eyes.

Apple cider vinegar can cause irritation and may not be suitable for all types of eczema. Speak with a doctor or naturopath before using it, dilute the vinegar, and do a patch test first.

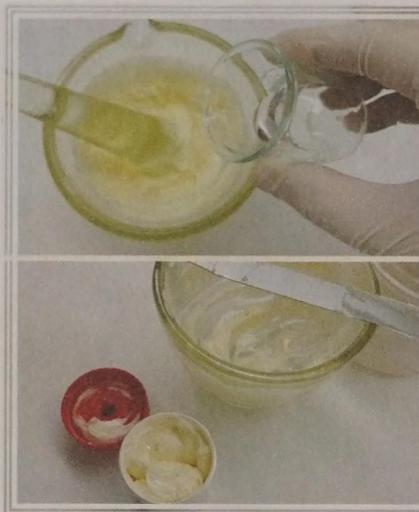
INSTRUCTIONS:

- | **Prepare Chickweed Infusion:** Harvest fresh chickweed leaves, ensuring they are free from pesticides and thoroughly washed. Alternatively, use $\frac{1}{2}$ cup of dried chickweed. In a large pot, bring 4 cups of water to a boil. Add the washed chickweed leaves or dried chickweed to the boiling water. Let it simmer for 10-15 minutes. Strain the chickweed-infused water into a bathtub filled with warm water.
- | **Add Vinegar:** Add 2 cups of apple cider vinegar to the bath. Vinegar helps balance the skin's pH and provides additional soothing properties. Consider using organic apple cider vinegar.
- | **Mix and Soak:** Stir the bathwater gently to ensure an even distribution of chickweed and vinegar. Soak in the bath for 15-20 minutes, allowing the herbal infusion to soothe the skin. Pat your skin dry after the bath; do not rub vigorously.

DOSAGE:

Take this bath once a day until the rash or irritation subsides.

Antibiotic Restorative Cream



There are several OTC antiseptic ointments to choose from at the local market, which are normally applied directly to the wound. They are meant to prevent infection from developing. While these options often work and the products have some helpful ingredients, they also have some unnecessary ingredients, so they can be mass-produced.

This herbal salve combines the soothing properties of beeswax, almond oil, and a blend of herbs and essential oils known for their antibacterial and skin-nourishing qualities. The ingredients are chosen for their potential to promote skin health and provide a natural alternative to commercial products like Neosporin.

INGREDIENTS:

- 2 oz beeswax
- 1 cup yarrow-infused organic almond oil
- 0.5 tsp tea tree oil
- 25 drops of vitamin E oil
- 20 drops of lavender essential oil
- 10 drops of lemon essential oil

NOTES:

For external use only.

Perform a patch test to check for allergies before widespread use. Discontinue use if irritation occurs.

For those who do not like the smell of lemon or lavender, you can substitute either one, or both. Lavender can be replaced with chamomile essential oil, and lemon can be replaced with fir essential oil.

INSTRUCTIONS:

- 1 | **Melt Beeswax:** In a double boiler, melt the beeswax until fully liquid (beeswax pellets melt quicker than solid beeswax).
- 2 | **Add Yarrow-Infused Almond Oil:** Once the beeswax is melted, slowly pour in the yarrow-infused organic almond oil (or chosen substitute like organic olive oil) while stirring continuously. Use our oil-infusion recipe to infuse the yarrow.
- 3 | **Incorporate Essential Oils:** Remove the mixture from heat and add tea tree oil, lavender essential oil, and lemon essential oil. Stir thoroughly to ensure even distribution.
- 4 | **Add Vitamin E Oil:** Add vitamin E oil and stir again. Vitamin E contributes to stabilizing the herbs, helping to maintain their potency and therapeutic benefits. The inclusion of vitamin E significantly extends the shelf life of the herbal healing salve by preventing the oils from becoming rancid.
- 5 | **Cooling and Storage:** Allow the mixture to cool but not solidify completely. Pour it into salve containers or jars. Let it solidify at room temperature. Store in a cool, dark place to prolong shelf life.

DOSAGE:

Apply a small amount to the affected area. Repeat 2-3 times a day or as needed.

Calendula and Comfrey

Skin Salve



Calendula (*Calendula officinalis*) and comfrey (*Symphytum officinale*) are two powerful herbs known for their skin-soothing properties. Calendula is recognized for its anti-inflammatory and antimicrobial effects, making it excellent for promoting wound healing and reducing skin irritation. Comfrey, with its high content of allantoin, is valued for its ability to support cell regeneration and support the recovery process.

INGREDIENTS:

- 1 cup of calendula-infused oil (organic olive oil base)
- $\frac{1}{4}$ cup of comfrey-infused oil (organic olive oil base)
- 2.5 oz of beeswax
- 10 drops of lavender essential oil (optional for added fragrance and antibacterial properties)

NOTES:

Do not use on lacerations or on deep open wounds.

Consider conducting a patch test before widespread use to ensure no allergic reaction. Discontinue use if irritation occurs.

Consult with a healthcare professional before use, especially for pregnant or breastfeeding individuals.

INSTRUCTIONS:

CALENDULA-INFUSED OIL:

To prepare, fill a jar with dried calendula flowers and cover them with olive oil. Let the mixture sit for ~4 weeks, shaking daily. Strain out the flowers, and you have your infused oil.

COMFREY-INFUSED OIL:

Follow the same process as with calendula, using dried comfrey leaves and/or root.

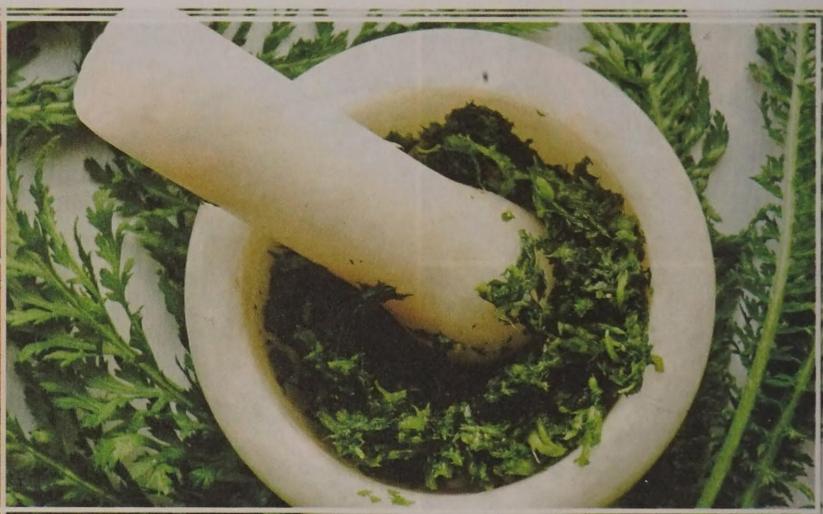
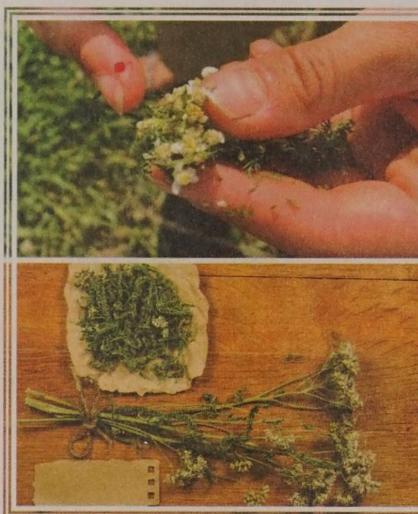
- | **Double Boiler Setup:** Set up a double boiler by placing a heatproof bowl over a pot of simmering water.
- | **Combine Oils:** In the bowl, combine the calendula-infused oil, Comfrey-infused oil, and beeswax. Heat gently until the beeswax melts, stirring occasionally.
- | **Add Essential Oil (Optional):** If desired, add 10 drops of lavender essential oil to enhance the salve's fragrance and provide additional antibacterial properties.
- | **Pour into Containers:** Once the mixture is well-combined, pour it into small, clean jars or tins. Label.
- | **Cooling and Solidifying:** Allow the salve to cool and solidify at room temperature. This may take a few hours.

