

FEBRUARY 2023 APOTHECARY BOX

- **Lavender Earl Grey Tea:** Formulated for a calm, uplifted energetic boost.
 - Ingredients: organic black tea, doTERRA bergamot essential oil, organic lavender leaves
 - Instructions: Cover tea bag in mug with almost-boiling water, push bag down with a spoon, and let steep for 3-5 minutes. Best with honey and your milk of choice. {BONUS points for making an earl grey latte: Add tea, honey and milk in a blender, and blend for 20 seconds}
- **Lavender-Infused Honey:** Helps to release tension while bringing in some gentle sweetness.
 - Ingredients: organic lavender leaves, raw and local honey
 - Instructions: Take by the spoonful or drizzle on French toast, waffles, or pancakes. Use in your teas for extra nerve support. Add to sparkling water for an instant 5 o'clock calming fizz.
- **Burn Balm:** Cools burns, repairs skin, prevents major scarring.
 - Ingredients: plantain, calendula and st. john's wort infused olive oil, beeswax, doTERRA lavender essential oil
 - Instructions: Gently rub balm over minor burns for a few days until fully healed. Also works to soothe red, hot skin.
- **Massage & Cramp Oil:** Full of antispasmodic and muscle relaxing herbs, this oil is very earthy and grounding to the skin and nervous system.
 - Ingredients: hops, lavender, rosemary, rose, chamomile, ginger, calendula, sunflower oil, grapeseed oil, black seed oil, fractionated coconut oil, extra virgin olive oil, jojoba oil
 - Instructions: Use to relax the muscles and nerves during a massage. OR rub gently over pelvis to relax when experiencing menstrual cramps.
- **Space Spray:** To use in your spaces {on pillows, sheets, bathrooms, office, etc.} and also to spritz, take a deeeeeeeeeeep breath and create space for 10 seconds of stillness.
 - Ingredients: lavender hydrosol {organic lavender flowers, distilled water}
 - Instructions: Spritz around your face and inhale deeply. Use as a pillow and room calming, sleep-inducing spray.
- ***BONUS* LOVE chocolates:** Calling in L-O-V-E!
 - Ingredients: powdered figs, powdered rose, dark chocolate chips, sea salt, edible gold powder.
 - Instructions: You know what to do!

with love and plants.
Mary Julia