

## NOVEMBER 2023 APOTHECARY BOX

- **FERMENTED JALAPEÑO HONEY** :: Hot honey is having a moment! We're hoppin' on this trend with our elevated version that's good for your immune system, supports proper digestion, and boosts beneficial bacteria in your gut! Don't worry if a thick layer forms across the top... it's the "mother" {just scoop and toss}.
  - Ingredients: jalapeños, raw honey
  - Instructions: Drizzle on any food for an instant sweet heat upgrade. Recommended: biscuits, bacon, charcuterie, pizza, fried chicken, avocado toast, scrambled eggs, roasted fall veggies, pimento cheese, cornbread, ice cream and any other treat you can think of!
- **WILD WOODS LOTION BAR** :: Ylang Ylang oil is used to create a calm, positive atmosphere. Douglas Fir has a unique chemical composition that contributes to its ability to encourage an optimistic and stimulating environment. It also purifies the skin. The combo of these mood-boosting plants is perfect for darker, colder weather and dry skin.
  - Ingredients: cocoa butter, coconut oil, beeswax, ylang ylang and Douglas fir essential oils
  - Instructions: Rub over whole body after a warm shower or bath or keep in purse to use as the ultimate hand moisturizer. Apply to pulse points for a natural yet subtle perfume.
- **SERENE BODY/ROOM SPRITZ** :: The warm, sylvan aroma of these oils helps create a calming, quieting and grounding environment.... some much needed support for the start of the holidays!
  - Ingredients: distilled water, fractionated coconut oil, black spruce, ho leaf, frankincense, blue tansy, blue chamomile, osmanthus flower, and vanilla essential oils
  - Instructions: Spritz on sheets, couch, or in the air of a room to bring calm. Spritz on your body and inhale deeply for a moment of peace. I keep this one in my purse for easy access.
- **CALM NERVES BLEND** :: Carefully crafted to support the nervous system in a deep, rebuilding, and nourishing way. These tinctures are made from fresh plants at the peak of their potency and are heavy hitters to help calm worry, ease general tension, and to promote peace of mind for nervous system health.
  - Ingredients: milky oats, skullcap and lemon balm tinctures {vodka and rum}
  - Instructions: Put a dropperful in your evening tea or drink. Take a dropperful straight each evening to switch into nighttime gear.
- **CITRUS FOREST SUGAR SCRUB** :: Incredibly cleansing and exfoliating while creating a tranquil, positive and uplifting shower experience!
  - Ingredients: turbinado sugar, sea salt, kosher salt, orange, black spruce, Siberian fir, balsam fir, lavandin, cedarwood, cypress, hinoki, frankincense, Nootka, Canada, and clove essential oils, avocado oil
  - Instructions: Put a tablespoon or two in your hands while showering. Rub in gentle circles to improve circulation, clean and clear debris and dead skin, and rejuvenate your body.