DOSAGE:

Apply a small amount of the salve to clean, dry skin as needed.

Yarrow

Stop-Bleeding Powder



Yarrow, known scientifically as *Achillea millefolium*, is a versatile herb with a rich history in traditional medicine.

Renowned for its styptic properties, yarrow has been used for centuries to promote wound healing and control bleeding. The active compounds in yarrow, such as tannins and flavonoids, contribute to its hemostatic effects, making it an excellent choice for creating a styptic powder to staunch bleeding from minor cuts and wounds.

Kaolin clay, a natural mineral known for its absorbent and soothing properties, enhances the effectiveness of styptic powder. You may also use yarrow powder on its own. I often store yarrow powder in a sealed straw for portability when in the woods.

INGREDIENTS:

- 2 tablespoons of dried yarrow (*Achillea millefolium*) powder
- 1 tablespoon of Kaolin clay

NOTES:

For external use only.

Consult a healthcare professional for deep or serious wounds.

Cayenne pepper is another potent natural remedy for controlling bleeding. Rich in capsaicin, it promotes blood clotting and acts as a powerful hemostatic agent. To use, apply a small amount of cayenne pepper directly to the bleeding wound. The capsaicin stimulates blood flow, helping to seal the wound and prevent excessive bleeding.

INSTRUCTIONS:

- 1 | **Prepare the Herbs:** Grind the dried yarrow into a fine powder using a mortar and pestle or a coffee grinder. Harvest yarrow from pesticide-free areas for the highest quality.
- 2 | **Combine Ingredients:** In a bowl, thoroughly mix the yarrow powder and kaolin clay.
- 3 | **Store the Powder:** Transfer the mixture into a clean, airtight container for storage.
- 4 | **Application:** Clean the wound thoroughly before application. Apply a small amount of the yarrow and kaolin clay styptic powder directly to the bleeding area. Gently press the powder onto the wound until the bleeding stops. Repeat as needed.

Alternatively, you can create a yarrow poultice using freshly harvested leaves—crush or chew and apply directly to the wound.

DOSAGE:

Apply as needed.

Lavender Infused Oil

for Skin Regeneration



Lavender (*Lavandula angustifolia*) is a versatile herb known for its calming aroma and numerous health benefits. Infusing lavender into oil can create a potent concoction for promoting skin regeneration. The essential oil derived from lavender contains compounds like linalool and linalyl acetate, which have antimicrobial and antioxidant properties, making it beneficial for skin health.

INGREDIENTS:

- 1 cup of carrier oil (such as sweet almond oil or jojoba oil)
- $\frac{1}{4}$ cup dried lavender flowers (*Lavandula angustifolia*)

NOTES:

Perform a patch test before widespread use to check for any allergic reactions.

If irritation occurs, discontinue use immediately.

Avoid contact with eyes.

If the oil comes into contact with the eyes, rinse thoroughly with water.

INSTRUCTIONS:

- | **Prepare the Ingredients:** Gather 1 cup of your chosen carrier oil and $\frac{1}{4}$ cup of dried lavender flowers.
- | **Infusion Process:** In a clean and dry glass jar, combine the carrier oil and dried lavender flowers. Ensure that the lavender flowers are fully submerged in the oil. Seal the jar tightly and place it in a cool, dark place for at least 4-6 weeks to allow for proper infusion.
- | **Strain the Oil:** After the infusion period, strain the oil using cheesecloth or a fine mesh sieve to remove the lavender flowers, ensuring only the infused oil remains.
- | **Store the Infused Oil:** Transfer the lavender-infused oil to a dark glass bottle to protect it from light. Store it in a cool, dark place for extended shelf life.

To transform this into a salve, melt beeswax (around 2 ounces per cup of oil) in a double boiler, then combine it with the lavender-infused oil until well mixed. Adjust the ratio for desired consistency. Test on a plate for texture, pour into dark glass jars or tins, and let it cool. Label and store the salve in a cool, dark place. Adjust the beeswax quantity to achieve the preferred texture of the salve.

DOSAGE:

Apply a small amount of lavender-infused oil to the affected skin area. Gently massage the oil into the skin in circular motions.

Chamomile Lotion for Scars



Chamomile (*Matricaria chamomilla*, also known as *Chamomilla recutita*) is renowned for its anti-inflammatory and skin-soothing properties, making it an excellent choice for scar healing. The carrier oil used in this recipe is rosehip seed oil, valued for its high content of essential fatty acids and antioxidants, which promote skin regeneration and reduce the appearance of scars. Known for its anti-inflammatory and regenerative properties, helichrysum oil supports skin healing and can aid in reducing the appearance of scars. It is also praised for its antioxidant content, which helps protect the skin from free radical damage. Frankincense essential oil has been traditionally used for its skin-rejuvenating properties. It may promote cell regeneration and improve the appearance of scars. Frankincense essential oil also has anti-inflammatory effects, contributing to overall skin health.

INGREDIENTS:

- 1 cup chamomile-infused rosehip seed oil (made with - 1 cup rosehip seed oil and - 2 tablespoons dried chamomile flowers)
- $\frac{1}{4}$ cup beeswax
- $\frac{1}{4}$ cup shea butter
- 5 drops helichrysum essential oil
- 5 drops frankincense essential oil

NOTES:

Perform a patch test before widespread use to ensure no allergic reactions.

Avoid contact with eyes.

Discontinue use if irritation occurs.

Consult with a healthcare professional for persistent or worsening skin conditions.

INSTRUCTIONS:

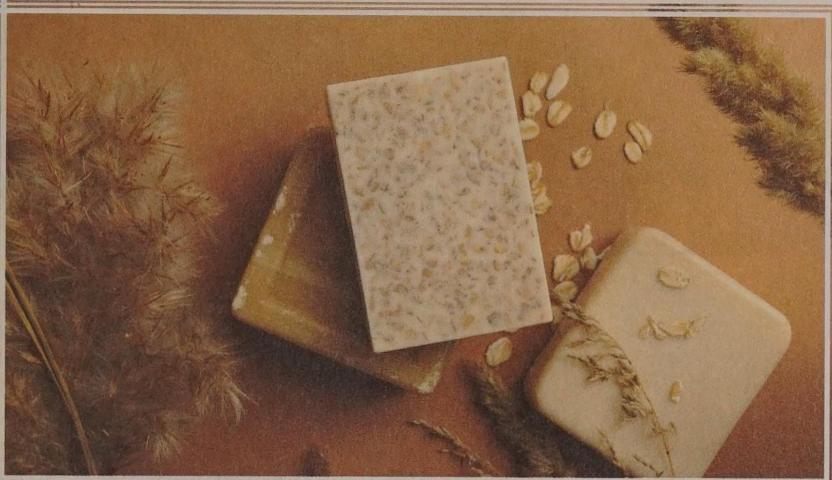
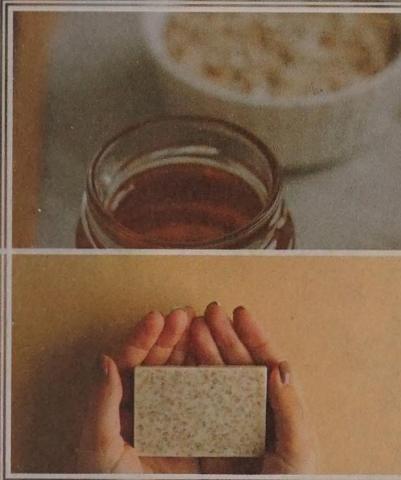
- 1 | **Prepare Chamomile-Infused Rosehip Seed Oil:** In a heatproof jar, combine 2 tablespoons dried chamomile flowers with 1 cup of rosehip seed oil. Place the jar in a sunny windowsill for 4-6 weeks, shaking it daily. Strain the oil to remove the chamomile flowers. You can also use the quick infusion method.
- 2 | **Create the Lotion:** In a double boiler, melt $\frac{1}{4}$ cup beeswax and $\frac{1}{4}$ cup shea butter with 1 cup of chamomile-infused rosehip seed oil. Stir the mixture well and remove from heat.
- 3 | **Add Essential Oils:** Incorporate 5 drops of helichrysum essential oil and 5 drops of frankincense essential oil. Mix thoroughly to ensure even distribution.
- 4 | **Cool and Blend:** Allow the mixture to cool for a few minutes. Use a hand blender to whip the lotion until it reaches a creamy consistency.
- 5 | **Store in Containers:** Transfer the lotion into sterilized jars or bottles. Label.

