

JULY 2023 APOTHECARY BOX

- **HERBAL SUMMER WINE:** 'Tis the perfect season for uplifting lemon scents, aromatics and a gentle immune boost in a delicious elixir to battle the heat.
 - Ingredients: elderflower, rose, lemon verbena, lemongrass, lemon peel
 - Instructions: Fill jar with white wine or vinegar {if you don't drink alcohol}, cover jar, let infuse for 3 weeks in a cool, dark space, then strain and drink! Makes a fabulous wine spritzer. If you make infused vinegar, you can drink a tablespoon in sparkling water or use in cooking as you would normal vinegar.
- **STIMULATING EYE SERUM:** Crafted to tighten and smooth skin, drain fluids around the eyes through the great benefits of invigorating coffee, moisturizing rose petals and nourishing oils.
 - Ingredients: coffee and rose infused coconut oil, jojoba oil and rosehip seed oil
 - Instructions: Gently apply around eyes in the morning {before make up} to relieve puffiness and to wake up the skin.
- **RESTORATIVE SOAKING HERBS:** These herbs love on and nourish your skin, make your heart happy, smell absolutely divine and support our bodies in many, many ways. Imagine taking a bath in the middle of your flower garden...
 - Ingredients: holy basil, calendula, chamomile, lavender, elderflower, rose petals
 - Instructions: Add one bag to the tub as you're drawing a bath and soak away.
- **SUMMER WORKER'S SALVE:** For the tense, tight, strained and sore muscles of summertime work and play!
 - Ingredients: comfrey and arnica infused olive oil, wax, DeepBlue essential oil blend {wintergreen, camphor, peppermint, ylang ylang, helichrysum, blue tansy, blue chamomile, osmanthus oils}
 - Instructions: Rub on sore muscles aches, sprains, tightness in the body as many times a day as needed.
- **LEMON BALM HYDROSOL:** Freshly distilled with the most aromatic lemon balm straight from the garden, this cooling hydrosol promotes focus, soothes nerves, gladdens the spirits, and is a preventative for summer colds.
 - Ingredients: fresh lemon balm
 - Instructions: Spray 8-10 sprays in your tea mug or water bottle before adding water for a soft but flavorful infusion.

with love and plants.
Mary Julia