

DIY Herbal Skin Care for Everyone! ~ The Long Version



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PLEASE READ: *The information in this handout has not been approved by the FDA and does not in any way intend to diagnose or prescribe. Always consult with your health practitioner before taking any remedy.*

Above this, I also recommend that you...

1. Research an herb in at least three good sources before ingesting it (see website for sources),
2. Listen to your body/intuition to determine if an herb resonates or doesn't resonate with you.
3. Take proper steps to ensure that any wildcrafted or cultivated plant is what you think it is, AND
4. Check with your pharmacist for herb-drug interactions if you take prescriptions.

Simple, Natural Care

Why slather chemicals on your body or spend gobs of money on expensive “organic” skin care products? You can make many of these bodycare products right in your own kitchen with very little expense or time. Got extra? They make great gifts! Whip up a batch of unscented products and then divide them up and adapt them for different needs and personalities with essential oils and other ingredients.

Fortunately, it's super cheap and surprisingly easy to make your own healing skin balms and salves, body powder, massage oil, and other natural products. Maria will demonstrate the basics to make herb-infused oil with calendula, turn that into a salve (perfect for eczema, diaper rash, hemorrhoids, and healing wounds), and also make aromatherapy spray (for uses like calming, disinfecting, and repelling insects) and body powder during the class. Some of these recipes can even be used on pets, and you'll learn how to put together a Baby Care Kit!

To Answer Your First Question: See “Where Do I Get Supplies?” on the last page ☺

Healing Herbs

Calendula (*Calendula officinalis*) is the primary baby skin herb. In fact, it is one of the most useful skin herbs, period. Calendula is particularly helpful for irritated, itchy skin. It soothes and acts as a mild antimicrobial, making it a perfect ingredient for baby oil, ointments, lotions, and salves for diaper rash, any rash, cradle cap, and eczema, as well as sore nipple oil. Infuse the dried golden orange or yellow flowers in olive oil. Make a strong tea, let cool a bit, and add to the bath or use for a gentle wash. Also consider grinding the dried flower into a powder to add to baby powder. This herb is available in almost any store that sells loose herbs. Look for brightly colored flowers. If you don't have time to make your own calendula oil, you can purchase it in most natural food stores under the brand Herb Pharm. (About \$10 for 1 oz vs making your own 20 oz for about \$15.) **To make calendula oil**, I prefer starting with the blender/alcohol method (see directions below), then letting the oil-herb “slop” sit in a warm crockpot or car for 1-3 days before straining it out. All methods work, but this seems to be the strongest.

German Chamomile (*Matricaria recutita*) is infinitely useful for babies, inside and out! Chamomile is soothing and slightly antimicrobial. Topically it is second only to calendula for baby skin care. A bath made with chamomile tea or simply a handful of dried flowers thrown in the tub may also help calm and soothe the baby and help with digestive upset. (Internally, diluted and homeopathic chamomile remedies are often used for colic, insomnia, irritability, gas, bloating, and teething.) Just a drop or two of chamomile essential oil (expensive, but only a little is needed) may be added to natural skin care products

for a stronger soothing, anti-inflammatory effect. Chamomile flowers are widely available in any store that sells loose herbs. Teabags, though not as strong, can be used for baths and are available from several vendors including Traditional Medicinals, Yogi Tea, and Celebration Herbals. Roman chamomile (*Chamaemelum nobile*), pineapple weed (*Matricaria discoidea*), and wild chamomile (*Anthemis* spp, *Ormenis multicolis*) are often used similarly, and sometimes their essential oils are less expensive. Note: Chamomile flowers may cause allergy in some sensitive people.

More Soothing Herbs: Besides the herbs mentioned above, also consider adding rose petals, lavender flowers, oatmeal, aloe gel, shea butter, lemon balm, comfrey leaf or root, slippery elm, marshmallow root, witch hazel, yarrow; infused oils of St. John's wort, chickweed, plantain, comfrey leaf or root; neroli essential oil or orange flower water; rescue remedy flower essence; vitamin E, lanolin.

