

# Basic Formula Examples

## *Teas*

### ***Relaxation Tea:***

1 part Rose Petals  
2 parts Chamomile  
1 part Lemongrass

### ***Relaxing Kids Tea***

1 part Catnip  
2 Parts Chamomile  
1 part lemon balm

### ***Nourishing Daily Herbal Tea***

*equal parts*  
Raspberry Leaf  
Nettles  
Oatstraw  
Rosehips

### ***Mental Tension Ease Tea***

2 parts Skullcap  
1 part Chamomile  
1 part Cinnamon

### ***Energy Tonic Herbal Tea***

2 parts Reishi Mushroom  
1 part Astragalus Root  
1 part Peppermint

## ***Basic Tincture Recipes***

### ***Digestion Support Tincture***

*equal parts*  
Ginger  
Fennel  
Chamomile

### ***Sleep Support Tincture***

2 parts Valerian  
1 part Passionflower  
1 part Hops

***Daily Stress Release Tincture***

2 parts Holy Basil

1 part skullcap

1 part cinnamon

## ***Herbal Salve Recipes***

***Healing Garden Salve Recipe***

All Heal

Comfrey

Rosemary

Lavender

Essential Oil of Rosemary

Carrier Oil

Beeswax

***Chest Rub Salve***

Echinacea

Oregon Grape

Essential Oils - Eucalyptus, Peppermint

Carrier Oil

Beeswax

***Calendula Salve for Sensitive Skin***

Calendula Flowers

NO Essential Oils

Carrier Oil

Beeswax

***Pain Ease Salve***

Cayenne Pepper

Ginger

Turmeric

St. Johns Wort Flowers

Peppermint Essential Oil

Carrier Oil

Beeswax