

JANUARY 2023 APOTHECARY BOX

- **Winter Support Hydrosol:** Formulated to ease and prevent the winter blues. Mood-boosting and grounding.
 - Ingredients: hydrosols of wood betony, lemon verbena, jasmine, rose, lemon balm, lemon grass, ginger, holy basil
 - Instructions: Pour 1 teaspoon into a glass of water, sparkling water, juice or tea and drink daily.
- **Citrus Rosemary Vinegar:** Brightens up any dish while supporting digestion and calming nerves.
 - Ingredients: orange, clove, lemon balm and chamomile infused vinegar with rosemary sprigs.
 - Instructions: Add a dash to your favorite salad dressings. Sprinkle on top of grains or roasted veggies after they've been cooked. Use a teaspoon in meat marinade or splash some vinegar on meat that's ready to eat. My favorite way to use this vinegar is on top of collards, kale and other winter greens.
- **Warming Winter Balm:** Improves circulation, locks in moisture, tones the skin and smells absolutely decadent.
 - Ingredients: rose, ginger, cinnamon, vanilla, rosemary
 - Instructions: Use as hand cream, body lotion, massage salve. Rub a tiny amount on the back of your neck, temples and chest for a gentle, yet brightening, personal "perfume".
- **Digestive Support Tincture:** Formulated for the food of winter; dishes heavier in fat and meat, post-holiday detoxifying, and getting rid of the sugar addiction!
 - Ingredients: rosemary, dandelion root, and peppermint tinctures, catnip glycerite
 - Instructions: Take a few drops before or after meals to help with the digestion of high protein and fatty foods. Also great for indigestion, bloating, upset stomachs or for sugar cravings.
- **Protect Immune Essential Oil Roll-on:** Smells powerful and works powerfully! This blend of oils and herbs is boosting and protective for the winter months.
 - Ingredients: wild orange, clove, cinnamon, eucalyptus, oregano and rosemary essential oils and elderberries in fractionated coconut oil.
 - Instructions: Roll on the bottoms of your feet before bed. Let dry a bit before putting feet in sheets! Use nightly for immune system support.
- ***BONUS* Moisturizing Lip Balm:** Tinge of natural color, incredibly moisturizing, skin healing and luxurious.
 - Ingredients: alkanet powder, cacao butter, shea butter, coconut oil
 - Instructions: Use as you would chapstick or lipstick. The color seems to shift perfectly for each skin tone.

with love and plants.
Mary Julia