DOSAGE:

Apply a small amount of the chamomile salve to the scarred area twice daily. Massage gently until absorbed.

Honey Oat Soap

for Eczema and Skin Rashes



Honey and oats are well-known for their soothing and moisturizing properties, making them excellent ingredients for a homemade soap to alleviate symptoms of eczema and soothe irritated skin. Honey is renowned for its antimicrobial and healing properties, while oats provide gentle exfoliation and help retain skin moisture.

INGREDIENTS:

- ½ cup oats
- 2 tablespoons raw and unprocessed honey
- 1 cup olive oil
- ½ cup coconut oil
- 2.2 ounces lye (Sodium hydroxide)
- ½ cup water
- 1 tablespoon almond oil

NOTES:

Use a soap calculator to ensure accurate measurements. You can use an online soap calculator like SoapCalc or any other calculator you prefer.

If you prefer a simpler version, you might find using a glycerin soap base advantageous. Glycerin bases are readily available, require less handling of lye, and can be melted and customized with herbs and essential oils to create a straightforward herbal soap.

INSTRUCTIONS:

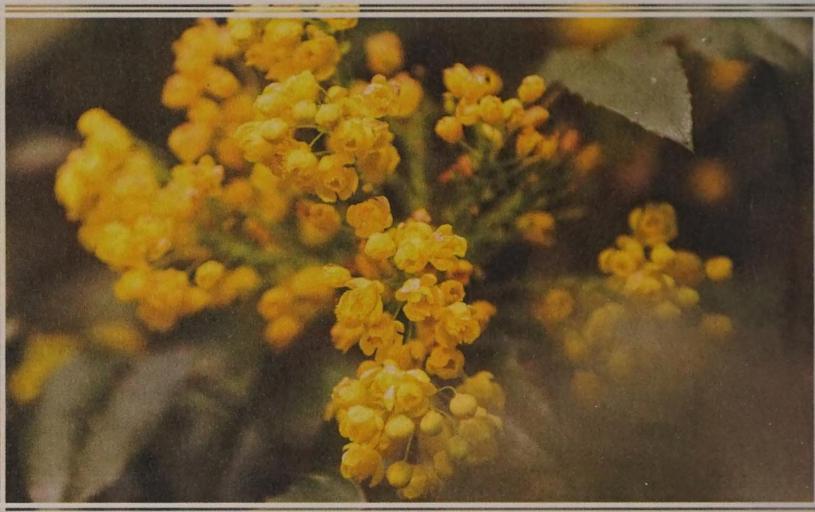
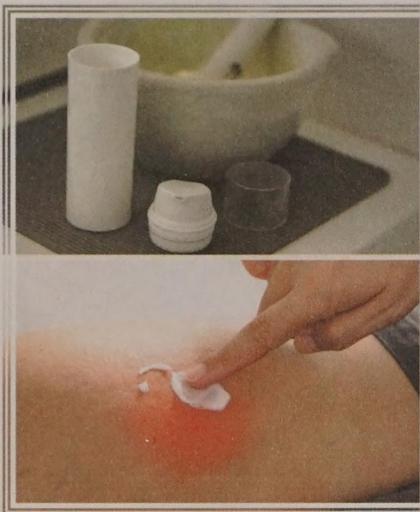
- 1 | **Prepare the Oats:** Grind the oats into a fine powder using a blender or food processor.
- 2 | **Prepare the Lye Solution:** In a heat-resistant container, add the lye to the water. Stir carefully and allow the solution to cool while ensuring the area is well-ventilated. Wear protective gear, including gloves and safety glasses, when working with lye. Lye solution gets hot fast and puts off strong fumes for a few moments that you should avoid breathing in.
- 3 | **Prepare Oils:** In a separate container, combine olive oil, coconut oil, and almond oil.
- 4 | **Mix Lye Solution and Oils:** Once the lye solution and oils are at a similar temperature (around 100-110°F), slowly pour the lye solution into the oils, stirring continuously.
- 5 | **Blend Ingredients:** Use a stick blender to mix the ingredients until it reaches trace - a thickened consistency resembling runny pudding.
- 6 | **Add Honey and Oats:** Add the ground oats and honey to the mixture. Stir thoroughly to evenly distribute these ingredients.
- 7 | **Pour into Mold:** Pour the soap mixture into molds. Tap the molds gently to remove air bubbles.
- 8 | **Curing:** Cover the mold with a lid or plastic wrap and insulate it to keep the heat in. Allow the soap to cure for 24-48 hours.
- 9 | **Cut into Bars:** Once the soap has hardened, cut it into bars of your desired size.
- 10 | **Additional Curing:** Allow the bars to cure for 4-6 weeks. This ensures the lye fully reacts with the oils, creating a milder and harder soap.

DOSAGE:

- Use the soap as needed during your regular bath or shower routine. Rinse thoroughly.

Psoriasis Irritation Relief

Herbal Ointment



Mahonia aquifolium, commonly known as Oregon grape, is a versatile herb with anti-inflammatory and antimicrobial properties. It has been traditionally used to address various skin conditions, including psoriasis. Its active compounds, such as berberine, confer its therapeutic effects. The peppermint oil brings additional benefits, such as cooling relief and potential anti-itch properties.

INGREDIENTS:

- $\frac{1}{2}$ cup Oregon grape (*Mahonia aquifolium*) root decoction
- $\frac{1}{4}$ cup coconut oil
- 2 tablespoons beeswax
- 1 tablespoon shea butter
- 10 drops peppermint essential oil

NOTES:

Perform a patch test before widespread use to check for potential allergic reactions. Apply a small amount of the ointment on a small area of skin and wait for 24 hours to observe any adverse reactions.

Exercise caution to prevent contact with eyes and mucous membranes. If accidental contact occurs, rinse thoroughly with water. Do not ingest the ointment.

