

# DECEMBER 2023 APOTHECARY BOX

*The herbal products in this month's apothecary box are designed to be given as gifts {Even if you decide to treat yourself}. Happy Holidays!*

- **CHAI LATTE WINTER SPICE BLEND** :: All the favorite scents and spices of the season in one bottle. Invigorating, yet calming and uplifting. A sensual blend!
  - Ingredients: vanilla, cardamom, cinnamon, clove, black pepper, ginger essential oil and rose petals
  - Instructions: Roll on pulse points, behind neck and anywhere you would normally apply perfume or fragrance.
- **WOODLAND MUSK** :: This cologne/perfume is reminiscent of a walk in the woods. The scents are deeply calming and grounding, yet will brighten your mood and lift your spirits. Deeply moisturizing to the skin.
  - Ingredients: mango butter, beeswax, coconut oil, juniper, spruce, cedarwood, vetiver, bergamot essential oils
  - Instructions: Rub over pulse points, on back of neck or anywhere that you put cologne or perfume!
- **MULLED CIDER SPICES & HERBS** :: Whether it's craving a warming hot toddy or dreaming of sweet and spicy apple cider, 'tis the season for the toasty, comforting scents and flavors brought to us by fragrant mulling spices and immune boosting herbs. Add to a pot of apple juice or cider and enjoy!
  - Ingredients: cinnamon, nutmeg, ginger, clove, anise, cardamom, astragalus, lemongrass, lemon verbena
  - Instructions: Add bag of spices and herbs to 1/2 gallon of apple juice or apple cider on the stovetop. Let simmer, covered, for at least 30 minutes before serving. Compost spices and reuse bag for other teas or more cider!
- **ROSE & PEPPERMINT CHOCOLATE BAR**:: Creaminess of rose with the earthiness of chocolate and the zing of peppermint. A festive combo that works for the holiday season! Gives you a pep in your step and a boost of energy from the chocolate and peppermint.
  - Ingredients: dark chocolate, sea salt, organic cane sugar, rose petals, candy cane pieces
  - Instructions: Eat anytime to bring a festive smile to your face. Sweet, crunchy and heart-opening!
- **ROSE CINNAMON TOAST SPRINKLE** :: A twist on one of the tastiest breakfast winter treats. Make simple cinnamon toast or get fancy and use this blend for cinnamon rolls!
  - Ingredients: vanilla, nutmeg, cinnamon, rose petals, organic cane sugar
  - Instructions: Sprinkle on buttered toast for an herbal cinnamon toast! Use to sweeten and flavor coffee and teas. Use as topping for sugar {snickerdoodle} cookies.

with love and plants.  
Mary Julia