



# WISE EARTH HOME APOTHECARY RECIPES

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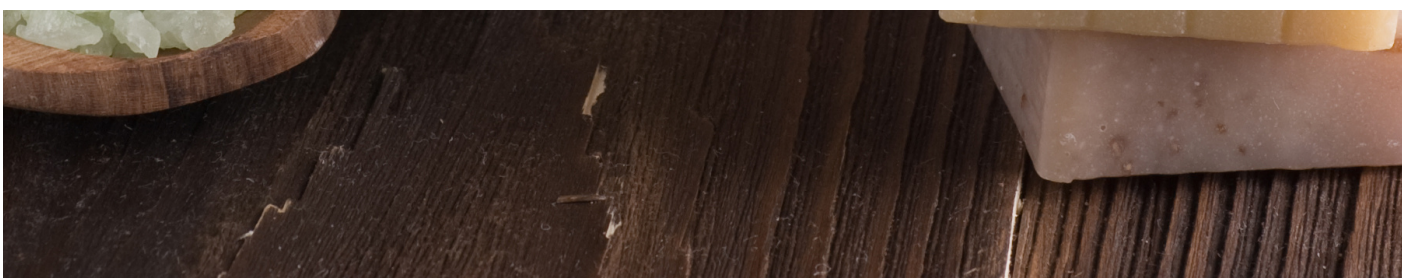




# TOPICAL REMEDIES

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support for common family ailments





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# ALL PURPOSE HEALING SALVES

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This is the go-to skin healing salve for bug bites, scrapes, cuts, chapped skin, sore breast, diaper rash, and even works well on eczema.



## Ingredients + Materials

Measuring cup

Scale

Cooking pot

Beeswax (shaved or pellets  
work best)

Herbal Oil infusion (must be  
strained and completed)

Salve jars to fill

Labels

## Directions

1. Measure 1 cup of infused herbal oil. (Consider Calendula infused oil for its amazing skin healing properties.)
2. Measure 1oz beeswax.
3. Add ingredients to the cooking pot and keep on low. Stir oil and beeswax.
4. Continue to stir until the herbal infused oil and beeswax have completely melted.
5. Turn heat off.
6. Test consistency if necessary.
7. Carefully pour into clean empty salve jars.





# ITCHY SKIN SPRAY



This spray is essential for itchy skin, especially poison ivy rash, or other contact dermatitis issues that need to be dried rather than moistened.

## Ingredients + Materials

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- 32 oz Mason Jar
- Enough fresh Calendula and Chamomile flowers to fill the jar
- Enough Witch Hazel to completely cover the herbs
- 4 tsp. Aloe vera juice
- 50 drops tea tree oil



## Directions

1. Fill the 32 oz. mason jar with fresh Calendula and Chamomile flowers
2. Cover the flowers with witch hazel
3. Cover with the lid and sit in a cool dark area for 7-14 days, shaking every few days.
4. Strain the flowers and keep the infused liquid in another mason jar.
5. Add 4 tsp. of aloe vera juice.
6. Add 50 drops of tea tree oil
7. Fill a spray bottle with the itchy skin spray and keep the overstock in a cool dark area. (You can also store the overstock in the refrigerator)

The overstock will stay good for 6-12 months.





# HAIR VINEGAR

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This is the go-to hair rinse for dandruff or to give your hair a nice shine.



## Directions

1. Fill the Mason jar or larger glass jar with fresh or dried herbs of choice.
2. Cover completely with Apple Cider Vinegar.
3. Allow to sit in a cool dark place for 1-2 weeks.
4. Strain the herbs and keep the remainder herbal infused hair vinegar in another vessel.
5. You may consider a vessel that works for your bathroom.
6. Rinse hair after washing 1-2 times per week.

Shelf stable for 1 year.



## Ingredients + Materials

- Suggested Herbs for Dandruff and Itchy Scalp:
  - Sage, Rosemary, Mint leaf, and Citrus Peels
- Suggested Herbs for stimulating Hair Growth:
  - Nettle, Horsetail, Oatsraw, Yarrow, and Rosemary
- 32 oz Mason Jar
- Apple Cider Vinegar



# CHEST RUB

Use this salve on the chest to loosen phlegm when treating pesky coughs and congestion.