INSTRUCTIONS:

- 1 | **Prepare the Extract:** Combine $\frac{1}{2}$ cup of *Mahonia aquifolium* root with 1 cup of water in a saucepan. Bring the mixture to a gentle boil and then reduce heat to simmer for 15 minutes. Strain the mixture to obtain the liquid extract of *Mahonia aquifolium*.
- 2 | **Create the Ointment Base:** In a double boiler, melt $\frac{1}{4}$ cup coconut oil, 2 tablespoons beeswax, and 1 tablespoon shea butter. Stir the mixture continuously until all ingredients are fully melted and well combined.
- 3 | **Combine Ingredients:** Add $\frac{1}{2}$ cup of the prepared Oregon grape root extract to the melted base. Stir thoroughly to ensure the even distribution of the herbal extract within the ointment.
- 4 | **Add Peppermint Essential Oil:** Add 10 drops of peppermint essential oil into the mixture. Stir continuously to evenly distribute the peppermint oil throughout the ointment.
- 5 | **Cool and Store:** Allow the ointment mixture to cool at room temperature until it solidifies. Once solid, transfer the ointment into a clean, airtight container for storage. Use a clean spatula or applicator to avoid contamination when scooping out the ointment.

DOSAGE:

Apply a thin layer of the ointment to affected areas twice daily, or as needed.

Arnica and Calendula

First Aid Spray



Arnica (*Arnica montana*) and calendula (*Calendula officinalis*) are two herbs traditionally recognized for their beneficial properties. Arnica is renowned for its anti-inflammatory and pain-relieving effects, while Calendula is celebrated for its antimicrobial and skin-soothing qualities. Combining these herbs in a first aid spray helps create a supportive solution for addressing minor injuries, bruises, and skin irritations. This natural blend can be a valuable addition to your wellness routine for promoting skin health and comfort.

INGREDIENTS:

- 1 cup distilled water
- 2 tablespoons dried arnica flowers
- 2 tablespoons dried calendula petals
- 1 tablespoon witch hazel extract
- 1 teaspoon aloe vera gel
- 10 drops lavender essential oil
- 5 drops tea tree essential oil

NOTES:

Avoid applying the spray to open wounds or broken skin.

Discontinue use if any irritation occurs.

Prior to use on children or pregnant individuals, consult with a healthcare professional.

INSTRUCTIONS:

- 1 | **Prepare the Herbal Infusion:** Bring the distilled water to a boil. Pour the hot water over the dried arnica flowers and calendula petals in a heatproof bowl. Cover the bowl and allow the herbs to steep for 20 minutes to extract their medicinal properties. Strain the infusion, separating the herbal water from the plant material, resulting in a concentrated herbal water base.
- 2 | **Create the First Aid Solution:** Combine 1 cup of the herbal water with witch hazel extract and aloe vera gel. Add 10 drops of lavender essential oil and 5 drops of tea tree essential oil to enhance the spray's healing properties. Stir the mixture thoroughly to ensure even distribution of the ingredients.
- 3 | **Pour into a Spray Bottle:** Use a funnel to carefully pour the herbal solution into a clean and sterilized spray bottle. Ensure the bottle is tightly sealed to prevent contamination. Label.

DOSAGE:

To apply, hold the spray bottle approximately 6 inches away from the affected area. Spritz the affected area 2-3 times per application. Repeat the application 2-3 times a day or as needed for relief.

Cooling Herbal Gel for Burn Relief



Sunburns can be alleviated with the soothing properties of herbal remedies. St. John's wort (*Hypericum perforatum*) and chaparral (*Larrea tridentata*) are renowned for their healing effects. St. John's wort possesses anti-inflammatory properties, while Chaparral offers antioxidants and analgesics. Aloe vera is included in this formula for its cooling and moisturizing properties. Combining these herbs into a cooling gel provides a convenient and effective way to relieve sunburn discomfort.

INGREDIENTS:

- $\frac{1}{2}$ cup St. John's wort infused oil
- $\frac{1}{2}$ cup chaparral infused oil
- $\frac{1}{4}$ cup aloe vera gel
- 2 tablespoons beeswax pellets
- 10 drops lavender essential oil (*Lavandula angustifolia*)
- 5 drops peppermint essential oil (*Mentha piperita*)

NOTES:

For an extra cooling sensation, store the gel in the refrigerator.

Perform a patch test before widespread use to check for allergies. Discontinue use if irritation or allergic reaction occurs.

Avoid contact with eyes.

INSTRUCTIONS:

- | **Prepare Infused Oils:** Combine $\frac{1}{2}$ cup of dried St. John's wort flowers with 1 cup of organic olive oil. Combine $\frac{1}{2}$ cup of dried chaparral leaves with 1 cup of organic grapeseed oil. Allow both mixtures to infuse in a dark, cool place for 4-6 weeks, shaking daily. Strain the oils using cheesecloth or a fine mesh sieve.
- | **Create the Cooling Gel:** In a heat-resistant bowl, combine $\frac{1}{2}$ cup of St. John's wort infused oil and $\frac{1}{2}$ cup of chaparral infused oil. Add $\frac{1}{4}$ cup of aloe vera gel and mix well. In a separate heat-resistant container, melt 2 tablespoons of beeswax pellets over low heat. Once melted, slowly add the beeswax to the oil mixture, stirring continuously.
- | **Incorporate Essential Oils:** Allow the mixture to cool slightly before adding 10 drops of lavender essential oil and 5 drops of peppermint essential oil. Stir thoroughly to ensure even distribution.
- | **Transfer to a Jar:** Pour the gel into a clean, airtight glass jar. Let it cool and solidify before sealing the jar. Label.
- | **Application:** Apply the cooling herbal gel to sunburned areas as needed, gently massaging into the skin.

DOSAGE:

Use the gel up to three times a day or as needed for sunburn relief.

Bug-Off

Spray



In this "Bug-Off" spray recipe, we're incorporating three essential oils known for their insect-repelling properties. The combination of citronella (*Cymbopogon nardus*), peppermint (*Mentha piperita*), and lemongrass (*Cymbopogon citratus*) oils creates an effective and natural solution to keep bugs away. These oils work together to provide a practical and chemical-free option for outdoor protection.

INGREDIENTS:

- 15 drops of citronella essential oil
- 8 drops of peppermint essential oil
- 10 drops of lemongrass essential oil
- 1 cup distilled water
- $\frac{1}{4}$ cup witch hazel

NOTES:

Perform a patch test before widespread use to ensure no allergic reactions.

Avoid contact with eyes; if contact occurs, rinse thoroughly with water.

Do not ingest the spray.

Consider wearing long sleeves and pants in addition to using the spray for enhanced protection.

INSTRUCTIONS:

- 1 | **Gather Ingredients:** Ensure you have all the ingredients ready: citronella, peppermint, and lemongrass essential oils, distilled water, and witch hazel.
- 2 | **Mix Essential Oils:** In a small bowl, combine 15 drops of citronella essential oil, 8 drops of peppermint essential oil, and 10 drops of lemongrass essential oil. Stir well for even distribution.
- 3 | **Prepare Base:** In a separate container, mix 1 cup of distilled water with $\frac{1}{4}$ cup of witch hazel. This forms the base of the spray.
- 4 | **Combine and Shake:** Add the mixed essential oils to the water and witch hazel base (you may also add the oils directly to this mixture and skip Step 2). Secure the lid and shake the mixture thoroughly to blend all the ingredients.
- 5 | **Transfer to Spray Bottle:** Using a funnel, pour the mixture into a spray bottle. Label. A spray bottle makes application easy and convenient. Store the "Bug-Off" Spray in a cool, dark place to maintain its potency.

DOSAGE:

Apply the "Bug-Off" spray generously on exposed skin before heading outdoors. Reapply every 2 hours or as needed for continuous protection.

Anti-Mosquito Salve



This salve harnesses the power of various essential oils known for their insect-repelling properties, combined with nourishing base ingredients. Known for its refreshing aroma, peppermint oil (*Mentha piperita*) contains compounds like menthol that naturally repel mosquitoes and other insects. Lemongrass (*Cymbopogon citratus*) oil has a citrusy scent and contains citronella, a well-known insect repellent. The uplifting scent of sweet orange oil (*Citrus sinensis*) masks body odors that attract mosquitoes, making it an effective natural repellent. Lavender (*Lavandula angustifolia*) oil has calming and soothing properties, while its floral scent repels mosquitoes and promotes relaxation. Basil (*Ocimum basilicum*) oil contains eugenol, which has insect-repelling properties and adds a pleasant herbal aroma to the salve.

