

Greetings from The Herbarie!

It's 6:30am at Stoney Hill Farm and the world is waking up. Dawn and dusk always seem magical to me and today is no different. The night sounds are now quiet. The rooster of course is the first to say good morning, followed by the song birds who happily greet the day. Cheerio-cheerio, too-whit, too-whit--- happy that it's morning once again. Our bluebirds have finally started building another nest. This will make their third clutch this season. One of our mockingbirds has built her nest in my Zephyrine Drouhin (Bourbon) rose that climbs around the back porch. Her previous nest was in the patch of honeysuckle that grows around our old smokehouse. She is so unlike the mockingbirds in town who are known to aggressively dive-bomb any unsuspecting passersby who come too close to her nest. While we must admire the maternal instincts of these city birds (I'd do the same if I thought my own brood were threatened), it doesn't say much for her social skills! Our country mockingbirds seem very tolerant of our presence and aren't in the least bit aggressive and don't seem to feel threatened. In the middle of a hot summer day when we are working in the garden, the male mockingbird sings to us from the highest perch that he can find, usually in the top of the pecan tree. He has the most beautiful repertoire that includes the cry of the whippoorwill, bobwhite, and other medleys. Beautiful music--what a lovely gift!

When I was a young girl growing up in SC, we had a thunderstorm almost every afternoon in the summer. After a hot SC summer day of 95+F, we expected and welcomed these cooling and refreshing showers. But our weather patterns changed. For the past 6-7 years we have not had these lovely afternoon thundershowers and I have longed for them. Last year most of the East Coast was in a serious drought situation. Farmers lost crops and it was so sad to see parched fields of dying corn and other vegetables. At Stoney Hill Farm, we are fortunate to have a spring fed pond on our property with which we irrigate the garden if needed. We were still very careful to conserve our water supply. It seemed as if it would never rain again. But just when it seemed the rivers and lakes were going to dry up, it started to rain-and rain and rain-and it's still raining! Since winter of 2002, we have had an overabundance of rain, the rivers and lakes are full again, and the countryside is lush and green! Of course now the farmers face the problem of too much rain. The cool, wet spring and early summer delayed the planting and germination of many crops. Many farmers lost early spring plantings. We did lose a few tomato plants, but our early sweet corn seemed to thrive with the rain and has now been harvested, giving us delectable ears to enjoy through the year. We enjoy the flat Italian bush beans and had a huge harvest in summer 2002, but this year we sowed the seeds twice and germination was only 10% at best. So, we may not have many beans this year. This has been an odd sort of season, but along with the disappointments we have had some nice surprises. A friend gave me some collard and broccoli sets in early spring. I figured they would soon go to seed with our typically hot spring/summer weather, but I planted them anyway. These plants are cool season vegetables for us in the south and typically seem to do best when planted

in the fall. But surprisingly, even now in hot July, we still have an abundance of broccoli! And just this week we harvested fresh collard greens from the garden! As all southerners know, fresh sweet collards from the garden in July are quite unusual!

Today is one of those clear, blue-sky days that promise to be full of hot southern summer sun. As the day moves on, I see the bees are busy and the butterflies are visiting the herbs and flowers. We have one of our herb gardens near the back porch. The scent of thyme, lavender, oregano, rosemary, peppermint and spearmint provide us with an aromatherapy treat each time we pass by! I let the mint bloom and the bees and the Buckeye butterflies adore it. All summer long, the peppermint is covered with bees and butterflies and the constant hum of their wings is such a pleasant, soothing sound. The bees aren't at all aggressive and we happily share the mint and the other flowers in the garden with them.

Each summer I sow zinnias and cosmos around the outside perimeter of our fenced vegetable and rose garden. To me, zinnias are "happy flowers". With their sunny bright colors, one cannot look at them without feeling joy. The butterflies love the zinnias too. Out of all our flowers, including butterfly bush and butterfly weed, the zinnias are their favorites. When the zinnias are all in bloom and dozens of butterflies are floating over them, to stand among them is truly magical. I don't know who enjoys them more, me or the butterflies! Maybe it's a mutual enjoyment. Again, this year has been different and the planting/germination of the zinnias has been delayed. They are just now starting to bloom and I knew the butterflies would be looking for them. Just yesterday, I noticed the yellow and black swallowtail butterflies visiting for the first time. Only a few of the zinnias have started to bloom, but the butterflies are visiting each one, back and forth between the gardens.

