

Make & Take

Bath Salts & Foot Scrub

Bath Salts

Lavender
Chamomile
Rose Hips
Epsom Salts
Extra Virgin Olive Oil

RECIPE USED: (for 4 oz – 6 oz containers)

1 pinch of dried lavender leaves
1-2 dried rose hips
¼ cup Epsom salts
1 tea extra virgin olive oil

Crush the lavender and rose hips well. Mix into the Epsom salts and add the oil
Mix the ingredients well.
Add to a warm bath and soak.
Shelf life of 2-3 weeks

Foot Scrub

Peppermint
Dandelion
Sage
Extra Virgin Olive oil
Sugar

RECIPE USED: (for 4 oz – 6 oz containers)

1 pinch of dried peppermint
1-2 dried dandelion heads and leaves
1-2 leaves of dried sage
½ tablespoon of sugar
1- 2 tea extra virgin olive oil

Crush the peppermint, dandelion heads and leaves and sage well.
Mix into the sugar and add the oil
Mix the ingredients well.
Add to a warm water and soak feet.
Shelf life of 2-3 weeks

Benefits of the Herbs

Lavender

- **Anxiety and Stress:** The antioxidant components of lavender can impact the endocrine system of the body to lower the levels of stress hormones in the body.
- **Sleep Issues:** This is closely linked to the flower's impact on the nervous system, and can also help to clear your mind of negative thoughts or clutter.
- **Anti-Inflammatory Qualities:** The anti-inflammatory and antioxidant properties of lavender are quite potent, and this is one of the most trusted applications of lavender flowers.
- **Skin Care:** Works for chronic conditions, like psoriasis, eczema, and even acne.
- **Antiseptic Ability:** Crushed lavender leaves on wounds and injuries to promote not only quick healing of the wounds, but also to prevent the development of infections at those sites. This has been a popular use for lavender since antiquity.
- **Hair Health:** It will function as an effective shampoo and significantly boost the health of your follicle beds and hair.
- **Heart Issues:** Lavender, which come from its organic compounds and antioxidants, also help the heart by reducing blood pressure and easing the tension of blood vessels. This can prevent atherosclerosis and other cardiovascular issues, thereby lowering your risk of strokes and heart attacks.
- **Bloating and Digestive Issues:** The polyphenols found in lavender have a wide range of effects on the body, including anti-aging impacts, but it can also help prevent the development of harmful bacteria in the gut. Essentially, this will prevent the accumulation of gas in the gut from the emissions of those bacteria. This will ease stomach discomfort, reduce bloating, and eliminate cramping. Either chewing on lavender leaves or drinking a lavender tea can be effective in this way.

Chamomile

- Fighting anxiety and depression
- Natural allergy fighter or hay fever
- Anti-inflammatory
- Muscle spasms treatment
- PMS natural remedy and other menstrual disorders
- Insomnia cure
- Skin disorders
- Ulcers
- Wounds
- Gastrointestinal disorders
- Natural arthritis cure and rheumatic pain reliever
- Hemorrhoids home remedy

Rose Hips

- **Diuretic and laxative** - The fruit acids and pectin in rose hip tea is a mild diuretic and laxative which are used to improve, and relieve the symptoms of kidney disorders, or to help in the case of mild constipation.
- **Treats skin ailments** - The astringent qualities of rose hip oil has the ability to help regenerate new skin cells. This can be used to treat scars, acne and burns. While it is an astringent, it does not dry out the skin; actually it helps to re-hydrate it, keeping the moisture in. It also helps to keep the skin elastic and nourished. This will not only prevent wrinkles, but can actually help to minimize any that have already appeared.
- **Aids immune system** - The vitamin A is also beneficial to the immune system. It can help to prevent infections from both bacteria and viruses. It helps the immune system to fight off any infections that do occur too.
- **Anti-inflammatory properties** - used to treat wounds and inflammations as well as showing significant improvement in individuals suffering from osteoarthritis as well, proving the anti-inflammatory properties.
- **Antioxidants** - Because they contain a variety of antioxidants; carotenoids, flavonoids, polyphenols, leucoanthocyanins and catechins, rose hips are considered to be a good cancer preventative. These same antioxidants are also used to prevent against cardiovascular disease.