INGREDIENTS:

- 1/4 cup coconut oil
- 1/8- 1/4 cup beeswax pellets
- 1/4 cup shea butter
- 2 tbsp castor oil
- 30 drops peppermint essential oil
- 15 drops lemongrass essential oil
- 10 drops sweet orange essential oil
- 10 drops lavender essential oil
- 5 drops basil essential oil

NOTES:

For added moisturizing benefits, you can increase the amount of shea butter in the recipe.

Avoid contact with eyes and mucous membranes.

Perform a patch test before using the salve, especially if you have sensitive skin or allergies. Discontinue use if any irritation occurs.

Keep out of reach of children and pets.

INSTRUCTIONS:

- 1 | **Melt the Base Ingredients:** In a double boiler or a heatproof bowl placed over a pot of simmering water, melt the coconut oil, beeswax pellets/pastilles, shea butter, and castor oil together. Stir occasionally until completely melted and well combined. Start with 1/8 cup of beeswax, adding more if needed (test a small drop in your tin to see if you like the consistency once solidified; more beeswax will make the consistency harder).
- 2 | **Add Essential Oils:** Once the base ingredients are melted, remove the mixture from heat. Allow it to cool slightly, but not solidify. Add the drops of peppermint, lemongrass, sweet orange, lavender, and basil essential oils to the mixture. Stir well to ensure the essential oils are evenly distributed throughout the mixture.
- 3 | **Pour into Containers:** Carefully pour the mixture into clean, sterilized containers or tins. Leave some space at the top to avoid spills when closing the containers.
- 4 | **Allow to Cool and Solidify:** Let the salve cool and solidify at room temperature. This process may take a few hours, depending on the temperature of your surroundings.
- 5 | **Label and Store:** Once the salve has cooled and solidified, label each container with the name and date of preparation. Store the salve in a cool, dry place away from direct sunlight.

DOSAGE:

Apply a small amount the salve to exposed areas of skin before heading outdoors. Reapply every few hours for continuous protection.

Anti-Itch

Plantain Band-Aid



This simple yet effective herbal remedy utilizes the therapeutic potential of plantain leaves to address inflammation and promote the healing process.

Plantain is often called the “band-aid” plant as it has soothing and anti-inflammatory properties, all thanks to a natural compound found in this plant: iridoids. Plantain also contains aglycone and aucubigenin, which have documented antimicrobial properties. Overall, plantain is packed with beneficial agents for the skin and, in addition, has allantoin, which promotes skin healing. Plantain is also my #1 go-to for bites and stings.

INGREDIENTS:

- 2 tablespoons of fresh plantain leaves (*Plantago major* or *P. lanceolata*)
- ¼ cup of olive oil
- 1 teaspoon of beeswax

NOTES:

For a quick and natural alternative, consider placing a fresh plantain leaf directly over the wound. Simply clean the leaf, bruise it slightly to release its juices, and apply it directly to the affected area.

Careful while harvesting; avoid plantain that has been treated with pesticides.

Avoid using this balm on deep wounds or open sores.

Discontinue use if any irritation or allergic reaction occurs.

INSTRUCTIONS:

- 1 | **Prepare the Plantain Leaves:** Combine the finely chopped plantain leaves. Ensure the leaves are free of dampness - let air dry for a day or two for best results so that most of the moisture is released.
- 2 | **Infuse Plantain Leaves with Olive Oil:** Combine the chopped leaves with organic olive oil in a small saucepan. Heat the mixture on low heat for about 30-40 minutes, ensuring it doesn't boil. This will infuse the oil with the plantain's properties
- 3 | **Strain the Infused Oil:** Strain the mixture through a fine sieve or cheesecloth into a heatproof container.
- 4 | **Melt the Beeswax:** In another small saucepan, melt the beeswax on low heat.
- 5 | **Combine Beeswax with Infused Plantain Oil:** Once the beeswax is melted, add the infused plantain oil and stir well.
- 6 | **Pour the Mixture into a Container:** Pour the mixture into a small container or tin. Label.
- 7 | **Allow the Balm to Cool and Solidify:** Let it cool and solidify. You now have your plantain anti-inflammatory and anti-itch band-aid. This plantain band-aid balm recipe provides a more portable and infused solution for extended use.

DOSAGE:

Apply a small amount of the balm to the affected area as needed. Ensure the wound is clean before applying.



NATURAL ALTERNATIVES

for Personal Care Products

Using homemade personal care products with herbal ingredients can offer several benefits compared to commercial products:

CUSTOMIZATION:

You have the flexibility to customize recipes based on your skin type, preferences, and specific needs.

QUALITY CONTROL:

You can choose high-quality, organic ingredients and ensure the purity of your products.

AVOIDANCE OF HARMFUL CHEMICALS:

By using natural, herbal ingredients, you can avoid the potential negative effects of synthetic chemicals.

PRESERVATION OF HERBAL PROPERTIES:

Fresh or dried herbs in homemade products retain more of their beneficial properties.

COST-EFFECTIVENESS:

Buying bulk herbs and making your products can be more cost-effective in the long run.

Considerations for Homemade Products:

SAFETY PRECAUTIONS:

Perform patch tests to check for allergies before applying homemade products to larger areas.

STORAGE AND SHELF LIFE:

Without preservatives, homemade products might have a shorter shelf life, so it's essential to make smaller batches and store them properly.

CONSISTENCY AND TEXTURE:

Achieving the desired consistency may take some experimentation, and textures may vary between batches.

TIME AND EFFORT:

Requires time and effort, but the process can be rewarding and allows you to connect with the preparation of your personal care items.

Understanding the potential harm present in store-bought skincare products, particularly the inclusion of toxic ingredients, underscores the importance of informed decision-making. Research indicates that the average adult uses products containing up to 126 chemical ingredients daily, with topical application potentially leading to both short-term and long-term health issues.

If you can't make your own products, here is a list enumerating the toxic ingredients commonly found in store-bought skin care products that you should avoid:

SYNTHETIC FRAGRANCE

CONCERNS	Contains hidden harmful chemicals; linked to irritation, allergies, and hormone disruption.
FOUND IN	Shampoo, body wash, shaving cream, deodorant, and skincare products.

FORMALDEHYDE

CONCERNS	Carcinogenic; linked to skin rashes, shortness of breath, and breathing difficulties.
FOUND IN	Hair straightening products, nail polish, deodorants, toothpaste, and various cosmetics.

PHTHALATES

CONCERNS	Endocrine disruptors; harmful to the environment.
FOUND IN	Fragrances and plastics

POLYETHYLENE GLYCOL (PEGS)

CONCERNS	Facilitates the entry of toxic ingredients into the body.
FOUND IN	Hand soaps, hair products, sunscreen, and various personal care products.

SILOXANES

CONCERNS	Harmful to the environment and endocrine system.
FOUND IN	Hair products, soaps, shaving creams, and deodorants.

TRICLOSAN

CONCERNS	Antibacterial agent; impacts reproductive hormones.
FOUND IN	Soaps, hand sanitizers, deodorants, mouthwash, shaving cream, and toothpaste.

ETHANOLAMINES

CONCERNS	Used as emulsifiers; may cause irritation.
FOUND IN	Skincare and cleaning products.

OXYBENZONE

CONCERNS	Potential endocrine disruptor.
FOUND IN	Sunscreen and products containing sunscreen.

