



# Herbs & More

Publisher: Eric Smith & Georgia Mack

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## Summer Fun!!!

Herb & More is preparing for summer with many new products and recipes available in store for your Health. Everything from an all-natural organically crafted sun screen and a cooling Aloe Vera gel infused with Arnica for extra relief from those nasty sun burns. Also you can't forget about bug repellent, and we all know deet is a neuro toxin so let's get something natural like our own bug spray blend a mix of essential oils like lemon eucalyptus an oil known to be just as effective as deet in repelling mosquitos. Or if that's not enough we also carry everything you need to craft your own bug spray. Don't forget burning a sage stick is an effective repellent for bugs at an outdoor picnic or if you're just relaxing in the hammock out back. Come in today and check it out!!!

We also have been mixing up some epsome and dead sea salts mineral soaks. There is a wide variety such as lemon verbena which super for soothing those summer sunburns or maybe some pesky

bites. Perhaps you just need some relaxation with a lavender soak after a long weekend of hiking.

We can also customize a bath soak to meet your needs. Just give us a call ahead and we can have it pre-mixed for you.

### Herbs & More Class Schedule:

**August 15th:** Kombucha

**Sept 19th:** harvesting /drying/using herbs

**Oct. 17th:** Tincture

**Nov 14th:** fire cider elderberry syrup

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

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### Massage specials

Georgia Mack our magnificent L.M.T. has started a massage rewards card. Where for every \$25 spent in store gives you a punch in the rewards card after 10 punches you receive a free 30 min massage courtesy of Herbs and More

**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

### **Freyjas burn 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 angelica root

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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### **Keep yor Beard soft and strong with Squirly Salves new beard line**

From mix your own scent to our premium beard oils beard care is essential, but more than just oils we offer a beard wash, a pre wash beard conditioning aloe rinseand much more...

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, Cocoa Coffee exfoliating bar, **all new hippie love scented rainbow soap and triple chocolate chunk soap**. 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!

## Know your essential oils quiz:

1. Which oils cause sensitivity to sun light?
  - a. bergamot
  - b. lemon peel
  - c. sweet orange
2. Which oil(s) give a sensitivity to alcohol?
  - a. Clove
  - b. Patchouli
  - c. Clary Sage
3. Which oils can be used for calmative effects
  - a. Chamomile
  - b. Eucalyptus
  - c. Lavender
4. What oils should be avoided for respiratory issues
  - a. Eucalyptus
  - b. Mint
  - c. Tea tree
5. Oils used is household cleaning
  - a. Neem
  - b. Tanamanu
  - c. Orange
  - d. Tea tree
6. What are the cleanest or safest methods of essential oil production
  - a. Solvent
  - b. Steam distilled
  - c. Cold pressed

**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.

### Digestive aid tea:

This tea can help not only with indigestion but gas and constipation aswell

- 1 teaspoons Coriander seed
- 1 teaspoon Cumin seed
- 1 teaspoon Fennel seed

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

### 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.

### Cool as a cucumber tea

This tea is great this time of year when the heat really hits us.

1 whole cucumber of choice peeled and sliced

1 whole lemon or lime quartered

½ cup bruised fresh mint sprigs

1 gallon of water

Mix well then

pour over ice and enjoy

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## Bumper stickers are in!!!



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## 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: #1all of the below can  
make u sensitive to sun. #2C. #3a&c. #4 all of the  
below can agitate respiratory conditions #5C&D. #6  
B&C.

### 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