Stronger Antimicrobials: The following herbs may be powdered or infused for topical use for stubborn diaper rash and mild infections: myrrh, sage, rosemary, goldenseal, essential oils of lavender,* tea tree,* thyme, sage, oregano, or rosemary. Generally, these would only need to be used for a short while. *Note: Essential oils are STRONG and should only be used in small amounts, diluted, for a short period of time.*

That Baby Smell: Just a drop or two of ylang ylang, jasmine, rose, neroli (orange blossom), lavender,* and/or vanilla essential oils add a delightful fragrance to natural baby care products. Vanilla bean-infused oils (mmmm... vanilla coconut oil!) or a little natural vanilla extract from the kitchen can be substituted. All of these fragrances have soothing, calming properties. However, be warned that most of these essential oils are pricey. Aura Cacia sells the "precious" essential oils diluted in jojoba oil for a more economical alternative. **I personally prefer NOT to use essential oils on babies and children in most cases.**

***Potential Concern with Lavender & Tea Tree EOs:** A recent study has raised concerns that lavender and tea tree essential oils—often used in children's products—are in fact estrogenic. The study stemmed from three case studies of young boys who developed small breasts for no known reason. These three boys all used different products containing lavender and/or tea tree oils. Once they stopped using the products, the breasts gradually went away. Two lab studies found the oils to be estrogenic and anti-androgenic. While this is definitely cause for concern—and some parents may want to avoid the oils—we also need further research to confirm that these oft-used oils may be harmful.
New England Journal of Medicine, Feb 1, 2007. PMID: 17267908

Making An Herbal Infusion: Tea, Bath, Wash

The infusion method is best for delicate parts of a plant, leaves and flowers. When you make tea from a teabag, you're making an infusion. Use 1 tsp to 1 Tbsp of dried herb per cup of water. Cover and let steep for 5-20 minutes, strain, and drink. Larger amounts of herb and longer steeping times make stronger tasting teas, less herb and time makes a lighter tea. If you're adding the tea to an already-prepared bath, make it double or triple strength (more herb, longer steeping time) and then add it to the bathwater. These infusions can be refrigerated for one to two days but generally should be used immediately since they will grow molds and bacteria over time.

Making Infused Topical Herbal Oil

Olive oil is the herbalist's choice for medicinal and most culinary oils. However, coconut, grapeseed and other oils may also be used. **Lasts:** Usually one year in the cupboard, often longer. However, it is best to make oils in small batches and use them quickly before they have the chance to go rancid or grow bacteria or fungus.

Use Fresh or Dry (I prefer dry, alcohol method): Calendula flowers (w/heat), comfrey leaf, green tea leaves, gotu kola leaves, chaparral, thuja, plantain, lemon balm... most herbs

Best Fresh: St John's wort, chickweed (wilted), cleavers greens, dandelion flowers (wilted)

Herbal Oil (Maceration Method)

For dry herb, per 1 oz of ground or cut/sifted herb add 4-8 oz of oil, mix in blender and pour in jar. For fresh herb, wilt to half its weight in water, loosely pack in a jar, and then cover with oil (at least one inch above or to the tip top of the jar). If using fresh herbs, consider covering with cheesecloth to allow moisture to escape. Place the jar in a warm spot—for example a sunny window, warm car, or oven with a pilot light—for 2 weeks. Stir daily. If the spot is sunny, cover the jar with cloth or a brown paper bag. Strain.

Herbal Oil (Double Boiler/Crock/Hot Car Method)

Use the same proportions mentioned above for dry or fresh herbs. Pour into double boiler or crock and let sit at the lowest setting (ideally around 90-110 degrees, although the lowest setting may be warmer) overnight or up to three days. Or, keep it in your car for up to three sunny, warm days. Strain.

