



# Herbal Happy Hour

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ALL THINGS HERBAL

# SUMMER SKIN SAVERS

## Keeping it Healthy



# Summer Skin First Aid Kit

## HERBAL OILS

Herbal infused oils are an essential part of the herbal first aid kit and an ally for summer skin care.

- **Shea Butter** offers UV protection and deep moisturizing
- **Jojoba Oil** is the most similar to our own natural skin oils
- **Olive Oil** is slightly heavier and is the oil of choice for making medicinal oils

## SKIN SOOTHERS

For minor cuts, scrapes, skin irritations, itchy patches, insect bites and stings: **Plantain, Comfrey, Calendula, Chickweed, Cleavers and Nettles**

## WATER INFUSIONS

Herbs infused in water are used to wash and treat the skin: **Chamomile, Calendula, Rosemary, and Lavender** can be used along with **Nettles** or **Cleavers** for a skin tonic or steam



CALENDULA



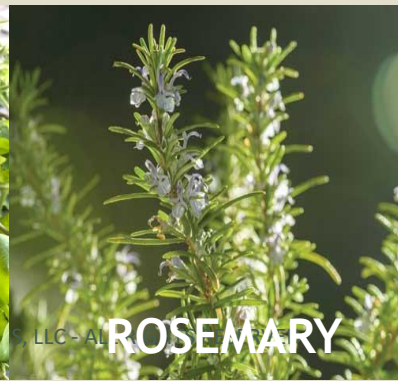
ST JOHN'S WORT



CHAMOMILE



CHICKWEED



ROSEMARY



CLEAVERS



CITRONELLA



# WEED OF THE WEEK

## Red Clover

### WHERE IT GROWS BEST

Loves full sun and well-drained soil and can usually be found growing wild in fields and meadows...with lots of honey bees

### PARTS USED

Flowering top and leaf (leaf is not as potent)

### MEDICINAL USES

Packed full of nutrients that support the whole body: high in beta-carotene, calcium, vitamin C, a whole spectrum of B vitamins, essential trace minerals - magnesium, manganese, zinc, copper, selenium

- **Blood Cleanser:** used internally; externally as a wash for skin issues
- **Lymphatic Decongestant:** used internally to help lymph flow
- **Menopausal Relief:** use as a tea or tincture to help with hot flashes, mood swings and night sweats



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# Herbs for the Liver



Burdock Root

One of the safest, most effective detoxifying and cleansing herbs. Alleviates skin issues - acne, eczema, psoriasis - caused by hormone or chemical imbalances in the body. Powerful liver detoxifier when used in conjunction with Dandelion root. Burdock cleans the whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



Dandelion Root

One of the best herbs for supporting and detoxifying the liver, kidneys and digestive system. Helps to purify the blood, flush out impurities, rid stagnation. The whole plant can be ingested - flower, leaves, root..  
*Note: Those with an allergy to latex will probably want to avoid Dandelion. The French call it "pissenlit" ...so don't take before bed!*



Milk Thistle Seed

Provides powerful antioxidant protection. A primary constituent of silymarin called silibinin also helps to support healthy liver function, encouraging healthy cholesterol synthesis by the liver. Helps to maintain normal kidney function and promote optimal immune function.

# WEED OF THE WEEK

## Chickweed

### BOTANICAL NAME

*Stellaria media* - "little star" in reference to its small white star-like flowers

### WHERE IT GROWS BEST

Loves to grow anywhere around the world where it is sunny and cool with moist, cultivated soil...it's the perfect weed for your garden!

### PART USED

Aerial part (roots are very delicate)

### MEDICINAL USES

It is a mild-tasting herb full of Vitamin C, calcium, potassium, phosphorus, iron, zinc, coumarins, saponins; emollient and demulcent healing properties

- **Skin and Eye Irritations:** used as a poultice (on eyes) or salve to gently sooth, heal and relieve itching
- **Kidney and Liver Disorders:** mild diuretic action for the kidneys and liver support



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# Herbs for Nourishing the Skin



## Gotu Kola

Collagen repair  
Strengthens capillaries  
Enhances circulation



## Horsetail

Silica-rich Builds connective tissue, collagen -hair, skin, nails, bones  
Calcium-rich  
Combine with Alfalfa, Oatstraw, Nettle



## Nettle

Highly bioavailable  
Calcium-rich with magnesium, potassium, silica, chlorophyll  
Cleans kidneys  
Mild antihistamine



## Alfalfa

Vitamin A, D, E, K  
Numerous trace minerals  
8 digestive enzymes



## Red Clover

Calcium-rich  
Supports hormone, cardiovascular, bone health  
Moves lymph and detoxes blood



## Star Anise

Anti-inflammatory  
Antioxidant  
Antimicrobial properties

# WEED OF THE WEEK

## Cleavers



### BOTANICAL NAME

**Galium aparine** - **CLEAVERS** got its name from the Old English word, “to cleave,” which means “to latch onto.” It’s velcro-like leaves and stem will stick to you if your brush up against it

### WHERE IT GROWS BEST

In temperate environments along hedgerows, woods, fields, among cultivated crops, in sparse woods at the base of trees

### PARTS USED

Aerial parts - leaves and stem (roots are very delicate)

### MEDICINAL USES

- **Lymphatic System:** used internally as a cooling herb to help clear heat and stagnation and to increase lymphatic flow
- **Diuretic:** relieves temporary water retention
- **Skin Problems:** the fresh plant is used as a poultice for wounds, eczema, psoriasis and many other skin problems



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# DONATIONS: [www.CenterForTheWellBeing.org/Herb-News](http://www.CenterForTheWellBeing.org/Herb-News)

**\$5** 1 – 1 oz PACKET HERBAL TEA

**\$10** 3 – 1 oz PACKETS HERBAL TEA

**\$10** 1 - 1 oz HERBAL TINCTURE

**\$25** 3 - 1 oz HERBAL TINCURES

**\$25** 1 - Bottle HERBAL CAPSULES (60 ct)



## **\$25 DONATION**

2 - 1 oz HERBAL TINCTURES  
(your choice)

2 - bags of HERBAL TEA  
(your choice)

8 - packets Aura Cacia SKIN OILS  
Rosehip • Argan • Tulsi • Turmeric  
Herbal Reference Cards





# THANK YOU FOR COMING

## JOIN US NEXT TIME

...for HERBAL HAPPY HOUR!



## WE APPRECIATE YOUR DONATIONS!

They help us continue to deliver these workshops and charitable services to the community

