

Happy Holidays from The Herbarie!

Dear Friends,

I hope this message finds you well and happy this holiday season. It's such a special time of year---such a busy time of year. So much to do and so little time! For this newsletter, I've put together some quick and easy ideas that we hope you will find helpful. I encourage you to let us know if you find our newsletter useful. If you have any ideas that you would like to share about new and interesting products, tips or suggestions, please don't hesitate to mention them.

If by chance, you haven't finished your shopping or need one more gift for someone special, here is a quick, easy, but luxurious idea-Avena Sativa Milk Bath Blend.

1 cup whole oats  
2 cups powdered milk  
½ cup bicarbonate of soda  
50-80 drops of geranium/ylang ylang essential oil blend  
or essential oil of your choice

Put oats, milk, and soda into blender or food processor. Blend until mix is powdery. Add essential oil. Blend and mix well. This recipe makes 3 ½ cups total, which is enough for 7 baths at ½ cup each. For gift-giving, the glass canisters that are readily available make beautiful containers or some of the PET containers provide a non-breakable choice. The small cello bags also make nice individual stocking stuffers. Tip: For extra softness in the bath, ½ cup NatraBath can be substituted for a portion of the powdered milk or the oats.

If you have finished your shopping---let Avena Sativa Milk Bath Blend be your own well-deserved treat. With candles, soft music, and a cup of tea, your world is transformed into peaceful paradise.

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New from The Herbarie....Jojoba Spheres!!! Create your own elegant scrubs with our beautiful jojoba beads! There are three different colors to choose from: Lavande (Lavender), Rose (Medium Pink), Oranger (peachy orange). We offer these spheres of jojoba esters in the 20/40 size that will provide gentle, yet effective exfoliation. Perfect for facial or body scrubs. Can be used in a water or surfactant based formulation.  
<http://www.theherbarie.com/ingredients.html#Jojoba>

Faire Nouvelle Satin Smoother

An elegant, smoothing scrub that will make your skin feel like new! This formula contains our beautifully colored jojoba beads that gently exfoliate, while providing emolliency and leaving skin satin soft! Tip: You may want to match the color with a particular essential oil. For example, Lavande with Bulgarian Lavender essential oil, Oranger with Sweet Orange or Bergamot Essential Oil, or Rose with Rose Geranium Essential oil. Suitable for a facial or body scrub.

Part A:

Emulsifying Wax NF: 3.0% = 15 grams  
Shea Butter: 7.0% = 35 grams  
Fractionated Coconut Oil: 12.0% = 60 grams  
Conditioning Emulsifier: 8.0% = 40 grams

Part B:

Hydrolyzed Oats: 2.0% = 10 grams  
Vegetable Glycerin: 7.0% = 35 grams  
Distilled Water: 58.4% = 292 grams  
Tetrasodium EDTA: 0.1% = 0.5 grams

Part C:

Jojoba Spheres: 2.0% = 10 grams  
Liquid Germall Plus: 0.5% = 2.5 grams

Total: 100% = 500 grams

(Essential Oil is optional/use 2% or less)

Heat Part A to 75C/170F. Heat Part B to 75C/170F. Add Part A to B with mixing and cool to 50C/122F (or less). Add Part C with mixing.

Mild and Gentle Facial Scrub with Jojoba Spheres

This sudsy gel is so mild and gentle it can be used as a facial scrub, but it is excellent as a body scrub too!

Distilled Water 68.5% 342.5 grams  
UltraMaize 4.3% 21.5 grams  
Polyglucose Surfactant Blend 24% 120 grams  
Jojoba Spheres (Lavande) 2.4% 12 grams  
Lavender Essential Oil 0.5% 2.5 grams  
Liquid Germall Plus 0.3% 1.5 grams

Total 100% 500 grams

Add UltraMaize to the distilled water and mix well. Using a stick blender for the distilled water and UltraMaize works well. Add the Polyglucose Surfactant Blend to the distilled water/UltraMaize blend. Mix well, but gently. Add the Lavender Essential oil and Liquid Germall Plus and mix well, but gently. Add the Jojoba Spheres and gently fold into the mix and package in an attractive bottle.

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One of the scents of the season is definitely Sweet Orange essential oil----so fresh, uplifting, and warm. Some aromatherapists also believe that it is a tonic for the nervous

system that helps with nervous tension and relieves stress. What better oil to use this time of year?