Herbal Oil (Blender Method – Dry Herbs Only)

For dry herbs only. Grind up herb in a blender. Per 1 oz of herb, mix in 1/2 oz of grain alcohol. Mix in to the herb, it will have a consistency similar to beach sand or potting soil. Cover and let sit overnight or as long as desired. Pour into blender, Per 1 oz of starting herb, add 7 oz of oil. Blend in blender until the blender gets warm, about 5-10 minutes. Strain.

Straining Herbal Oils

Place a fine mesh strainer over a bowl and line with cheesecloth. Pour the herb/oil mixture through. Wring the oil out of the cheesecloth and discard the herbal dregs. Let sit and decant for desired clarity and/or strain further through a coffee filter. Pour into dark glass bottles and store in a cool, dark, dry spot.

Carrier Oils – Your Base

- **Olive Oil** – This is the base oil of choice for most herbal oils because it is relatively affordable, has a good shelf life, and is relatively therapeutic on its own.
- **Coconut Oil** – This is a creamy, saturated oil that is also relatively stable. It can be pricey. The consistency is unreliable - very solid in cool temps, liquid in warm temps - which is a disadvantage. Bonus: may have some sunscreen and antifungal properties.
- **Grapeseed Oil** – Another popular herbal oil base. Relatively good shelf life and plain appearance and scent. But it is pricey and always refined.
- **Cocoa Butter** – Rich, thick/hardening, creamy, deeply moisturizing, and smells like chocolate.
- **Shea Butter** – Rich, thick, creamy, deeply moisturizing, great for eczema. Possible nut allergen.

Great Herbs for Oils... and other topical remedies

Leaves and flowers most readily lend their properties to oil. You can use “harder” parts of the plants like roots, bark, and nuts, but they may not extract as well. If you only keep two herbal oils in your pantry, make them calendula and St. John's wort. In my opinion, they're the most useful and “miraculous.”

☼ *May have slight SPF action.*

- **Calendula flowers (*Calendula officinalis*)****RECAP** – This is one of the most common herbal oils, and it can be purchased by the ounce in most natural food stores. Use dried bright yellow or orange blossoms, which make a golden oil. Calendula flowers have slight antimicrobial properties and are soothing to inflamed skin. It's great in formula's for baby's skin, itches and rashes, superficial wounds, and some cases of dermatitis, eczema, and psoriasis. Dry or fresh (wilted) herbal oil infusion.
 - ➔ Also try it as a wash (same as making a tea) or an herbal bath (add 1 quart of strong tea to bath).

