

Herbs - Potential Benefits and Uses

Herbs we currently stock:

Lavender - emotional shock, stress, throats, sleeplessness

Yarrow - – colds, cramping, colds

Sage - menopause symptoms, sore throat, runny nose

Mugwort - aids sleep, menstrual issues, circulation

Ladys Mantle - heavy periods, pms, digestion

Dandelion - fight inflammation, boost immune

Jasmine - stress, immunity, heart health

Mullein- coughs, blocked/runny nose, bronchitis

Skullcap - anxiety, depression, nervous tension

Rosemary - brain fog, inflammation, headaches

Raspberry Leaf - period pain, metabolism, ease bloating

Spearmint - digestion, hormone imbalances, lowers bp

Passion Flower - nervous tension, anxiety, sleeplessness

Rose Petals - lifts mood, immunity, fever reducer

Lemon Balm - anxiety, brain fog, stress, shock

Damiana - mental health, libido, depression

Calendula - skin, hair, nails

Burdock Root - – cleans blood, lymph, skin, arthritis

Yerba Mate - antioxidant, cardiovascular, cognition, digestion

Nettle – anti-inflammatory, blood bp, diuretic, contains many nutrients

Pine Needles – source of vit A and C, red blood cell production, exporant

Borage – cough, depression, adrenal insufficiency, diuretic anti-inflammatory

Echinacea – colds and flu, sore throat, cough, boost immune

Ginkgo – powerful anti-oxidant, mental health, anxiety, eye health, circulation

Ginseng – regulate blood sugar levels, immune system, brain function, reduce fatigue, erectile dysfunction

Elderberries – cold and flu symptoms, anti-oxidants, lessen stress

Sarsaparilla - antioxidants, weight loss, immune

Thyme - – respiratory, mood booster, skin, health health

Here are some suggested uses.

1. You may use your herbs/dried flowers as a tea.

There are two different ways you can do this.

- Pop your herbs/flowers into a tea strainer.

Boil your kettle then let it stand for a few minutes, if you put boiling water directly onto the herbs it will scorch and ruin their wonderful properties.

Once cooled for a bit, pour the water onto the herbs/flowers and let it steep for about 6 minutes.

Strain and enjoy!

It is possible to reuse the herbs again.

- The other way is to heat the water in a pan with the herbs/flowers until the water begins to steam – do not let the water boil.

2. You can do the exact same as above and once the water has cooled pop it in the fridge to make herb water, like an iced tea!

3. Some of the herbs you can smoke, such as the Special Blend and Blue Lotus. We don't suggest you use tobacco though.

4. You could use the herbs/flowers on a charcoal incense disk to create a smoke.

5. You could use (in particular the moon cycle and special blend) as a yoni steam.

6. You could put the herbs in a muslin cloth to hang from your baths taps to create a herb bath.

7. The herbs could be used as a foot soak

8. The herbs/flowers could be used for a facial steam

Additional Information

Soursop leave will need to be ripped up smaller to use

We suggest using a teaspoon per person as a guide for tea servings

If you wish to sweeten the tea, we suggest either raw honey or organic coconut palm sugar.