OCTINOXATE

CONCERNS	Can be irritating to the skin.
FOUND IN	Sunscreen products.

HOMOSALATE

CONCERNS	Commonly used in sunscreens; potential endocrine disruptor; can irritate the skin.
FOUND IN	Sunscreen products.

TOLUENE, BUTYLATED HYDROXYTOLUENE (BHT)

CONCERNS	Linked to brain toxicity; especially risky for pregnant women.
FOUND IN	Nail products and hair dye.

TALC

CONCERNS	Can be contaminated with asbestos fibers; leads to respiratory irritation and cancer.
FOUND IN	Mineral-based makeup.

PARABENS

CONCERNS	Preservatives linked to endocrine disruption and reproductive harm.
FOUND IN	Moisturizers, hair care products, and shaving creams.

BHA (BUTYLATED HYDROXYANISOLE) AND BHT (BUTYLATED HYDROXYTOLUENE)

CONCERNS	Synthetic antioxidants causing skin allergies and endocrine disruptions.
FOUND IN	Moisturizing products.

DEA (DIETHANOLAMINE)

CONCERNS	Used to make products creamy or sudsy; may cause skin and eye irritation.
FOUND IN	Moisturizers, sunscreens, soaps, shampoos, and similar products.

PETROLATUM (PETROLEUM JELLY)

CONCERNS	Used to lock in moisture; may be contaminated with carcinogenic compounds.
FOUND IN	Skincare and hair products.

SODIUM LAUREL SULFATE (SLES)

CONCERNS	Commonly used in body wash, shampoo, and cleansers; may be irritating and contaminated with 1,4-dioxane.
FOUND IN	Suds or foaming products.

PROPYLENE GLYCOL

CONCERNS	Used as a hydrating agent; may cause irritation and dry skin.
FOUND IN	Shampoos, soaps, and skincare products.

COAL TAR DYE

CONCERNS	Used as a coloring agent; known human carcinogen linked to various health issues.
FOUND IN	Toothpaste, hair dyes, and some shampoos.

ALUMINUM

CONCERNS	Found in some cosmetics and antiperspirants; linked to central nervous system issues and Alzheimer's disease.
FOUND IN	Some cosmetics and antiperspirants.

Rosemary

Hair Growth Spray



Rosemary (*Rosmarinus officinalis*) is a fragrant herb known for its culinary uses and medicinal properties. It has been traditionally used to stimulate hair growth and improve the overall health of the scalp. Rosemary contains ursolic acid, which helps to increase circulation, promote hair thickness, and reduce hair loss.

INGREDIENTS:

- 2-3 rosemary springs (*Rosmarinus officinalis*)
- $\frac{1}{2}$ cup water
- 2 tablespoons castor oil
- 5 drops of organic clove bud essential oil (*Syzygium aromaticum*)

NOTES:

Perform a patch test before applying the spray to the entire scalp to avoid potential allergic reactions.

Discontinue use if irritation occurs.

Avoid contact with the eyes.

Incorporate a nutritious diet and proper hair care practices for comprehensive results.

INSTRUCTIONS:

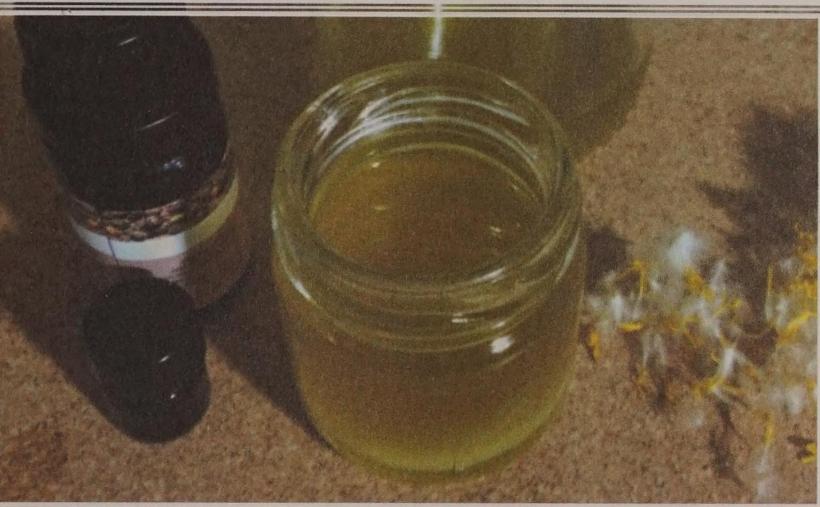
- 1 | **Prepare the Rosemary Infusion:** Rinse the fresh rosemary sprigs under cool water. In a saucepan, combine the rosemary with 1/2 cup of water. Bring the mixture to a gentle boil and let it simmer for 15-20 minutes, allowing the rosemary's properties to infuse into the water. You should notice a yellow-green hue in the water as it simmers. Allow the infusion to cool to room temperature.
- 2 | **Strain the Infusion:** Strain the rosemary sprigs from the infusion, ensuring a clear liquid.
- 3 | **Create the Serum Base:** In a small mixing bowl, combine the cooled rosemary infusion with 2 tablespoons of castor oil. Castor oil is known for its ability to promote hair growth and add thickness. Add 5 drops of organic clove bud essential oil for its stimulating and antimicrobial properties.
- 4 | **Mix and Transfer:** Mix the ingredients thoroughly until a uniform serum is achieved. Transfer the serum into a small glass bottle with a dropper for easy application.
- 5 | **Application:** Shake the bottle gently before each use to ensure an even distribution of the ingredients. Using the dropper, apply a few drops of the serum directly onto the scalp, concentrating on areas where hair growth is desired. Gently massage the scalp to enhance absorption and stimulate circulation.

DOSAGE:

Apply the rosemary hair growth serum 2-3 times per week for optimal results. Using a dermastamp (e.g. at-home microneedling) before application will increase your results.

Arnica Salve

for Age Spots



Arnica (Arnica montana) is a perennial herb known for its anti-inflammatory properties. Its active compounds, such as helenalin, are used to reduce inflammation and promote healing. While arnica is more commonly associated with treating bruises and muscle soreness, its potential benefits for age spots may be attributed to its anti-inflammatory effects. Cocoa butter adds moisture and promotes overall skin health.

INGREDIENTS:

- $\frac{1}{2}$ cup dried *Arnica montana* flowers (dried)
- 1 cup carrier oil (such as organic olive or apricot kernel oil)
- 2 tablespoons beeswax pellets
- 2 tablespoons cocoa butter

NOTES:

External use only; do not ingest.

Perform a patch test before widespread application.

Avoid application on broken or irritated skin.

Discontinue use if any adverse reactions occur.

Combine with sun protection on the skin.

INSTRUCTIONS:

- 1 | **Prepare Arnica Infused Oil:** Crush freshly-dried arnica flowers and loosely fill a glass jar with them. Then cover them with your organic carrier oil. Seal the jar and place it in a cool, dark place for about 4-6 weeks, shaking occasionally. After infusion, strain the oil to remove the plant material.
- 2 | **Create the Arnica and Cocoa Butter Salve:** In a double boiler, melt the beeswax pellets and cocoa butter together. Add the arnica-infused oil to the melted beeswax and cocoa butter mixture, stirring well until combined. Remove from heat and let it cool slightly.
- 3 | **Transfer to Container:** Pour the mixture into a clean, airtight container. Allow it to cool and solidify before sealing the container.
- 4 | **Store:** Store the salve in a cool, dark place for prolonged efficacy.

Several other plants are known for their potential to address dark spots and promote skin health: Licorice root, turmeric, ginseng, mulberry, bearberry, papaya, rosehip, chamomile, pomegranate, lemon oil, and apricot kernel oil. You can incorporate these into your serums or creams.

