

# crono vibes

*Winter Notebook*



*By Kathy Zadrozny*

## tend

These recipes are ordered by their effect of soothing, calming, or balancing. Each section has recipes and the benefits of the herbs included. Always check with a medical professional before using herbs and only use remedies you are comfortable with. Tend to yourself and witch out for each other.

# soothing

## **Lada's Hair & Skin Oil**

*Lada is the Slavic goddess of beauty and fertility. She is often linked with Freyja, Isis, and Aphrodite. She is the goddess of summer, sun, warm nights, and rain.*

Fill mason jar:

1/3 way with rose hips, dried

1/3 way with camellia flowers, dried

Top jar with:

Virgin Olive Oil

Tighten lid on jar and steep in sunny spot for 3-4 weeks. Strain oil from herbs and bottle. Shelf life: 1 year.

## **Lamaie Tres Tea**

*The Three Witches, also known as the Weird Sisters, Wayward Sisters, or the Triple Goddess. These three can represent nearly any trio under the moon, often being that of the Morrigan. Whatever energy you need, place that in your trio of energy.*

*Good for reducing inflammation and stress. Aids digestion and helps regulate blood sugar. Do not take if on blood thinners.*

2 parts rose hips, dried

2 parts lemon balm, dried

1 part violet leaf, dried

Mix the herbs together and store in a dark airtight container. When ready to brew, steep a spoonful for 15 mins. Enjoy on its own or with some honey.

## *herbs used*

### **Camellia**

*Flavor: Light floral with earthy undertones*

- Antioxidant and moisturizing
- Good for healing wounds and cuts
- Antimicrobial and an insecticide
- Natural pain reliever and allergy suppressant

### **Lemon Balm**

*Flavor: Refreshing, bright, citrus*

- Reduces anxiety, relieves depressive feelings, and calms the nerves
- Sleep aid, especially if combined with valerian
- Antiviral and supports the immune system

### **Rose hips**

*Flavor: Sour and floral*

- Aids digestion and a mild laxative
- Anti-inflammatory with high amount of vitamin C
- Lowers cholesterol and blood sugar levels
- Improves symptoms of rheumatoid arthritis
- Helps control blood pressure

### **Violet Leaf**

*Flavor: Tart and floral*

- Antioxidant and anti-inflammatory
- Lowers cholesterol and a blood thinner
- Good for aiding digestion and calming intestines
- Contains vitamins A and C
- Lymphatic stimulant and helps clean blood
- Helps soothe insect bites, eczema, and chapped skin

# balancing

## Beira's Balm

*Beira is the queen of winter in Scottish folklore. She also goes by the Cailleach. In some regions, Beira was also considered the "mother of all the gods and goddesses in Scotland."\* She is said to have formed the hills and crags that make Scotland's terrain. This balm is great for dry, chapped, or irritated skin.*

Fill mason jar:

1/3 way with calendula buds, dried

1/3 way with plantain leaf, dried

Top jar with:

Virgin Olive Oil

Tighten lid on jar and steep in sunny spot for 3-4 weeks. Strain oil from herbs and bottle. You can use just the oil, but I recommend making it into a balm.

To make balm, melt beeswax in a double boiler over low heat. You will want about 0.75 oz to 1 oz of beeswax for each 4 oz of herbal oil. Once wax is nearly melted, add herbal oil and stir to mix. Pour balm into clean jars and allow to cool overnight before placing lids. Shelf life: 1 year.

## Resting Queen Tea

*Great for mental balance and calming anxiety or depression. Helps with hot flashes and night sweats. Lowers blood pressure and is a mild sedative. Do not use if pregnant or breast feeding or if you have impaired liver function.*

2 parts passion flowers, dried

2 parts lemon balm, dried

1 part skullcap, dried

Mix the herbs together and store in a dark airtight container. When ready to brew, steep a spoonful for 15 mins.

*\* Donald Alexander Mackenzie, Wonder Tales from Scottish Myth and Legend, 1917*

## *herbs used*

### **Calendula**

*Flavor: Spicy, tangy, and peppery*

- Helps skin heal from redness and bruising
- Calms skin irritations like eczema, diaper rash, and acne
- Anti-bacterial and anti-inflammatory
- Good for soothing cramps

### **Passion Flower**

*Flavor: Bitter and earthy*

- Relieves anxiety and depression, especially from menopause
- Encourages mental balance and clarity
- Helps with hot flashes and night sweats
- Antioxidant, anti-inflammatory, and mild sedative
- Lowers blood pressure

### **Plantain Leaf**

*Flavor: Earthy and green*

- Helps heal bruising, bee stings, bug bites, rashes, poison ivy, and sores
- Calms bowels and indigestion
- Soothes bladder infections and UTIs
- Good for soothing coughs and irritated throat and lungs

### **Skullcap**

*Flavor: Bitter and vegetal*

- Calms anxiety and helps promote sleep
- Relieves menstrual cramps and diarrhea
- Lowers blood pressure and helps stop hemorrhaging
- Anti-bacterial and anti-viral
- Do not take if liver function is impaired, if you take blood thinners, or are pregnant or breast feeding.

# calming

## **Oil of the Valley**

*A calming summer day in a bottle. Soothes mental states and skin upsets. Helps promote healing for redness and bruising. Anti-inflammatory and antibacterial. Good for muscle aches and cramps. Do not use while pregnant or breast feeding or if you have impaired liver function.*

Fill mason jar:

1/4 way with calendula flowers, dried

1/4 way with passion flowers, dried

1/8 way with heather flowers, dried

Top jar with:

Sunflower Oil

Tighten lid on jar and steep in sunny spot for 3-4 weeks. Strain oil from herbs and bottle. Shelf life: 1 year.

## **Sigh of Relief Tea**

*To help release tenseness or uptight feelings. Restores endocrine system, lowers blood pressure, and helps lymph flow.*

4 parts skullcap, dried

2 parts marshmallow, dried

1 part blue vervain, dried

Mix the herbs together and store in a dark airtight container. When ready to brew, steep a spoonful for 15 mins.

## *herbs used*

### **Blue Vervain**

*Flavor: Very bitter*

- Very calming; good for high stress and tenseness
- Lowers blood pressure
- Helps with lymphatic flow and is a hormone balancer
- Relieves symptoms of menopause and hot flashes

### **Heather Flowers**

*Flavor: Delicate and bitter*

- Antiseptic, astringent, and a diuretic
- Mild sedative and promotes sleep (do not use before driving)
- Expectorant: helps with colds and cough
- Reduces inflammation and aids in healing UTIs, bladder and kidney issues

### **Marshmallow**

*Flavor: Sweet, cooling, and hydrating*

- Soothes inflammation
- Calms nerves, cooling and hydrating them
- Restores endocrine system



## about this booklet

Winter is a time to tend to yourself, but this need sometimes gets lost in the hecticness of the holiday season and new year energy. This booklet includes herbal recipes that will help you make space for soothing, calming, and balancing yourself. I've also included explanations of the benefits for the herbs used so that you may remix and create your own remedies.

## using herbs medicinally

Do not use any herbs without consulting a medical doctor. Many herbs can interact with medicine or other herbs poorly and lead you to the hospital or worse. Practice safe herb use and always do your research before using any herbs. Use high quality food-grade herbs purchased from reputable companies that and do not use pesticides. Purchase herbs from individuals/companies that practice sustainable harvesting.

