

Forest Finds

- **Moon Glow** - Face Serum \$25

Anti-aging, reduces fine lines, softens and soothes.

Calendula, sea Buckthorn, rose hips, sandalwood, frankincense, helichrysum, argan, and jojoba.

- **Herbal Toner** \$15

Soothing and clearing. Remove excess oil, and tighten pores. Calendula, yarrow, rose Water, and witch hazel.

- **Cleansing Oil** \$15

Use in place of soap to balance skin. Excellent for acne and aging skin.

Wild rose infused jojoba oil, castor oil, and rose essential oil

- **Forest Balm** \$10

Skin rich oils infused with evergreen resins and needles. A multipurpose balm for skin protection, chest rub and muscle rub. Smells like the forest!

- **Mama's Heal-All** \$10

A seasonal blend of skin healing, and soothing herbs. For cuts, scrapes, bumps, bruises, and rashes.

- **Cottonwood & Violet Body Whip** \$20

A blend of anti-inflammatory cottonwood buds, and softening violet infused in a blend of skin nourishing oils, and beeswax. This decadent whip has a scent of honey, resin, vanilla, and cream!

- **Magnesium Butter** \$12

Magnesium is essential for relaxing muscles, brain, and nervous system.

Coconut oil, shea butter, cacao butter, and magnesium chloride.

- **White Fir Body and Massage Oil** \$30/4oz

White fir needles have a lovely, stimulating, evergreen, and citrus scent. Infused into a softening blend of organic mct oil, olive oil, and jojoba oil.

- **Thieves Oil** \$14/10ml

A traditional blend of herbs in essential oil form. Clove, lemon, eucaplytus, rosemary, cinnamon, and an addition of balsam fir from our northern forests. Traditionally used to cleanse surfaces and air from viral and bacterial organisms. Can be used highly diluted massaged into feet or chest, added to cleaning liquids, or as a hand sanitizer with witch hazel.

- **Wild Green Salt** \$10

Rotating blend of wild and organically grown herbs infused into sea salt.

- **Moon Honey** \$10

Raw Michigan honey infused with fresh powdered herbs, under potent lunar energies. Easy to take by the spoonful or in a cup of hot water or milk. Get creative and add them to a favorite recipe. Flavors: Cacao Wow!, Golden Elixir

- **Teas, Tisanes, Infusions** \$10

Organically grown and sustainably wildcrafted herbs, as locally sourced as possible. Approx. 20-25 servings.

- **Nourish** - A nourishing blend for all ages.

Raspberry leaf, nettles, oatstraw, red clover, mint

- **Fortify** - Strengthen, sooth and support.

Nettles, oatstraw, tulsi, and linden

- **Calm Baby** - A tummy and nerve soothing blend for all ages.

Catnip, lemon balm, and chamomile

- **Be Gone!** - Cold, flu, and allergy, head clearing.

Hyssop, lemon balm, goldenrod, elderberry, elderflower, and licorice root

- **Sacred Self** - Calming and clearing.

Tulsi, skullcap, lemon balm, sweetfern, marshmallow root, ginger, citrus peel, and cardamom

- **Sunset** - A bright sun tea that is also excellent hot.

Hibiscus, mint, linden, and citrus peels

- **Vegan Cacao Kava** \$15

A synergistic blend of cacao and kava kava root with medicinal mushrooms and creamy maca root. Kava kava is especially enjoyable for a relaxed mind in social situations and conversation.

- **Cacao Bliss** \$15

An adaptogenic blend of roots, mushrooms, coconut milk and cacao. Stimulating, grounding, immune supportive bliss. Eleuthero aka Siberian ginseng, a stimulating herb that helps me focus and be productive. A great alternative to coffee!

● **Smudge Sticks** \$5

Aromatic herbs were used traditionally worldwide, and burned to cleanse the air of bacteria and negative energy. Wildcrafted with intention and ceremony on Michigan's lakeshore. A rotating selection of Michigan evergreens, and locally grown organic herbs.

● **Hydrosols** \$15/2oz

Hydrosols are the molecular water from a distillation. They contain the essential oils of the plant along with other healing constituents. Can be used as room or body sprays. Some are ok for internal use, and wounds. Available: Yarrow, white cedar, and lemon balm

Tinctures \$10/oz up to 8oz sizes available.

● **Forest Guardian**

A blend of 6 medicinal mushrooms harvested by me in Michigan forests. Double extracted to give you more medicinal benefits.

● **Adapt**

Adaptogenic herbs to help you deal with stress. Best used in conjunction with other stress relieving practices. This blend helps me be productive and focused when I need to be.

● **Heart's Ease**

A heart healing, heart opening blend. I love this formula for relieving grief and anxiety that resides in the heart.

● **Sunshine Elixir**

A traditional blend of lemon balm and St. John's wort for supporting seasonal depression. Excellent for chronic viral stuff as well, such as herpes.

● **Sleep Elixir**

Skullcap, lemon balm, and hops, raw Michigan honey. A sweet elixir to calm the mind, and soothe the nerves. Supportive of more restful sleep.

● **Anti-viral Formula**

A potent blend to help support the system with chronic and acute viral symptoms. Baikal skullcap, elderflower, lomatium, red root, licorice root, and cordyceps.

● **Deep Congestion Formula**

A blend of aromatic roots, herbs, to help open the breath. This respiratory anti-viral is helpful for acute, and chronic symptoms.

● **Spring Fling Elixir** \$20

An uplifting, softening, and stimulating, energetic elixir with a cascade of apple blossoms, a dusting white pine pollen, and heavy dose of violet and vanilla honey!

● **Bitters** \$10/oz

Herbal extract used as digestive tonic for bloating, heartburn, indigestion and occasional gas. Blends available: Cardamom Cacao, Grapefruit Spicebush Rosemary.

● **Fire Cider** \$7/2oz larger sizes available

Apple cider vinegar immune tonic! Powerful herbs such as onion, garlic, cayenne, ginger, turmeric, and more with Michigan raw honey.

Take droppers as needed for cold and flu symptoms. Add to salad dressing or roasted veggies.

● **Elderberry & Rosehip Syrup** \$15/4oz

A great antiviral that is also delicious! Can be taken regularly by the spoonful when symptomatic, or enjoy as a treat when desired. Wild elderberries, and rosehips, with warming spices, Michigan raw honey and a touch of potent honeybee propolis.