DOSAGE:

Apply a small amount of the arnica and cocoa butter salve to age spots. Gently massage into the skin until absorbed. Use twice daily for optimal results.

Natural Herbal Toothpaste



Fluorides, glycerols, artificial sweeteners, triglycerides, and sulfates—ingredients found in conventional toothpaste—have sparked an ongoing debate regarding their true benefits or potential harm. Crafting your own toothpaste allows you to harness the traditionally recognized properties of various natural ingredients. Baking soda is known for its potential to remove plaque, while cocoa powder offers antioxidants. Ginger provides anti-inflammatory effects, and cinnamon is valued for its antimicrobial properties. Calendula is known for its anti-inflammatory benefits, and coconut oil adds a creamy texture along with its antimicrobial properties. Yarrow essential oil contributes antibacterial and anti-inflammatory effects, promoting overall oral well-being.

INGREDIENTS:

- 1 tablespoon of baking soda
- 1 tablespoon of cocoa powder
- 1 tablespoon of ginger powder
- $\frac{1}{2}$ teaspoon of ground cinnamon
- $\frac{1}{2}$ teaspoon of calendula powder
- 2 tablespoons (27 grams) of coconut oil
- a few drops of yarrow essential oil
- 2 tablespoons of water

INSTRUCTIONS:

- 1 | **Combine Dry Ingredients:** In a bowl, mix baking soda, cocoa powder, ginger powder, ground cinnamon, and calendula powder.
- 2 | **Add Wet Ingredients:** Melt coconut oil and add it to the dry mixture. Mix well.
- 3 | **Incorporate Yarrow Oil:** Add a few drops of yarrow essential oil to the mixture and stir thoroughly.
- 4 | **Adjust Consistency:** If the mixture is too thick, add water gradually until you achieve a toothpaste-like consistency. You can also use a blender or mixer to create the desired consistency faster.
- 5 | **Storage:** Transfer the toothpaste into a small, airtight container for storage. Store the toothpaste in a cool, dry place. Use within a month for freshness.

This homemade toothpaste has a distinct salty taste and doesn't produce the same foaming effect as conventional toothpaste. It may require a few brushes to adjust to the unique flavor and texture. Despite these differences, you will find that it effectively leaves the mouth feeling clean and refreshed after use.

NOTES:

There are a few other ingredients that you can include in your homemade toothpaste: Xylitol, bentonite clay, and neem.

Avoid swallowing toothpaste.

If irritation occurs, discontinue use.

DOSAGE:

Use a pea-sized amount of the herbal toothpaste on your toothbrush for each brushing session.

Gum-Strengthening Mouthwash



Maintaining strong, healthy gums is essential for overall oral health. This herbal mouthwash recipe not only cleans your teeth but also includes minerals and essential herbal oils traditionally used to support a healthy mouth microbiome. An imbalance in the mouth's microbiome can lead to various issues, including receding gums. By incorporating this herbal mouthwash into your daily routine, you can effectively support the health of your gums and maintain a balanced oral microbiome.

INGREDIENTS:

- 2 cups filtered water
- 1 teaspoon mineral sea salt
- 10 drops of organic peppermint essential oil
- 6 drops of organic tea tree essential oil
- 3 drops organic clove bud essential oil
- 6 drops liquid stevia
- A pint-and-a-half to a quart-size mason jar or another container for storage

INSTRUCTIONS:

- 1 | **Prepare the Herbal Solution:** Heat 2 cups of filtered water until warm. Add mineral sea salt to the warm water, stirring until fully dissolved.
- 2 | **Incorporate Essential Oils:** Add organic peppermint, tea tree, and clove essential oils to the saltwater mixture. Mix thoroughly to ensure even distribution of the essential oils. Adjust the essential oil quantities based on personal preferences. For additional gum strengthening, you can add a pinch of myrrh powder (*Commiphora myrrha*) to the solution, known for its astringent properties.
- 3 | **Sweeten with Stevia:** Integrate liquid stevia into the mixture, providing a touch of sweetness without compromising the herbal benefits. Stir well to combine.
- 4 | **Transfer to Storage Container:** Carefully pour the mouthwash solution into a pint-and-a-half to a quart-size mason jar or another suitable container with a tight-fitting lid. Store the mouthwash in a cool, dark place to preserve its efficacy.

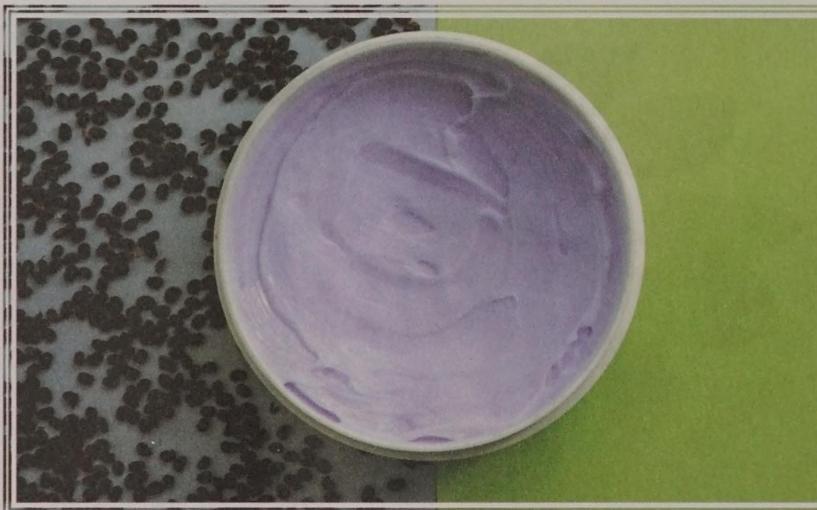
DOSAGE:

NOTES:

This mouthwash is for external use only; do not swallow. Discontinue use if any irritation occurs and consult a healthcare professional. While this herbal mouthwash is generally safe for adults, caution should be exercised when considering its use for children.

Use the herbal mouthwash twice a day. Shake well before each use. Regularly massage your gums with a soft toothbrush or your fingers to enhance blood flow and support gum health.

"Better Than Botox"



Bakuchiol seed oil, derived from the babchi plant (*Psoralea corylifolia*), is gaining popularity in the skincare industry for its potential anti-aging properties. Often referred to as a natural alternative to Botox, bakuchiol oil is renowned for its ability to reduce the appearance of fine lines and wrinkles without the use of synthetic chemicals.

INGREDIENTS:

- 1 tablespoon bakuchiol (*Psoralea/Cullen corylifolia*) seed oil
- 1 teaspoon jojoba oil
- 1 teaspoon rosehip oil
- 3 drops lavender essential oil

NOTES:

Making cold-pressed bakuchiol oil at home requires specific equipment and may not be practical for everyone.

Alternatively, you can purchase it from reputable herbal product suppliers, health food stores, or online retailers. Ensure the product is containing pure bakuchiol without synthetic additives.

INSTRUCTIONS:

- 1 | **Combine Oils:** In a small bowl, mix 1 tablespoon of bakuchiol oil with 1 teaspoon each of jojoba oil and rosehip oil.
- 2 | **Add Essential Oil:** Incorporate 3 drops of lavender essential oil into the mixture. Stir well to ensure even distribution.
- 3 | **Application:** After cleansing your face, apply a small amount of the oil blend to your fingertips.
- 4 | **Gentle Massage:** Gently massage the oil onto your face using upward and outward motions. Pay special attention to areas with fine lines, avoiding contact with eyes.
- 5 | **Allow Absorption:** Leave the oil on your skin for at least 15 minutes to allow absorption.