During our holiday break, we planned to build an arbor for one of my Lady Banks' roses (*rosa banksiae alba*). The Lady Banks is a gorgeous species rose that blooms only once in the early spring, but what a show! The canes of the Lady Banks can reach 20-30 feet and are covered in either yellow (*rosa banksiae lutea*) or white (*alba*) tiny rosettes. This shrub was transplanted last fall and is going to be the center of a series of arbors near the fenced garden. As we were working, a single yellow swallowtail butterfly gracefully floated by, touching on each nearby flower, gently reminding us to take time to smell the flowers while we work.

Some people think it would take an act of God to keep me from my work. Actually that did happen during our holiday. The modem in my farm computer was zapped by one of our lightening storms this past week. So, I did not have access to the internet--funny how these things happen.

This newsletter will be a continuation of our discussion on hair care, how to use surfactants in shampoo/body wash and other personal care cleansers. I have

some formulas to share and also some from our very generous friends-Pam Ingle and Juanita Johnson. In addition to the formulas that feature some of The Herbarie products, we will also share some recipes for products that can be made easily with ingredients from your kitchen. Most of all, we hope you will enjoy yourself!

Part II - Let the Play Begin or Let's Make Shampoo!

So, now that we understand more about the ingredients, let's think about making shampoo! We'll start with the basics. First of all, shampoo/body wash can be made with or without heat. We can mix a liquid surfactant with water and preservative and have a very basic cleansing product. To make the shampoo/body wash a nicer product, we can add a variety of ingredients as we have discussed. Some of these ingredients can be used in a cold-mix formula--- UltraMaize, VenaSilk, and GuarSilk do not require heat and these ingredients can serve as conditioners and thickeners. There are two primary reasons to use heat when making shampoo/body wash: 1) to melt any solid ingredients (usually thickeners or surfactants) and 2) to destroy any microbes that may be lurking in the water-solubles. By heating our water phase to 175-180F and holding the temp constant for 20 - 30 minutes, we can destroy most microbes that could potentially create problems in our formulation. This is of utmost importance in emulsions such as creams and lotions, but less of an issue for shampoo/body wash since they are much easier to preserve. But it's a good idea to keep this practice in mind for all formulations. When making shampoo/body wash with thickeners such as PEG 150 distearate or Conditioning Thickener-crothix, we must make sure the thickeners are completely melted, so of course heat is utilized.

So, how do we begin? First, determine what type shampoo is needed. Let's say we want to make a shampoo for someone who has normal to oily hair and prefers the gel-type shampoos. A basic shampoo. One good choice would be a formula that features one of our newest surfactants-SMC Taurate Surfactant (sodium methyl cocoyl taurate) . This surfactant has a buttery consistency and is very easy to use. It can be used alone as we have done in the following formula or it can be used in combination with any of our other surfactants. In many of our formulas, we feature surfactants or special ingredients to illustrate the functionality of each one. It should be noted however, that there are benefits to combining some of the surfactants to achieve a synergistic cleansing, foaming and sometimes thickening effect.

By referring to the previous ingredient descriptions, we can better understand the functionality of each one and why they were selected. In the formulas below, we have calculated a 500 gram batch for your convenience.

Gel Shampoo with Botanical Complex HCA

The Herbarie's new SMC Taurate Surfactant (Sodium Methyl Cocoyl Taurate) provides excellent foam and cleansing with a conditioned afterfeel. DL Panthenol and Botanical Complex HCA smooth and strengthen the hair cuticle. This formula can also be used as a shower and bath gel.

Part A - Water Phase

57.6% = 288 grams Distilled Water
5% = 25 grams Botanical Complex HCA
1% = 5 grams DI Panthenol

Part B - Oil/Surfactant Phase

30% = 150 grams SMC Taurate Surfactant
3% = 15 grams Olive Oil PEG 7 Esters
1.6% = 8 grams Conditioning Thickener-crothix

Part C - Cool-down Phase

1% = 5 grams LiproWheat
0.5% = 2.5 grams Essential Oil (s)
0.3% = 1.5 grams Liquid Germall Plus

Total: 100% = 500 grams

This formula could be easily be made into one for dry or color treated hair by adding 0.2-0.5% GuarSilk, 1% EmEster, Dimethicone Copolyol Ester, or 1% LHC-or some combination of these conditioners/emollients. When I make these changes and/or additions to a formula, I typically subtract the same percentage from the water portion to make the formula balance.

