

AUGUST 2023 APOTHECARY BOX

- **HOLY BASIL COCONUT FINISHING SUGAR:** Holy basil everything right now! This finishing sugar is not only ridiculously delicious, but calms the nervous system and smells like heaven.
 - Ingredients: holy basil powder, coconut sugar
 - Instructions: Sprinkle over tea and coffee, cookies, cakes, muffins, cereal, granola, or fruits for extra flavor and bonus stress relief.
- **MINT MINDSET TINCTURE:** Created with herbs in the mint family that are not only fresh and bright, but give our mindset a boost, uplift moods, while simultaneously soothing your nervous system. Cooling of the body, especially during the night.
 - Ingredients: peppermint, spearmint, mountain mint, catnip, lemon balm, holy basil, vodka, honey
 - Instructions: Take whenever you need to cool off, call in clarity, focus, and relax your nerves. Take at night for a cooling night's sleep.
- **NATURAL LONG LASH SERUM:** Long, thick lashes... yes, please! Castor oil is a natural source of healthy fats, proteins and vitamins that encourage hair growth.
 - Ingredients: organic castor oil, coconut oil, vitamin E
 - Instructions: After washing face at night, use serum as you would mascara with a thin layer on lashes. Use daily for best results!
- **WOUND {STYPTIC} POWDER:** Known as the "wounded warrior", yarrow has been used for millennia in kitchens and on the battlefield to stop bleeding and heal wounds.
 - Ingredients: powdered yarrow flower and leaf and powdered usnea
 - Instructions: Gently sprinkle on a cut to stop bleeding and provide antiseptic support. Cover with a bandage.
- **LEMON LIFT INFUSED COCONUT OIL:** The most glorious and gently scented coconut oil. Lemongrass and lemon verbena both boost your mood and soothe your gut.
 - Ingredients: lemon verbena, lemongrass, coconut oil
 - Instructions: Use as you would regular cooking oil to sauté, fry or bake. Add to teas for healthy fat and lemon flavor. Stir a tablespoon in grain dishes when they're still warm to impart healthy fat and flavor.
- **BONUS :: SUMMERTIME FLORAL BATH BOMB**
 - Ingredients: baking soda, citric acid, lavender infused witch hazel, rose petals, vanilla & Adaptiv essential oils, gold mica powder
 - Instructions: Add to a bath for extra fizz and supreme herbal relaxation. Bonus points if you soak with something bubbly to drink!