## Directions

1. Measure 1 cup of infused herbal oil. (Consider California Poppy and Anise Hyssop for their pain relieving properties)
2. Measure 1oz beeswax.
3. Measure 1oz Camphor crystals
4. Add ingredients to the cooking pot and keep on low. Stir oil and beeswax.
5. Continue to stir until the herbal infused oil, camphor, and beeswax have completely melted.
6. Turn heat off.
7. Test consistency if necessary.
8. Add 10 drops of Eucalyptus essential oil to each salve jar.
9. Carefully pour melted ingredients into salve jars.

## Ingredients + Materials

- Measuring cup
- Scale
- Cooking pot
- Beeswax (shaved or pellets work best)
- Herbal Oil infusion (must be strained and completed)
- Camphor crystals
- Essential oil of Eucalyptus
- Salve jars to fill
- Labels





# INTERNAL REMEDIES

Tasty potions for common family ailments







# COLD + FLU DROPS

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These are the go to drops  
for fighting viruses.

## Ingredients

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- 2oz Lemon Balm  
Tincture or Glycerit
- 2oz Anise Hyssop  
Tincture or Glycerit
- 1oz Calendula Tincture  
or Glycerit
- Dropper bottle
- Funnel
- Labels



## Directions

1. Measure all of the ingredients and pour into a clean dropper bottle.
2. Label with ingredients and name of formula.

If the formula is crafted with only glycerite extractions, the shelf life is 1 year. If the formula has at least 20% alcohol extractions, it will be shelf stable for up to 4 years or longer.

Suggested Use:

Infants: 1/4 dropperful, 3 times daily

(Consider only using glycerite extractions and administering while breastfeeding.)

Children: 1/2 dropperful - 1 dropperful, 4-6 times daily

Adults: 1-2 dropperful. 4-6 times daily



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# RELAX DROPS

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Try these drops to support relaxation, enhance sleep, or soothe a teething child.



## Ingredients

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- 2oz Lemon Balm  
Tincture or Glycerit
- 2oz Chamomile  
Tincture or Glycerit
- 1oz California Poppy  
Tincture or Glycerit
- Dropper bottle
- Funnel
- Labels



## Directions

1. Measure all of the ingredients and pour into a clean dropper bottle.
2. Label with ingredients and name of formula.

If the formula is crafted with only glycerite extractions, the shelf life is 1 year. If the formula has at least 20% alcohol extractions, it will be shelf stable for up to 4 years or longer.

### Suggested Use:

Infants: 1/4 dropperful, as needed to promote relaxation or soothe teething gums. (Consider only using glycerite extractions and administering while breastfeeding.)

Children: 1/2 dropperful - 1 dropperful, as needed

Adults: 1-2 dropperful. as needed

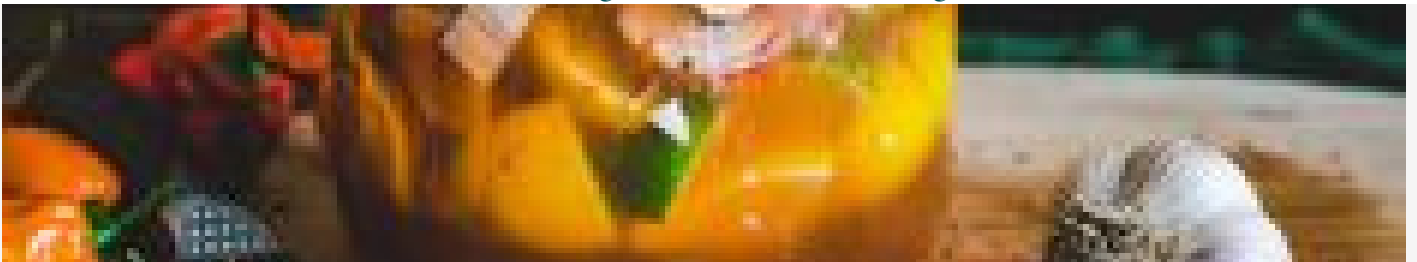




# FIRE CIDER

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Take a shot of this if you feel like you have been exposed to an illness or if you are coming down with something.