A nice finishing product for all hair types is our Let It Shine! formula for a spray-on shine enhancer and light conditioner. This formula is so very simple too!

Let It Shine!

Add body, softness, and sheen to wet or dry hair with our light spray-on conditioner. Dimethicone Copolyol Ester is the key ingredient in this formula and provides light emolliency. Botanical Complex HC, dl Panthenol, and Hydrolyzed Wheat Protein help to nourish, moisturize and smooth the hair cuticle. The essential oil of your choice can be substituted.

Dimethicone Copolyol Ester 2% = 10 grams
Geranium Essential Oil 0.5% = 2.5 grams
Botanical Complex HC 5% = 25 grams
DI Panthenol 0.5% = 2.5 grams
Hydrolyzed Wheat Protein 0.5% = 2.5 grams

Distilled Water 91.2% = 456 grams
Liquid Germall Plus Liquid 0.3% = 1.5 grams

Total: 100% = 500 grams

Combine Dimethicone Copolyol Ester with Essential Oil and mix well, add distilled water a bit at a time to the mixture. The solution should be clear. Add remainder of ingredients, and package in a spray mist container.

This formula is designed for light conditioning and shine. For a heavier conditioner and to increase shine, try adding one or all of the following ingredients: EmEster, Botanical Complex LHC, or an increased percentage of Dimethicone Copolyol Ester. Polysorbate 20 may need to be used to help emulsify the additional oils/esters into the water.

At this point I will mention the differences in shampoo formulations and shower gel/body wash formulations-there really aren't many. Shampoo formulas can almost always be used as body wash/shower gel. But body wash/shower gel should not always be used as shampoo. In my experience, a very nice body wash/shower gel can be created using a higher percentage of solids, particularly the starches-VenaSilk, UltraMaize for example. These materials can leave residue on the hair that can be desirable in specific shampoos, but is not always desirable in hair care. In skin care, the starches can be very soothing and are usually a very pleasant addition to a shower gel/body wash. But general speaking, what's good for the hair is good for the skin.

Let's say our next request is to formulate a shampoo for someone with long, thick hair that wants a sleek, shiny look. One good possibility would be the following formulation:

Cream Shampoo with Rose Geranium and Ylang Ylang

This conditioning shampoo is thick and creamy with a dense, luxurious foam. Our new SCI Pearl Surfactant (Sodium Cocoyl Isethionate) provides excellent foam and cleansing with mildness. GuarSilk provides superior conditioning and additional viscosity in this formulation. EmEster provides detangling and shine.

Part A - Water Phase

GuarSilk 0.5% = 2.5 grams
Distilled Water 60.2% = 301 grams
Hydrolyzed Wheat Protein 2% = 10 grams
DI Panthenol 1% = 5 grams

Part B - Oil/Surfactant Phase

SCI Pearl Surfactant 30% = 150 grams

Olive Oil PEG 7 Esters 3% = 15 grams

EmEster 1% = 5 grams

Conditioning Thickener-crothix 0.5% = 2.5 grams

Part C - Cool-down Phase

Rose Geranium/Ylang Ylang Eos 0.5% = 2.5 grams

Liquid Germall Plus 0.3% = 1.5 grams

Total: 100% = 500 grams

Hydrate GuarSilk in room temperature distilled water and blend/mix well. Set aside. Heat SCI Pearl Surfactant with Conditioning Thickener-crothix until thickener is melted (approximately 180F). When GuarSilk is completely hydrated (about 15-20 minutes), combine with Hydrolyzed Wheat Protein and dl Panthenol. Heat to around 175F. Slowly add to surfactant mix while stirring. Cool down while stirring. Add Liquid Germall Plus Essential Oil Blend at 120F or less.

Some notes:

*dl panthenol can be added to the water phase with heat or at cool-down.

*Olive Oil PEG 7 Esters are water and oil soluble. The Olive Oil PEG 7 Esters can be added with heat to either phase. They can also be mixed with fragrance oils or essential oils and added at cool-down to help disperse the fo/eo.

