

DARK MOON BATH TEA

Winter Rebirth

A fully immersive way to channel the celebratory element of the return of light, and invite prosperity into the new year.

With antioxidant-rich wild Oregon Fir needles to ground your energy
Hawthorn berry for connection to the Heart,
Cranberry to invite abundance,
anti-inflammatory Cinnamon to amplify your intentions.

A base of Epsom salts relaxes sore muscles with magnesium
while oats soothe & protect skin with emollients.

Steep the entire pouch in your bath like a tea!

(If you don't have a tub, it makes a lovely simmer pot or foot soak to invite these same energies)

*contains no added essential oils- only those naturally occurring in the whole plants

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AFTER DINNER TEA

Rest & Digest Blend

This is the perfect warming, spiced, nightcap to melt away the day after dinner/before bed.

When our bodies feel safe to leave "fight-or-flight" mode, they enter what we call "rest-and-digest" mode.

That's because when our lizard brain feels under attack, the last thing our bodies want to do is digest food. All of our energy and blood is sent to our muscles to either run or fight back.

But these days, our stressors are more mental, and rarely require actual physical defense. But our brain can't tell the difference, so it's still on edge and preventing our bodies from doing maintenance tasks like sleeping, digesting food, and repairing tissues.

Inviting nervine and carminative herbs like those found in this tea can help us switch gears from fight-or-flight to rest-and-digest, so we can do just that!

To Brew: Steep 1 rounded tablespoon in a cup of just boiling water for 10 minutes- covered.

Enjoy 1-3 cups per day, or after a large meal.

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FIRE CIDER SALT

Strength & Passion

This Kosher Salt has been infused with freshly harvested herbs & spices:

Certified organic Ginger, Turmeric, Horseradish, & Garlic
Oregon-grown Onion, Sage, Rosemary, Oregano, & Thyme

Use it how you best see fit:

- As a culinary finishing salt
- Particularly delicious sprinkled on eggs, potatoes, cooked vegetables, & meat
- As a protection salt
- Mix 1 tsp per cup of water and paint it on windowsills & doors
- or use it in spell work
- To invite protection, action, confidence & vitality.

Does not contain any anti-caking agents.
To prevent clumping you might add a few grains of rice to the jar

Do not use if you are allergic to plants in the allium family.
Best if used within 6 months.

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POWER INTENTION OIL

Strength & Passion

A potent double-extraction of dried plant material with added essential oils safely diluted to <0.5%

Call upon this oil when you wish to stimulate and fortify your own personal power.

- Massage into stiff or sore joints to invite circulation and relieve inflammation
 - Massage into lower abdomen during menstruation to support flow
 - Wear it on your wrists, pressure points, and/or hair on days you need an extra boost
- Powerfully anti-inflammatory Ginger promotes movement and flow, relieving stagnancy in all areas, both physically and energetically.
- Paprika gently invigorates and stokes fire to release and protect from what we do not want.
 - Rosemary invigorates the mind & invites us to remember the strength of our true selves.
 - Clove blocks & removes negativity with it's warm spiciness
- In a base of organic Sunflower seed oil, Vitamin E from non-GMO soy, & mica for shimmer

*May stain fabrics. Avoid eyes, lips, and other sensitive tissues.
Avoid essential oils around children, pets, and pregnant or nursing people.

CAILLEACH WINTER SPICE EXTRACT

Circulation Support

(Pronounced KAI-yack, or KAI-lock, both ending in the back of the throat)

The Cailleach is an ancient Celtic hag goddess.

She's the old Woman of Winter who not only determines its length and harshness, but also is said to have created the landscape itself by making the islands and mountains of Scotland

She is said to rule the months between Samhain and Imbolc, having power over both creation and death.

Read more about the Cailleach [here](#)

While we may wish for a short or even nonexistent Winter, we must acknowledge the idea that without Winter, there can be no Spring. Without darkness there can be no light.

To balance the cold and dark, however, we can invite warming & stimulating spices found in this extract:

To warm up circulation & break through winter sluggishness:

-Enjoy 1/2- 1 tsp (15-30 pumps) of this alcohol-free extract in your tea, hot cocoa, sparkling water, cider, red wine, hot toddy, egg nog, or other cocktails/mocktails

-Add to bath water to stimulate senses & invite protection

-Massage into sore or stiff joints to invite circulation & ease inflammation

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YULE AROMA MIST

Winter Floral Water

Made with:

-Wildcrafted Oregon Doug Fir needles

For evergreen strength & perseverance through hard times.

-Orange

To invite joy and welcome the return of the sun

-Allspice

To invite prosperity into the new year & protect from negativity creeping in

-Cinnamon

To stimulate success in the new year & awaken warming comfort

Mist as needed throughout the day to:

-Treat your senses to a rejuvenating energy,

-Reset your mood

-Refresh and tone dry skin

-Focus your intentions for ritual or yoga practice,

-Freshen a room's energy

-Cleanse synthetic rubber yoga mats

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FIRE CIDER CONCENTRATE

Warming Circulation & Immune Support

A traditional fiery herbal infused vinegar used to help support circulation, digestion, & a healthy immune response. *This formula is unsweetened and particularly concentrated* A little bit goes a long way.

Feel free to mix it with equal parts honey or maple syrup to your taste.

Use it how you best see fit:

- Take 1-2 tsp diluted in water, tea, or seltzer after a meal to move things along, when everyone around you is catching colds, or when you're feeling chilly to warm up.
- Mix 2 tbsp with 1/4c oil and 1 tbsp honey for a salad dressings and marinades.
- Add 1-3 tablespoons to soups, stews, chili, beans, or other slow cooker dishes
- Mix 1-3 tsp into a hot toddy, bubbly water, sparkling wine, cocktails, or mocktails in place of lemon juice
- Dilute it with an equal amount of water for an acidic and enzymatic surface cleaner for your kitchen, bathroom, ritual tools, or yoga mat.
- Spray it as a room freshener to energetically cleanse and protect your home or altar!

If you have acid reflux, heartburn, or stomach ulcers, this may not agree with you.

Store in the refrigerator for up to 6 months.

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