## Directions

1. Prepare your roots, fruits, and herbs and place them in a quart-sized glass jar. If you've never grated fresh horseradish, be prepared for a powerful sinus-opening experience!
2. Pour the apple cider vinegar in the jar until it is  $\frac{3}{4}$  of the way filled with the vinegar.
3. Next, add honey until the jar is completely filled leaving  $\frac{1}{2}$  of head space.
4. Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one.
5. Shake well. Store in a dark, cool place for a month and remember to shake often.
6. After one month, use cheesecloth to strain out the pulp, pouring the Fire Cider into a clean jar. Be sure to squeeze as much of the liquidy goodness as you can from the pulp while straining.
7. Taste your cider and add more honey until you reach the desired sweetness.

Shelf Stable: For Years!

Suggested Use: 1 shot ( $\frac{1}{2}$  oz - 1oz) at the first signs of a weekend immune system

## Ingredients:

- 1 onion, chopped
- 10 cloves of organic garlic, crushed or chopped
- Peel from 1 lemon
- 2 organic jalapeno peppers or other hot pepper, chopped
- $\frac{1}{2}$  cup fresh grated organic ginger root
- $\frac{1}{2}$  cup fresh grated organic horseradish root
- $\frac{1}{2}$  cup calendula flowers
- $\frac{1}{4}$  cup lemon balm leaf and flower
- $\frac{1}{4}$  tsp. organic cayenne powder
- organic apple cider vinegar
- $\frac{1}{4}$  cup of raw, local honey, or to taste
- Gallon glass jar
- Label





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# TUMMY POTION

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Try these drops when there is an upset stomach



## Ingredients

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- 3oz Chamomile Tincture or Glycerit
- 2oz Anise Hyssop Tincture or Glycerit
- Dropper bottle
- Funnel
- Labels

## Directions

1. Measure all of the ingredients and pour into a clean dropper bottle.
2. Label with ingredients and name of formula.

If the formula is crafted with only glycerite extractions, the shelf life is 1 year. If the formula has at least 20% alcohol extractions, it will be shelf stable for up to 4 years or longer.

### Suggested Use:

Infants: 1/4 dropperful, as needed to soothe an upset stomach or relieve gas and bloating. (Consider only using glycerite extractions and administering while breastfeeding.)

Children: 1/2 dropperful - 1 dropperful, as needed

Adults: 1-2 dropperful. as needed





# HERBAL TISANES

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Tea blends for the whole family







# VITAMIN C TEA

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This sun tea is a great way to extract vitamin C from these herbs.

## Ingredients + Materials

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- 1 gallon glass jar
- Handful of dried hibiscus flowers
- Handful of lemon balm leaf
- 1-2 sprigs of fresh peppermint



## Directions

1. Add the fresh or dried herbs to the glass jar.
2. Fill with water
3. Leave in a sunny spot for 4-6 hours.
4. Strain herbs and keep remaining infused herbal sun tea in separate glass container.
5. Sweeten with honey or coconut sugar if desired.
6. Keep in the refrigerator and enjoy a refreshing, cooling, and immune enhancing beverage.

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# WELLNESS TEA

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Brew this tea to boost the families immune system.



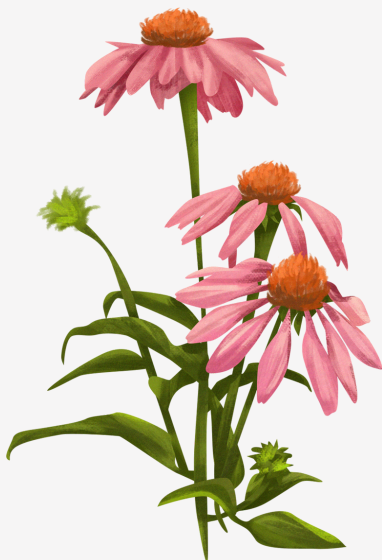
## Ingredients

10 oz dried Lemon Balm  
10 oz dried Echinacea leaf  
and flower  
8 oz dried Elderflower  
1 oz dried Thyme

## Directions

1. Blend dried herbs in a large bowl.
2. Keep in a large glass jar
3. Label with ingredients and name of formula.
4. Brew as needed for weakened immune system.

You can even brew large batches and keep in the refrigerator to sip on.





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# WISE EARTH WAY

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Use the following pages to design  
your own recipes



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# FAVORITE RECIPES

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