*Conditioning Thickener-crothix must be measured on a scale that is (at least) accurate to 0.1 gram, as we recommend using for all formulations. With crothix, the accuracy is of utmost importance as a slight increase or decrease in the percentage will make a dramatic difference.

*PEG 150 distearate can be substituted for the crothix-both must be completely melted.

*Remember, most fragrance oils will have a dramatic effect on shampoo/body wash. If fragrance oils are substituted for the essential oils in the formula, the formula will likely have to be reworked.

*SCI Noodles and SCI Pearl Surfactant will make a thick, creamy shampoo.

This shampoo formula is excellent for dry or color treated hair also. For this individual, I would also recommend using the Geranium Conditioner with Botanical Complex that's been "kicked up a notch" after using the shampoo.

Geranium Conditioner with Botanical Complex (kicked up a notch ;)

Part A - Water Phase

Distilled Water 75.4% = 377 grams

Botanical Complex HC 5% = 25 grams

Hydrolyzed Wheat Protein 3% = 15 grams

DI Panthenol 3% = 15 grams
Glycerin 5% = 25 grams

Part B - Oil/Surfactant Phase
Conditioning Emulsifier 4% = 20 grams
Jojoba Oil 2% = 10 grams
EmEster 1% = 5 grams

Part C - Cool-down Phase
Germall Plus Liquid 0.3% = 1.5 grams
Essential oil or Fragrance oil 1% = 5 grams
Liquid Germall Plus 0.3% = 1.5 grams

Total 100.0 % = 500.0 g

Heat Part A to 75C/170F . Carefully heat Part B until Conditioning Emulsifier is melted. Add Part A to B with mixing. Continue to mix until cool. At 50C/122F (or less), add Part C with mixing.

Here's another shampoo option that utilizes our new Dimethicone Copolyol Ester!
This shampoo is excellent for normal to dry hair and is my current favorite.

BioVive Silk & Shine Shampoo

Part A - Water Phase
Distilled Water 60.2% = 301 grams
Botanical Complex HC 5% = 25 grams
Hydrolyzed Oats 2% = 10 grams
DI Panthenol 1% = 5 grams

Part B - Oil/Surfactant Phase
SMC Taurate Surfactant 12.5% = 62.5 grams
SCI Pearl Surfactant 12.5% = 62.5 grams
Conditioning Thickener-crothix 1.5% = 7.5 grams

Part C - Cool-down Phase
Olive Oil PEG 7 Esters 2.5% = 12.5 grams
Dimethicone Copolyol Ester 2% = 10 grams
Essential Oil (s) 0.5% = 2.5 grams
Liquid Germall Plus 0.3% = 1.5 grams

Total: 100% = 500 grams

In addition to making shampoo and body wash, we can use these same ingredients to make facial cleansers and other cleansing products.

Pam Ingle, a friend of mine and The Herbarie, has come up with a lot of really neat formulas using The Herbarie products and here is one for a facial cleanser:

Ginger's Thick & Creamy Facial Cleanser

Phase 1 Emulsifiers & Surfactants

Sodium Cocoyl Isethionate (SCI Noodles) 36% = 180 grams

Polyfactant DLS Blend 22% = 110 grams

Behenyl Alcohol 1% = 5 grams

Stearic Acid 2% = 10 grams

Glyceryl Stearate 2% = 10 grams

PEG 7 Olive Oil Ester 2% = 10 grams

Crothix 1.6 % = 8 grams

Phase 2 Water Portion

*Distilled Water 23.2% = 116 grams

Glycerin 5% = 25 grams

Sodium Chloride (Sea Salt) 0.8 % = 4 grams

VenaSilk 1 % = 5 grams

Hydrolyzed Oats 2 % = 10 grams

**Fragrance or Essential Oils 1% = 5 grams

Liquid Germall Plus 0.4% = 2 grams

Total 100% = 500 grams

Procedure:

Phase 1: Emulsifiers and Surfactants

Ingredients for Phase 1 in top of double boiler and heat over boiling water.

to 176F/80C, stirring as required. Hold temperature for 15-20 minutes, or

"noodles" are completely melted, stirring as required.

Phase 2: Water Phase

Combine VenaSilk with Glycerin, until dissolved, then add water, salt, &

hydrolyzed oats. Stir well, and heat to 176F/180C. Mix phase 1 and phase 2

ingredients and reheat to 176F/80C.

