

JANUARY 2024 APOTHECARY BOX

The herbal products in this month's apothecary box are designed to help you detox and destress after the holidays. Enjoy and take care!

- **SPICED TULSI ROSE ELIXIR** :: Created for stress relief, warmth, and gentleness with self. Holy basil, as an adaptogen, helps our bodies adapt to the stressors of life. Rose supports us in being gentle with ourselves and others. Figs are nourishing and round out this blend with a light sweetness.
 - Ingredients: holy basil, rose, cacao nibs, orange peel, dried figs, vodka
 - Instructions: Take a few drops straight on your tongue for stress relief. Put a few drops in tea, coffee or hot chocolate.
- **LEMONGRASS + GINGER HYDROSOL** :: Lemongrass supports digestion, gentle detoxification and is highly mood-boosting. Ginger does the same, plus adds a zing of energy and immunity protection. The synergy of these two plants simultaneously grounds and excites. Perfect with chamomile tea, earl grey and other floral favorites.
 - Ingredients: lemongrass, fresh ginger, distilled water
 - Instructions :: Spritz at least 5 sprays into a mug before adding tea bag {or coffee }and hot water.
- **FIRE CIDER** :: This is a milder version of the herbal classic. This remedy will truly clear you out {in the best way possible}! Good for stuffy noses, congestion, coughs and whatever else ails you.
 - Ingredients: ginger, garlic, oranges, echinacea flowers, jalapeños, cayenne pepper, goldenrod, lemons, cinnamon sticks, honey
 - Instructions: Take 1 teaspoon a day in some orange juice, sparkling water or straight out of a shot glass! If you're feeling cruddy, 1 teaspoon up to 3x a day.
- **GLOWING FACE SERUM** :: This herbal oil has been infusing with elderflower and calendula petals since the summer! The perfect January skin pick-me-up. Crafted for GLOW.
 - Ingredients: organic jojoba oil, calendula petals, elderflower petals
 - Instructions: Put a few drops on your fingertips and dab around eyes and cheekbones for extra glow in the mornings after using moisturizer of choice.
- **YAUPON CHAI** :: Yaupon is the only native caffeinated plant in North America! Blended with detoxifying herbs and spices like dandelion root, ginger, and chicory, this chai tea blend will give you a boost while helping you to gently clean and clear your system. Enjoy with sweetener and milk of choice.
 - Ingredients: yaupon leaves, dandelion root, ginger root, chicory root, cinnamon chips, cocoa nibs, ground clove, ground nutmeg, grains of paradise
 - Instructions: Place 1.5 tbsp chai mix in a tea infuser {or tea bag} and place in mug. Pour boiling water over herbs into mug, place cover on mug, and let steep 10 minutes. Remove infuser, add molasses, honey, or maple syrup and cream/milk. Stir.

with love and plants.
Mary Julia