



# Herbs & More

Publisher: Julie Boyd & Eric Smith

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## Times are changing!!!

Herbs & More would like to introduce Eric Smith and Georgia Mack as the new owners!!! Georgia has been working as a massage therapist at Herbs & More for 2 years and she and her husband Eric have decided to take natural healing to a new level!

Eric is a budding herbalist and very enthusiastic about keeping you on your path of natural living! He is very skilled in the use of dried herbs and in the making of body butters, salves, lip balms, etc. Eric has been supplying the store with Squirly Salve lotions and lip balms for about a year already! With his knowledge, expect new and exciting classes!!! Eric is also a lover of plants, feel free to pick his brain about all varieties! He is knowledgeable about vegetables, herbs, and succulents and more!

Georgia has been a massage therapist for 10 years!!! She has been recently trained in Ashiatsu massage and is ready to start

offering this style of massage in addition to her “deep tissue” and Thai massage. Georgia’s massage technique is very therapeutic!

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## Ashiatsu Massage

Ashiatsu is a style of massage where the massage therapist holds onto bars attached to the ceiling and uses her feet! Georgia will be using this ancient style of massage to do a deep massage that will cause less bruising and pain after the massage. This is because the foot has almost two times the surface area as the hand! This style of massage is both easier on the massage therapist and the client. Ashiatsu has a unique efficiency in back and lower back pain management, together with deep tissue and muscular trauma treatment it is very effective. \*\*\*

## Herbs & More Class Schedule:

**April 18th:** Fire cider/Elderberry Syrup Class

**May 16th:** Cold Process Soap Class

**June 20th:** Essential Oil Bug Spray and Dog Flea Collar Class

**July 18th:** Lip Balm/Salve Class

Classes are at 7pm on the third Wednesday of the month. **Please call ahead to reserve your seat! 402.423.7733**

**The information in this newsletter is strictly for educational purposes and should not be used to treat diseases. Seek the guidance of a competent health care professional.**

**Open Room for Rent**

We want to let all our friends know we have a room available for rent! The room available is on the first floor, next to the massage room! Energy healers, Estheticians, or some variety of natural healer would be a great fit!

Contact Eric for more details  
402.423.7733

**Wound "Helping" Salve:**

Ingredients:

½ cup of oil\* (grapeseed, sweet almond, avocado, etc...)

2 Tablespoons Beeswax

2 Tablespoon shea butter or butttter of choice

¼ cup dried Calendula

¼ cup dried Thyme

¼ cup dried Usnea

Directions:

Start by infusing your oil. Add dried herbs and oil to double boiler on a low to medium heat and infuse for 30-60 minutes. Once it is infused, strain through cheesecloth and squeeze to get all of the oil out.

Once oil is strained of dried herbs, heat oil and beeswax in double boiler until beeswax is melted. Remove from heat once beeswax is melted. Pour into containers, wait until hardened to put lid on.

\*Note: butters include shea butter, cocoa butter, or mango butter (Do not infuse butters).

Use as needed for minor burns, cuts, or abrasions.

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**New Essential Oil blend at Herbs & More**

Hippie Love Diffuser Blend

This blend combines the essentail oils of: Lemongrass, Sweet Orange, Patchouli. This blend is both motivational and uplifting! This blend works great in a diffuser!

How do we come up with new blends? Customer request shows us the need and then we start blending to figure out which oils would be best! So make your requests when you stop in the store!

**Soap by the Ounce**

Herbs & More now has cold process soap for sale by the ounce. Pick the scent you like, use the soap cutter to cut your desired bar size, and bring to the counter to weigh! The soap batches are made at Herbs & More. The three batches that are currently for sale are: Lavender, Lavender Eucalyptus, Citrus Mint, and an **all new Cocoa Coffee exfoliating bar**. Each batch will be a different scent, so if you have a request, be sure to mention it when you are in!

Book a Massage with Georgia Mack LMT from our website

**[www.herbsandmorene.com](http://www.herbsandmorene.com)**

Call the store **402.423.7733** or call Georgia: **402-310-4662**

Gift certificates are available at Herbs & More!

**Do you have allergies or a Nasal infection?**

**Quiz:**

1. What color is your nasal discharge?
  - a. Yellow, or green
  - b. Brown ,or gray
  - c. Clear and watery
2. Do you have a scratchy throat?
  - a. Yes
  - b. no
3. Itchy watery eyes?
  - a. Yes
  - b. No
4. Have you been sneezing
  - a. Yes
  - b. No
5. Pain or swelling in your face around eyes?
  - a. Yes
  - b. No
6. Do you have a fever?
  - a. Yes
  - b. No
7. Any pain in your upper teeth?
  - a. Yes
  - b. No

**Check the back page for answers!!!**

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**Teas**

We are ever expanding our dried herb selection at the store. As we expand we will try to share more tea recipes with you so you can become more familiar with herbal teas.

**Get the Mucus Moving Tea:**

This tea can help in getting that mucus moving up and out!!

- 2 teaspoons Osha root
- 1 teaspoon Ginger root
- Pinch of Chili powder

Pour 1 cup of boiling water over it, steep, covered for 5-15 minutes and consume.

**All-Purpose Allergy Blend**

- 1 part Rooibos
- 1 part Peppermint tea
- 1 part Stinging Nettle tea
- 1 part Yerba Mate
- 1 part Lemon Balm

Mix together and store in an airtight container. Use about 1 heaping teaspoon per 8 ounces hot water.)

Let steep for about 5-15 minutes, add honey or lemon, if desired.

**Allergy Tea**

- 1 tsp dried Stinging Nettle
- 1 tsp dried Rose hips
- A pinch of Peppermint or Spearmint
- 1 cup of water

Boil water, and pour over herbs in a strainer (tea ball). Let steep for 5-15 minutes and consume.

**Cough and Fever tea**

This tea is good for helping with a chest cough and is also good for helping with fever.

- 1 tsp dried Mullein
- 1 tsp dried Yarrow (flowers or leaves)
- ½ tsp dried Peppermint
- 1 cup of water

Boil water, and pour over herbs in a strainer (tea ball). Let steep for 5 minutes and consume.

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**We are happy to launch our new shirts come get yours today!!!!!!!**



## Herbs & More

OLD CHENEY PLAZA  
5740 OLD CHENEY ROAD, # 8  
*LINCOLN, NE 68516*  
*402-423-7733*

Thank You for shopping at Herbs & More  
**Save 10% on your next purchase with this  
coupon!**

**Valid until June 30th, 2018**

Not valid for the purchase of Massage or Club Membership, not  
valid with other discounts or offers.

Quiz Answers from Page 3: Truth is most allergy sufferers have symptoms identical to that of a sinus infection. The key to helping find out is in questions # 1 & 6 #1: if its clear most likely allergies any other color might be an infection. And for #6 if you have a temperature (fever) with any of these other symptoms it's probably due to a sinus infection.



### STORE HOURS

Monday 11am - 7pm

Tuesday 11 am -7pm

Wednesday 11am -7pm

Thursday 11am - 7pm

Friday 11am - 6 pm

Saturday 11am - 3pm

Sunday by appointment