- ✨ **St. Johnswort flowers & buds (*Hypericum perforatum*)** – The fresh yellow buds and flowers of this important weed yield an amazing crimson oil. Only fresh buds and flowers should be used (top bit of the plant, it's ok if you get a few leaves and some stem), and the oil will be stronger if you let it infuse in the SUN (this is a SUN PLANT) for a few days or weeks. You can purchase St. Johnswort in 1 to 4 oz quantities in natural food stores. It's an amazing medicinal oil for most skin conditions including burns, cuts, wounds, bedsores, radiation burns, etc. It can be applied along an inflamed nerve or muscle for pain including sciatica or shingles. It is reported to have mild sunscreen properties and also helps with sunburns. Fresh (no need to wilt) herbal oil infusion.
 - ↳ Though drying, SJW tincture can be used in a pinch.
- **Gotu Kola leaves (*Centella asiatica*)** – The dried leaves of this ivy-like vine make a vibrant green oil (it does not color the skin). Gotu kola is a wound healer and general cure-all for circulation, collagen support, and the nervous system. We are seeing it more in formulas for varicose and spider veins, cellulite, skin imperfections, and wrinkles. It is occasionally available in natural food stores in jojoba or other carrier oil. Dry herbal oil infusion. Not local, but it can be grown as an annual or indoors.
- **Plantain (*Plantago* spp), Chickweed (*Stellaria* spp), and Cleavers (*Galium* spp) leaves** – These three miracle weeds are usually only used fresh (slightly wilted) in classic folk herbalism. The three can be used separately or together for wound healing and itchy skin including eczema, dermatitis, psoriasis, and poison ivy. Fresh (wilted) herbal oil infusion.
 - ↳ These herbs make lovely fresh poultices for a variety of irritated skin conditions, bug bites, stings, poison ivy, rashes, etc. Simply mash them up with a bit of water and plaster them to the skin. Just chew a plantain leaf and apply it to bee stings and bug bites for healing in a jiffy.
- ✨ **Chaparral (*Larrea tridentata*)** – Chaparral is a supreme summer skin herb that grows prolifically in the southwest. It seems to have some sun-protective properties as well as antioxidants that may be helpful for post-burn healing. Chaparral is also amongst our best herbal antifungals, making it a nice choice for foot fungus and other “icky critter” salves. (If you'd like, you can combine it with oregano, lavender, sage, thyme, thuja, or other anti-fungal/bacterial infused oils... a few drops of essential oil would work nicely, too.) Dry herbal oil infusion. Note: Internal use is controversial.
 - ↳ Also consider thuja as a wash, soak, or topical vinegar. For foot fungus, make a foot bath.
- **Thuja / White Cedar (*Thuja occidentalis* or *T. plicata*)** – This northeastern evergreen is also excellent for a wide range of skin critters and has antibacterial, antifungal, and antiviral effects. It's classic for warts and skin fungus. Dry herbal oil infusion. Note: Internal use is controversial.
 - ↳ Also consider chaparral as a wash or soak. For foot fungus, make a foot bath. For sunburn, make a tea, cool it in the fridge, and spray it as needed.
- **Lemon Balm leaves (*Melissa officinalis*)** – Lemon balm is our classic for the herpes virus, whether it be cold sores, chicken pox, shingles, or genital herpes. The herb appears to bind to cell receptor sites, blocking the herpes virus from entering and replicating. It's best used at the very first tingle of an outbreak. (Lemon balm tea or tincture can be taken internally as well, since it's soothing to a frayed nervous system, which often is what gave the virus an opportunity to emerge.) Lemon balm essential oil can be added to an oil or salve—it's the strongest form—but it's extremely expensive and often adulterated. Lemon balm leaves lose their essential oils quickly once dried, so it's important to make this oil as quickly after harvesting to ensure good quality. Fresh (wilted) or freshly dried herbal oil infusion. (Fresh lemon balm is apt to mold in herbal oil infusions.)
 - ↳ Also a wonderful tea, wash, bath, poultice tincture... It's not a bad idea to take it internally (tea or tincture) since it is soothing, calming, and slightly anti-inflammatory, which usually benefits its external uses.
- ✨ **Comfrey leaf (best for salves) or root (*Symphytum officinale*, *S. x uplandicum*)** – This is a classic herb for wound healing and strengthening the skin. The primary known constituent allantoin is a cell proliferative and may or may not be extracted in oil (modern science says it's water soluble only—more so in hot water—yet herbalists have traditionally used in oil-based products). Dry herbal oil infusion. Note: Internal use is controversial.

- ↳ Comfrey also makes a great wash, fresh or dry poultice. Taking it internally is controversial due to liver toxins in the plant.

Infused Oil Cautions: Avoiding Microbial Growth: Many microbes thrive in the anaerobic environment that oils provide. Without harsh or synthetic preservatives, infused oils and products made from them can potentially harbor bacteria, mold, etc. Of particular concern is the botulism toxin, which can exist on almost any plant matter (roots, flowers, leaves). This is more of a concern for oils that are consumed (basil or garlic oil, for example) than ones put on the skin, and it is not all that likely to occur. However, it can happen.

