

Herbal Workshop – June 6th, 2017

Cough Syrup

1 aloe leaf
1 small jar of raw honey
1 large lime/lemon
1 tbsp of ground clove

Take aloe leaf, peel and scrape gel into blender,
add honey, juice of the lime/lemon, clove. Blend
and pour into glass jar. Take tablespoon as needed.

Lavender: Use for cuts, scrapes, wounds, burns, bee, wasp, and insect stings, rashes. Massage for muscle aches, rheumatism, arthritis, cold sores, canker sores, blisters, bruises, dandruff. It is antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, anti-convulsive, and calming and soothing. The stems with the leaves stripped can be burned like an incense stick. Rub lavender flowers or lavender oil on your skin, especially on hot parts of body (neck, underarms, behind ears, etc.) to repel insects.

Sage: Great for burning and clearing energy. Sage extract/ tincture is good medicine for mouth and throat. It is anti-inflammatory. Also, anti-spasmodic, reducing muscle tension. Use for asthma attacks as steam inhalation. Similar to rosemary, sage oil is believed to improve memory and brain function. Great anti-oxidant, use in cooking and teas.

Catnip: Valued by both European and Native Americans for its gentleness. Great for children: for upset stomach, restlessness, fevers (causes perspiration, thus lowering temperature and helping eliminate toxins). It is good for any tension or anxiety caused by emotional upset. Use top part of the plant, flowers and leaves. Root is said to have opposite effect, increasing aggressiveness. Along with lavender, peppermint, eucalyptus and citronella, catnip is a great insect repellent.

Mint/Spearmint: Helps digestion, calms nausea, clears nose, throat and lungs, relieves fatigue and depression, improves memory and retention. Insect repellent. Not recommended for pregnant women

How to Make Bug Spray from Dried or Fresh Herbs

Natural bug sprays can also be made without essential oils using dried herbs and witch hazel or vinegar. This recipe is typically considerably less expensive, though it is also not as potent as those with essential oils.

Fresh or Dried Herbs Bug Spray Ingredients

- Distilled water
- Witch hazel or rubbing alcohol (can use vodka)
- Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, etc. I recommend using at least one herb from the mint family.

Fresh or Dried Herbs Bug Spray Instructions

1. Boil 1 cup of water and add 3-4 tbsp. of dried herbs total in any combination from the above. I use 1 TBSP each of peppermint, spearmint, catnip and lavender, and also throw in a couple of dried cloves.
2. Mix well, cover and let cool (covering is important to keep the volatile oils in!)

3. Strain herbs out and mix water with 1 cup of witch hazel or rubbing alcohol/vodka. Store in a spray bottle in a cool place (fridge is great because then it's nice and cool).
4. Use as needed. Added bonus: it smells great and is very refreshing to the skin.

TIP: If you have the time and want to make a stronger version of this recipe, [prepare the herbs in an alcohol mixture as a tincture](#) instead and use this directly as a spray after straining out the herbs.

Super Strong Insect Repellent Recipe

Fair warning: this stuff stinks when it is wet, though the smell disappears as it dries. It works incredibly well though, and this is the one I use when I'm going to be in the woods or in tick infested areas. It is based on a recipe that was [supposedly used by thieves during the Black Plague to keep from getting sick](#). They used it internally and externally to avoid catching the disease and to keep the flies and other pests away. According to legend, it worked and they survived... but it definitely makes a great insect repellent these days! **Vinegar of the Four Thieves Insect Repellent Ingredients**

- 1 32 ounce bottle of Apple Cider Vinegar
- 2 TBSP each of dried Sage, Rosemary, Lavender, Thyme and Mint
- At least quart size glass jar with airtight lid

How to Make the Vinegar of the Four Thieves Insect Repellent

1. Put the vinegar and dried herbs into large glass jar.
2. Seal tightly and store on counter or place you will see it daily. Shake well each day for 2-3 weeks.
3. After 2-3 weeks, strain the herbs out and store in spray bottles or tincture bottles, preferably in fridge.
4. To use on skin, dilute to half with water in a spray bottle and use as needed.
5. Use whenever you need serious bug control!

Note: This mixture is very strong and has antiviral and antibacterial properties. It can also be used as a tincture for any illness. For adults, dose is 1 TBSP in water several times a day, for kids over 2, dose is 1

Relaxing Pillow Spray Recipe

I've been using this homemade pillow spray for several weeks, and have noticed that I'm sleeping more deeply and feel more rested upon waking up.

Pillow Spray Ingredients

- 4 drops [ylang ylang essential oil](#)
- 12 drops [lavender essential oil](#)
- 8 drops [bergamot essential oil](#)
- 1/2 tsp vodka
- distilled water
- 2 oz [glass spray bottle](#)

Pillow Spray Instructions

1. Put the vodka and essential oils into the glass spray bottle and swirl the bottle to combine.
2. Fill the bottle with water until almost full, leaving room for the lid. Cap the spray bottle, and shake well to combine.
3. To use the spray, lightly mist a pillow a few minutes before bedtime. Be sure to shake the bottle well before each use.

(WellnessMama.com)

Tincture

Glass jar

Herbs

Vodka

Place herbs in jar (best to macerate or crush first), fill half way and cover with the vodka. Close tight and shake every day for at least 2 weeks. Keep jar in cool, dark place, like your cupboard. The longer you keep, the stronger the tincture. Finally, strain and put in dark jar.

Use in teas, full strength by the tablespoon or in juices.

Extracts

Same as tincture, but using vinegar, honey or olive oil as medium.

Use full strength by the tablespoon, in salads (depending on the herb), as massage oil or skin tonic.