For a convenient and easy-to-apply skincare solution, consider transforming this recipe into a salve. To do this, melt 2 tablespoons of beeswax pellets in a double boiler, then combine it with $\frac{1}{2}$ cup of the bakuchiol oil. Remove from heat and add 10-15 drops of lavender essential oil. Stir well, pour the mixture into clean containers, and allow it to cool and solidify.

DOSAGE:

Use this bakuchiol oil blend 2-3 times a week for optimal results. Combine with a sunscreen during the day to protect your skin from harmful UV rays.

Herbal Facial Oil



This herbal facial oil harnesses the unique benefits of three powerful botanicals to promote youthful, radiant skin. Calendula flowers boast anti-inflammatory and antioxidant properties, soothing irritated skin and protecting against environmental stressors. Cottonwood buds, rich in salicin and antioxidants, help to rejuvenate and firm the skin, reducing the appearance of fine lines and wrinkles. Rosehips deliver a potent dose of vitamin C, promoting collagen production and improving skin elasticity. Together, these herbal infusions, blended with organic sweet almond oil and vitamin E, create a nourishing elixir to revitalize your complexion and combat signs of aging.

INGREDIENTS:

- 1 cup calendula flowers (*Calendula officinalis*)
- 1 cup cottonwood buds (*Populus deltoides*)
- 1 cup rosehips (*Rosa spp.*)
- 3 cups organic sweet almond oil
- 1 tsp vitamin E

NOTES:

Perform a patch test before widespread use, especially if you have sensitive skin or known allergies. Discontinue use if irritation or adverse reactions occur and seek medical advice.

Avoid contact with eyes. If contact occurs, rinse thoroughly with water.

For optimal results, apply the facial oil to slightly damp skin after cleansing. Incorporate gentle massage techniques while applying the oil to enhance absorption and relaxation.

INSTRUCTIONS:

- 1 | **Prepare Herbal Infusions:** In three separate clean, dry glass jars, divide the calendula flowers, cottonwood buds, and crushed rosehips. Pour one cup of organic sweet almond oil into each jar, ensuring the herbs are fully submerged. For the cottonwood bud infusion, initiate the process by gently heating the oil in a water bath. Use low heat to help release the resins. Monitor closely to avoid overheating. Seal the jars tightly and place them in a cool, dark area for 6-8 weeks, allowing the herbs to infuse into the oil completely. Shake the jars gently every few days to facilitate infusion. After the infusion period, strain each oil separately using a fine mesh sieve or cheesecloth to remove the spent herbs. Apply firm pressure to extract all infused oil. Note you may infuse the CW buds for much longer if desired.
- 2 | **Combine Infusions:** In a clean glass bottle, mix equal amounts of the calendula, cottonwood bud, and rosehip-infused oils. Add 1 teaspoon of Vitamin E to the blended oils. Seal the bottle tightly and shake vigorously to ensure thorough incorporation of ingredients.
- 3 | **Storage and Usage:** Transfer the mixed oil blend into amber-colored glass pump bottles for ease of use. Label the bottles clearly with the product name and preparation date. Store the facial oil in a cool, dry place, away from direct sunlight, to preserve its potency. Use within 6-12 months for maximum freshness and efficacy.

DOSAGE:

Apply a small amount of the herbal facial oil to your face, neck, décolletage, and hands, both morning and night.

Natural Deodorant Stick



Creating your own natural deodorant stick allows you to harness the power of herbs while avoiding potentially harmful chemicals found in commercial products. In this recipe, we'll be using coconut oil, shea butter, arrowroot powder, and a blend of herbs known for their antibacterial and odor-fighting properties. The combination of coconut oil, shea butter, and beeswax creates a base, while arrowroot powder and baking soda contribute to a smooth texture. Essential oils, such as tea tree oil and lavender oil, not only add a pleasant fragrance but also bring antibacterial benefits.

INGREDIENTS:

- $\frac{1}{4}$ cup shea butter
- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{4}$ cup arrowroot powder
- 2 tablespoons beeswax
- 2 tablespoons baking soda
- 10 drops tea tree oil (*Melaleuca alternifolia*)
- 5 drops lavender oil (*Lavandula angustifolia*)

NOTES:

Discontinue use if irritation occurs. Always perform a patch test before widespread application to ensure compatibility with your skin.

Avoid contact with eyes and mucous membranes.

Avoid applying the deodorant to broken or irritated skin. Allow any cuts or abrasions to heal before use.

INSTRUCTIONS:

- 1 | **Melt the Ingredients:** In a double boiler, gently melt together coconut oil, shea butter, and beeswax. Allow the mixture to cool, retaining its liquid state.
- 2 | **Add Dry Ingredients:** Stir in $\frac{1}{4}$ cup arrowroot powder and 2 tablespoons baking soda until well combined. Stir until a smooth consistency is achieved. Due to the use of natural ingredients, the color and texture of the deodorant may vary slightly from batch to batch. This is normal and does not impact the product's effectiveness.
- 3 | **Incorporate Essential Oils:** Add 10 drops of tea tree oil and 5 drops of lavender oil. Mix thoroughly. Adjust the essential oil amounts based on personal preference.
- 4 | **Pour into Containers:** Pour the mixture into deodorant containers or silicone molds.
- 5 | **Cool and Solidify:** Let it cool and solidify at room temperature or in the refrigerator.
- 6 | **Store:** Store the deodorant in a cool place to prevent melting. Extreme temperatures can affect the consistency and efficacy of the product.

DOSAGE:

Apply a small amount to clean, dry underarms as needed.

Natural Herbal Sunscreen



Sun exposure has dual effects on the skin, offering a natural source of vitamin D while posing risks such as sunburn, premature aging, and an increased likelihood of skin cancer due to excessive ultraviolet (UV) rays.

This herbal sunscreen provides a holistic solution by safeguarding the skin from harmful UV rays and enriching it with the benefits of selected herbs. Red raspberry seed oil contributes a high SPF through its ellagic acid content, ensuring natural sun protection. Carrot seed oil not only provides natural UV protection but also boasts antioxidant properties to prevent sun damage. Zinc Oxide serves as a mineral sunscreen ingredient, offering broad-spectrum protection by reflecting and scattering UV rays. Coconut oil adds moisturizing benefits and a mild SPF, enhancing the overall effectiveness of the sunscreen. Beeswax is incorporated for its waterproof effect.

INGREDIENTS:

- 2 tbsp red raspberry seed oil
- 1 tbsp carrot seed oil
- 2 tbsp zinc oxide
- 2 tbsp coconut oil
- 1 tbsp beeswax

NOTES:

Perform a patch test before widespread use to check for allergic reactions. Avoid contact with eyes.

When working with zinc oxide, it's advisable to wear protective gear such as gloves and a mask to prevent inhalation.

Be aware that this sunscreen may not provide as high an SPF as commercial products.

INSTRUCTIONS:

- | **Prepare a Double Boiler:** In a double boiler, melt the beeswax and coconut oil together until well combined.
- | **Add Red Raspberry Seed and Carrot Seed Oils:** Once melted, add the red raspberry seed oil and carrot seed oil to the mixture. Stir well.
- | **Incorporate Zinc Oxide:** Gradually add the zinc oxide while stirring continuously to avoid clumps. Ensure it is evenly distributed.
- | **Pour into Container:** Once everything is well mixed, pour the mixture into a container of your choice. Label.
- | **Allow to Cool:** Let the sunscreen cool and solidify.

DOSAGE:

Apply the sunscreen liberally to all exposed skin 15 minutes before sun exposure. Reapply every two hours or more often if swimming or sweating. Combine with protective clothing and seek shade for comprehensive sun protection.