Infused oils made with fresh plant material are at a particularly higher risk of growing nasty critters. You may want to stick to infusing oils with dried herbs; however, some herbs are only useful when fresh (St. John's wort, chickweed, plantain, cleavers). Reduce the risk: Don't let your herb sit around for more than two weeks before straining. And, wilt particularly juicy plants to 1/2 their weight before you add oil.

You can also use natural and semi-natural preservatives including vitamin E, honey, grapefruit seed extract (not as natural as it claims to be), benzoin, and essential oils like rosemary.

Making Salves, Ointments & Creams

These simple recipes are generally made by combining oil and beeswax. To make a nice, soft-ish salve, use 1 part beeswax for 4 parts oils. If you prefer a harder salve, add more beeswax. If you prefer a softer salve or ointment, use less beeswax. Solid oils like coconut oil, cocoa butter, and solid lanolin can replace some or all of the beeswax, but you'll generally need a higher percentage of them to get a desired consistency (they're softer than beeswax).

Basic Salve

- 4 oz infused herbal oil or plain vegetable oil (my FAVORITE = calendula-infused olive oil)
 - 1 oz beeswax (for a softer ointment, use less beeswax)
 - Optional (I rarely use): A few drops of essential oil, 1 teaspoon honey (optional), dollop vitamin E
- Melt in double boiler, stirring, until liquefied. Or, carefully microwave until melted. Add essential oils or honey, if using. Pour into jars or lip balm tubes, let cool, cap.

Salve Variations:

- **Calendula Salve:** A basic calendula salve using calendula-infused olive oil – **or perhaps calendula and St. John's wort** – works wonders for many skin irritations including diaper rash, hemorrhoids, cuts and scrapes, and eczema. The more intense diaper salve recipe below (with zinc oxide) may not be necessary.
- **Lip Balm:** made the same way as a salve. I like to use 1.5 oz coconut oil, 1.5 oz grapeseed oil, 1 oz olive oil, 1 oz beeswax, then 2-3 drops of EO per tube. 1 batch fills 25-35 (.15 oz) lip balm tubes.

Perfect Baby Cream

This recipe is adapted from *Rosemary Gladstar's Family Herbal* (Storey Books, 2001) recipe "Rosemary's Perfect Cream" (recently reprinted in softcover as *Rosemary Gladstar's Herbal Recipes for Vibrant Health* (Story, 2008)). This recipe does not need to be stored in the refrigerator. If it separates, just stir it with a spoon.

Oils:

- 3/4 cup (6 oz) "liquid oils" (3 oz calendula-infused olive oil, 3 oz grapeseed oil *or* all grapeseed oil)

- 1/3 cup (2.5 oz) “saturated fats” (1.75 oz coconut oil, .75 oz cocoa and/or shea butter)
- 3/4 (.75) ounce grated or smashed beeswax*

Waters:

- 2/3 cup (5.5 oz) “water” (all distilled water or mixed with half pure vanilla cooking extract)

*Optional to add to the “waters”, but I rarely use them**:*

- 1/3 cup (2.5 oz) shelf stable aloe gel or juice
- 1-2+ drops of essential oil of choice – I don’t use EOs for babies and children!

1. In a double boiler over low heat, combine the oils. Heat just enough to melt. Once melted, pour into a glass mason jar (for immersion blender) or blender. Let cool to room temp. The mixture should become thick, creamy, semisolid, and cream colored.
2. While the oils are cooling, combine the “waters” in a pour-able container. Let warm to room temp.
3. When both mixtures have reached room temperature (1-2 hours), use an immersion blender or regular blender to mix the cooled “oils.” Slowly drizzle the “waters” into the whirling oils. If necessary, stop blending occasionally to mix with a spoon or spatula until everything has combined.
4. Pour or scoop into cream or lotion jars with clean caps, preferably sterilized to discourage mold and bacteria growth. Store in a cool, dry place. The cream will thicken as it sets.

*** These ingredients sometimes take away from the cream’s consistency and may not be appropriate for baby skin.*

Examples of...