Sweet Orange essential oil combined with Polysorbate 20 and water make a very nice sprayable cleaner/deodorizer for counter tops, floors, bathrooms, etc. Just make sure you test a small surface first before using. You can find the complete instructions on my website <http://www.theherbarie.com/herbarie-formulary.html#orange cleaner> Basically you need a 1/1 ratio of polysorbate 20 to Sweet Orange Essential oil. Mix the two together and then add water. If you are planning to store the solution, you will need a preservative. If you don't have any polysorbate, you can use a tiny amount of dishwashing detergent with the Sweet Orange Essential oil and then add water.

Bathtub Cleaner-Spritz some Sweet Orange Cleaner into bathtub, sprinkle with borax (the Mule Team type). Scrub, rinse and your tub is sparkling clean with no nasty chemical smell! Perfect to use before your relaxing bath at the end of a long day!

Furniture Polish---Sweet Orange Cleaner and your favorite oil work beautifully to polish wood furniture. Please test the furniture finish prior to using, as this will damage some lacquer/varnish type finishes! For my oak dining room table, which has a tung oil finish, I use Sweet Orange Cleaner and canola oil. I spritz the cleaner onto the table to first clean it and then while still damp, pour some oil directly onto the wood, rubbing the oil into the wood. I let it sit and soak for a bit, then buff the wood until the surface oil is removed. The grain of the wood looks beautiful, the room is filled with the scent of Sweet Orange, PLUS we have the extra benefit of the uplifting, calming effects of the essential oil!

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I don't think we will have a white Christmas this year at Stoney Hill Farm (we're in South Carolina), but we do have some roses and pansies blooming! Make your own Christmas Rose Potpourri from dried rose petals, dried rose leaves, dried pansies, pink or purple globe amaranth, white angel wings, perhaps some cranberry colored milo berries...add your favorite essential oil or fragrance oil. I still have some of the pink and purple globe amaranth from our summer crop. It isn't listed on our site, but if you are interested in purchasing some, just let me know.

One of my favorite things is a winter walk in our woods...still and quiet with the scent of pine.....returning home to the warmth of the fire and a cup of mulled cider. Our Mulled Spice Potpourri reminds me of these times. You can make your own Mulled Spice Potpourri from dried orange peel, small pinecones, cinnamon sticks, dried rose leaves or other green leaves, juniper berries, holly or nandina berries for red color....add Cinnamon Leaf, Sweet Orange, Clove Bud essential oils, your favorite conifer-mine is Black Spruce. This potpourri smells good enough to eat, but it is not for consumption, so be careful it is not placed near small children or pets.

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On a cold winter's night, try this simple body and soul warming soup...Potato & Onion Soup with Fresh Rosemary.

6-7 small red potatoes (well scrubbed)  
1 medium/large onion  
several cloves of Garlic  
1 cup milk or ½ cup cream  
¼ cup Olive Oil or more if needed  
water  
Salt/Pepper to taste  
Two sprigs of fresh Rosemary

Quarter potatoes (with or without skins) and onions. Place in covered stock pot with olive oil, salt/pepper, rosemary and small amount of water. Saute/steam potatoes and onions until soft. Add garlic and cook approximately 5 minutes more. Add a bit more water and stir until the mixture is smooth and a bit chunky, but not pureed. Remove rosemary sprigs. Add milk or cream and more water if needed. Reheat, but do not bring to a boil. So easy, but sooo good!

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This blend is soothing for the holidays, but is delightful for any time of year!  
Stress-Less Herbal Tea

1 part Lemon Balm (Melissa) Leaves  
1 part German Chamomile Flowers  
1 part Linden Flowers  
1 part Rose Petals  
Honey (to taste)

Please make sure your herbs and flowers are organically grown and do not contain any pesticides or herbicides. Place herbs and flowers in a pot (preferably stainless steel), add water to cover herbs/flowers, cover and bring to a gentle boil. Remove from heat and let the herbs/flowers infuse for 15-30 minutes. Strain, add honey, pour into your favorite cup or mug, sit back and relax.

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We wish you a healthy and happy holiday season, filled with the wonders of nature and blessed with the love of family and friends.

Angie Turner  
The Herbarie at Stoney Hill Farm, Inc.  
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