Peppermint

- **Coughs & Colds** - peppermint use can create an effective at soothing cough and cold symptoms.
- **Mouth & Sinuses** - frequently used as an agent that reduces inflammation of the mouth or throat as well as sinus inflammations and infections.
- **Digestive Issues** - can assist with digestive problems including gas, bloating and nausea, morning sickness and stomach cramps as well as irritable bowel syndrome
- **Menstrual symptoms** - Painful cramps and nausea caused by a woman's natural cycle can be eased with the help of peppermint. Peppermint acts as a muscle relaxer and therefore reduces the pain caused by a woman's cramps.
- **Pain Relief**- Headaches, nerve pain, toothaches, inflammation of the joints, and general body aches and muscle pain are all thought to be relieved by the use of peppermint. The main ingredient in peppermint, menthol, creates a cooling sensation when applied to the skin. As a result it can temporarily reduce minor levels of pain associated with athletic injuries, overuse or muscle pain.
- **Headaches** - Topical application of Peppermint oil can reduce certain types of minor headaches. Peppermint oil, diluted with another oil, can be applied directly to the forehead or upper sinus areas. In fact, a German study showed Peppermint to have the same power as 1,000 milligrams of acetaminophen.
- **Skin** - Peppermint oil diluted with water can be used as a wash capable of alleviating skin problems such as rashes and dry skin. Also, it can be used as a hair rinse to soothe both dry and oily scalp. Infections, itchiness, allergic rashes and bacterial infections have all been remedied with peppermint herbal supplements.
- **Energy** - The scent of peppermint is energizing and inhaling its scent can result in heightened levels of energy. Drinking peppermint tea, as well as using peppermint oil in a diffuser or in a candle are ways of using peppermint as a stimulant.

Dandelion

- Anemia
- Constipation
- Gallstones
- Kidney and liver disorders
- jaundice and the yellowing of the skin that comes with liver dysfunction
- cirrhosis
- hepatitis and liver disease
- Encourages normal digestion.

Sage

- It works as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally.
- useful in typhoid fever and beneficial in biliousness and liver complaints
- kidney troubles
- hemorrhage from the lungs or stomach
- for colds in the head as well as sore throat
- measles
- for pains in the joints
- lethargy and palsy
- It has been used to check excessive perspiration in phthisis cases
- Anti-inflammatory
- Antiseptic and antibacterial - has been used effectively for throat infections, dental abscesses, infected gums and mouth ulcers. The phenolic acids in sage are particularly potent against *Staphylococcus aureus*. In vitro, sage oil has been shown to be effective against both *Escherichia coli* and *Salmonella* species, and against filamentous fungi and yeasts such as *Candida albicans*.
- Has an astringent action due to its relatively high tannin content and can be used in the treatment of infantile diarrhea.
- Reduces stress
- has an anti-spasmodic action which reduces tension in smooth muscle, and it can be used in a steam inhalation for asthma attacks. It is an excellent remedy for helping to remove mucous congestion in the airways and for checking or preventing secondary infection.
- Relieves indigestion - It may be taken as a carminative to reduce griping and other symptoms of indigestion, and is also of value in the treatment of dysmenorrhoea. Its bitter component stimulates upper digestive secretions, intestinal mobility, bile flow, and pancreatic function, while the volatile oil has a carminative and stimulating effect on the digestion.
- Relaxant - treatment of nervousness, excitability and dizziness
- Reduces menopausal symptoms - hot flashes, night sweats, and its estrogen effect. nervous exhaustion, immune system depletion, and poor memory and concentration, at any age.