- **Oils:** Herb-infused oils, olive oil, apricot oil, almond oil, avocado oil, sesame oil, canola oil... you get the idea. Also, liquid lanolin, vitamin E oil.
- **Solid Oils/Butters/Beeswax:** Coconut oil, shea butter, cocoa butter, solid lanolin, beeswax
- **Waters:** Distilled water, flower water, witch hazel, other herbal water or hydrosol, shelf-stable aloe
- **Don’t Use:** Tea, non-shelf stable aloe gel, fresh fruit, tap water, anything that might mold or go bad

More Everyday DIY Bodycare Recipes

Simple Aromatherapy Mist

- 1 1/2 oz distilled water
- 1/2 oz vodka
- 10 or so drops of essential oils

Mix all ingredients and essential oils of choice.

Pour into spray bottles. Spray to freshen air or wear as a light perfume.

Simple Massage Oil

- 2 oz of carrier oil (jojoba, almond, apricot, sesame, grapeseed, and/or avocado oil)
- 5-20 drops of essential oils

Mix all ingredients and essential oils of choice. Pour into bottles with screw or pump tops. Use for massage or as a moisturizing body oil.

Simple Body Scrub

It’s so easy and cheap, you’ll never spend \$10-20 for a jar in the store again.

- 1 cup of salt or sugar (any type or grind)
- 1/2 cup of carrier oil (olive, jojoba, almond, apricot, sesame, grapeseed, and/or avocado oil)
- 10-50 drops of essential oils

Mix all ingredients and essential oils of choice. Use coarse grinds for hands and feet, fine grinds for the

body. (This type of scrub should not be used on the face.) Pour into jars. Use in the shower or tub to slough off dead skin. Be careful to clean the rims of your jars before covering—scrubs are notorious for leaking.

Bath Salts

This recipe just makes one single “serving” of bath salts. Feel free to multiply the recipe and put it in a pretty jar to sprinkle in the bath or place in a cloth to infuse.

The salts and oils will dissolve in water. If you’re not “containing” your dry herbs, they will require some clean-up.

- 1/4 cup Epsom or other salt
- 1/8 cup dry herbs of choice, optional (lavender, rose petals, chamomile, oats, peppermint...)
- 5-20 drops of essential oils of choice

Mix the salt and dry herbs together, add essential oils and toss together. If desired, scoop the bath salts into a large Press-n-Brew teabag and iron shut, or scoop into a reusable muslin cloth teabag. (It’s not as fancy, but you can put bath salts and “tub teas” into a clean sock or nylon stocking and tie shut as an impromptu teabag.)

More Mom & Baby Recipes

Baby Butt Salve

- 2 oz olive oil &/or calendula oil &/or other soothing herb-infused oils
- 1/2 oz crushed beeswax
- 1/4 to 1/2 oz zinc oxide powder (about 5-10% of total formula) (optional)
- 1-5 drops chamomile essential oil (optional)

Follow directions for basic salve. Add zinc powder after the beeswax is melted.

Beeswax Tip: Grating hard beeswax is a pain! Wrap the beeswax in cloth and hammer on a hard surface.

Note: Be careful not to inhale zinc powder, if using.

Sore Nipple Oil

Great for new moms as they learn proper latching and get used to breastfeeding. (If sore nipples are a persistent problem, seek the advice of a lactation consultant or doula!) This formula does double duty for almost any annoying skin condition including cradle cap. In a pinch, feel free to just use straight calendula oil.

- 1 oz calendula oil
- 1/2 teaspoon liquid lanolin
- 3 drops vitamin E oil
- 1 drop neroli essential oil (optional)
- 1 drop lavender essential oil (optional)
- 1 drop Rescue Remedy flower essence (optional)

Blend all ingredients and store in a glass bottle with a plastic or metal cap (no rubber droppers—oil will eventually degrade it).

Calming Aromatherapy Spray

Spray this delightful blend into the air in the nursery or wherever you need some peace. Feel free to experiment with different essential oils.

