

**FOREST FINDS FAVORITES**

- ☐ **Moon Glow - Face Serum - \$25** - Anti-aging, reduces fine lines, softens and soothes. Calendula, sea buckthorn, rose hips, sandalwood, frankincense, helichrysum, argan, and jojoba.
- ☐ **Rose Glow - Face Serum - \$20** - An essential oil free formula for all skin types. Soothing rose infused jojoba oil with rosehip seed oil.
- ☐ **Herbal Toner - \$15** - Soothing and clearing. Remove excess oil, and tighten pores. Calendula, yarrow, rose Water, and witch hazel.
- ☐ **Heal All - \$10** - For cuts, scrapes, bumps, bruises, and rashes. A seasonal blend of skin healing, and soothing herbs.
- ☐ **Magnesium Butter - \$12** - Magnesium is essential for relaxing muscles, brain, and nervous system. Coconut oil, shea butter, cacao butter, and magnesium chloride.
- ☐ **Hydrosols - \$15 for 2 ounces** - 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, thyme, tulsi, sweet fern, and rose.

- ☐ **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 Lake Michigan and feature rotating selection of local evergreens.
- ☐ **Wild Green Salt - \$10** - Rotating blend of wild and organically grown herbs infused into sea salt.
- ☐ **Fire cider! - \$10 for 2 ounces, \$20 for 4 ounces** - A potent blend of apple cider vinegar, and our honey, infused with onion, garlic, turmeric, ginger, and more. Great for immune support, or add to salad dressing, or marinade.
- ☐ **Kava Oil - \$15 for 2 ounces** Kava is a muscle skeletal relaxant. Excellent rubbed into those tense spots. Bonus is a lovely oil based lubricant!
- ☐ **Sun Kissed - \$10** - Natural sunblock balm with non-nano zinc oxide. Approx. 20 SPF
- ☐ **Forest Balm - \$10** - Evergreen balm for multipurpose. Smells delicious! Great for skin protecting, muscle soothing, chest rub, and more.
- ☐ **Propolis Lip Balm - \$5**
- ☐ **Garden Balm - \$4**
- ☐ **Elderberry Syrup - \$15 for 4 ounces**  
Wild elderberries, warming spices, herb extracts, and our raw honey.

**TEAS - \$10 for approx 20-25 servings.** Organic grown, locally sourced when possible and sustainably wildcrafted.

- ☐ **Nourish** - A nourishing blend for all ages. Raspberry leaf, nettles, oatstraw, red clover, mint.
- ☐ **Mallow Balm** - Soothe & Support. Lemon Balm, marshmallow leaf, bee balm, hawthorn leaf and flower.
- ☐ **Hibiscus Mint** - Cooling sun tea, can be enjoyed hot. Hibiscus, lemon balm, apple mint, mountain mint, marshmallow, lemongrass, and citrus peels
- ☐ **Sacred Self** - Honor your sacred self. Tulsi, skullcap, lemon balm, sweet fern, marshmallow root, ginger, and cardamom
- ☐ **Tranquility** - A relaxing and stress relieving blend. Lemon balm, linden, damiana, skullcap, lavender, and sweet fern.

**TINCTURES - \$10 per ounce, up to 8 ounce size 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. Productive and focused without burnout.
- ☐ **Sunshine Elixir** - A blend of St. John's wort, lemon balm, and hawthorn. To brighten the mood during those dark winter days.
- ☐ **Kava Kava** - muscle skeletal relaxant, facilitates ease of communication. Chill out.
- ☐ **Propolis** - A product of the hive, antimicrobial, antiviral, excellent for immediate immune response, tooth problems, and overall health.

**BITTERS - \$10** - Herbal extract used as digestive tonic for bloating, heartburn, indigestion and occasional gas.

Blends Available:

- ☐ **Rosemary Balsam Hawthorn**
- ☐ **Raspberry Baikal**
- ☐ **Grapefruit Spicebush**

**RAW LOCAL HONEY** - Our honey is small batch, completely raw and unheated and minimally filtered. The bees are naturally treated. Price by volume:

- ☐ **4 OUNCE - \$5**
- ☐ **1 PINT - \$15**
- ☐ **HALF GALLON - \$50**
- ☐ **8 OUNCE - \$10**
- ☐ **1 QUART - \$25**

**ELECTUARY - \$10 per 4 ounce jar of herb honey paste.** Available: Golden Elixir, Cacao Wow!