In a pinch you can use just a flower water.

- 1 oz distilled water
- 1 oz vodka (natural stabilizer and preservative)
- 3 drops of neroli essential oil, or to fragrance preference
- 1 teaspoon natural vanilla extract (from the kitchen)
- 3 drops Rescue Remedy flower essence (optional)

Blend in spray bottle.

Other calming essential oils: orange, tangerine, lemon, grapefruit (caution: citrus oils can be irritating on the skin); rose, chamomile, jasmine, vanilla (these are expensive oils); lavender, sandalwood, basil, holy basil, ylang ylang. Feel free to use up to 20 drops of essential oils in the above recipe.

Calming flower waters (in place of distilled water): rose water, orange blossom water, lavender water, jasmine water.

Baby Powder

- 1/4 cup cornstarch or arrowroot powder
- 1/4 cup white/kaolin clay
- 1/4 cup slippery elm or marshmallow root powder
- 1/4 cup ground rose petals, chamomile flowers, and/or calendula flowers

Baby Oil ~ For Massages & Moisturizing

- 1 1/2 oz light oil like apricot, jojoba, grapeseed, canola, or almond oil
- 1/2 oz calendula oil (optional)
- 1-5 drops essential oils of choice (neroli, vanilla, ylang ylang, sweet orange, rose...) (optional)
- 1/2 tsp vitamin E oil (optional)

Don't Have Time to Make Your Own?

If you're a new mom trying to use natural products, you probably don't have time to make them from scratch. Unfortunately store-bought all-natural baby- & mommy-care items are pricier than home-made. However, they are certainly convenient.

My Favorite All-Natural Bodycare Brands:

- **Earth Mama Angel Baby** www.earthmamaangelbaby.com
- **Aubrey Organics** www.aubrey-organics.com
- **W.S. Badger** www.badgerbalm.com - great for sunscreen especially!
- **Weleda** shop.weleda.com – adult skin care
- **Evan Healey** www.evanhealy.com
- **Dr. Bronner's** www.drbronner.com (note that the baby mild soap is *not* tear free)

Runners Up:

These products are cleaner than conventional products, but they are not as natural as they purport to be: Aura Cacia's baby line, Burt's Bees baby line & California Baby line

Where Do I Get the Supplies? – complete list on the links page of my website

One-Stop-Shopping

- **Granite State Natural Foods (Concord), Concord Co-op, A Market (Manchester), Misty Meadows (Lee), the Mustard Seed (Northwood), Sunflower Natural Foods (Laconia), Moore Farm (Alton), Earthward (Amherst) & Portsmouth Natural Foods** generally sell everything you need: carrier oils, beeswax, bottles & jars, vinegar, loose herbs, essential oils, vitamin E oil, etc. They may not have a wide selection of containers.
- **www.MountainRoseHerbs.com** also sells just about anything you might need for an herbal medicine or bodycare project, including bottles in jars in any quantity.

(These sources don't sell the vodka, but you can figure that one out, right?) ;)

More Sources ~ Bottles & Jars

- **www.sks-bottle.com** sells a variety of containers wholesale to the public—great selection and prices—but case quantities only... **more bottle/jar sources listed on the links page** of my website
- **www.mountainroseherbs.com** sells in any quantity, though less selection and higher prices
- **Small hardware stores** like Aubuchon carry mason jars. **Target** often carries the cute mason jars.
- **Craft shops** offer decorative bottles and jars at premium prices.

Other Supplies

- **Staples & office supply stores** for Avery labels (templates free online)
- **Local beekeepers** for beeswax
- **Liquor store** for vodka
- **Grocery & natural food stores** for carrier (vegetable cooking) oils, Epsom salts, salt, sugar, etc.

Visit the Links page of **www.WintergreenBotanicals.com** for Local & Online sources for *herbs, supplies, informative articles... upcoming classes, consults, and to **buy my book!***