Phase 3: Cool Down: Stir mixture as it begins to cool. When temperature falls below 120 F, add preservative, and fragrance and stir with stick blender. Allow to cool to room temperature. May be packaged in jars or squeeze tubes.

* Substitute an herbal infusion, hydrosol, or aloe vera juice for part or all of the distilled water.

** Suggestions for essential oil blends:

Lemon Myrtle & Geranium
Lavender, Balsam Fir Needle, Patchouli, Palmarosa & Geranium
Peppermint & Rosemary.

*This version will make a VERY thick creme cleanser. For a less dense product, decrease the surfactants by 4% each, and increase water by 8%.

This is a favorite with my daughters, who have delicate skin prone to acne. It is so mild that it doesn't dry out or irritate the skin, but cleanses well. This elegant, ultra-mild facial cleanser has a texture and viscosity similar to that of a rich hand cream. This cleanser can be packaged in a Malibu tube or it can be packaged in jars. When packaged in jars, we use a soft facial cleansing brush. First, moisten skin, and apply a thin coat. Moisten the brush with water and gently lather.

Note: Glycolic acid may be added (q.s) for chemical exfoliation. Jojoba spheres are a nice touch for mechanical exfoliation.

Best Wishes, Pam Ingle
Nymphaea Soaps, Etc.
www.nymphaeasoap.com

This formula for a creamy facial cleanser is based on one that was shared by Juanita Johnson in Idaho:

Botanical Blend Creamy Facial Cleanser

Part A - Water Phase

18% Aloe Vera Extract = 90 grams
18% Witch Hazel Distillate = 90 grams
13% Distilled Water = 65 grams
11% Glycerin = 55 grams
3% VenaSilk = 15 grams

Part B - Oil Phase

5.8% Conditioning Emulsifier = 29 grams
3.3% Olive Oil PEG Esters = 16.5 grams
3.3% Jojoba Oil = 16.5 grams
3.3% EmEster = 16.5 grams

Part C - Cool-down Phase

19% Polyfactant DLS Surfactant Blend = 95 grams
1% dl panthenol = 5 grams
0.3% Liquid Germall Plus = 1.5 grams
1% Essential Oil of Choice = 5 grams

Total - 100% = 500 grams

Heat Distilled Water in Part A to approximately 90C/190F. Add VenaSilk and allow to hydrate for 10-15 minutes. Add remainder of ingredients and reheat to 74C/170F if necessary. Heat Part B separately to 74C/170F. Add Part B to Part A with mixing. A creamy emulsion will form. Cool to 50C/122F and add Part C with gentle stirring. Any skin friendly essential oil can be used. Juanita used Rose Otto, Sandalwood, Rosewood, and Carrot Seed.

There are also a good many soapmakers who enjoy using The Herbarie surfactants to complement liquid and bar soaps. Kathleen Hembree from Healing-Scents.com has graciously offered to answer questions regarding soapmaking with surfactants. Kathleen's email address is LotsaSmile@aol.com.

The following cleansing surfactants are available at The Herbarie:

Polyglucose Blend - INCI Name: Decyl Glucoside (and) Sodium Lauroyl Lactylate
A concentrated liquid blend of two anionic surfactants. Considered to be an "all natural" ultramild, surfactant. Can be used as the only surfactant in the formulation or combined with the Cocobetaine Blend or any of our other surfactants. Recommended for sensitive and baby skin, facial cleansers, shampoo and body wash.

Cocobetaine Blend - INCI Name: Cocamidopropyl Betaine, Sodium Lauroyl Lactylate

A concentrated liquid blend of an amphoteric and an anionic surfactant. Can be used as the only surfactant or combined with any of the other surfactants from The Herbarie. Recommended for sensitive skin, shampoo, body wash.

Polyfactant DLS - INCI Name: Decyl Polyglucose (and) Disodium Laureth Sulfosuccinate

A blend of two anionic surfactants in liquid form. This blend scores the lowest of any surfactant on the irritation potential scores. It's perfect for a facial cleanser or gentle cleanser for children. For optimum foam in a body wash or shampoo, use with SCI Noodles, SCI Pearl Surfactant, SMC Taurate Surfactant, or Cocamidopropyl Betaine.

SCI Noodles - INCI Name: Sodium Cocoyl Isethionate

This mild anionic surfactant provides a luxurious foam and elegant feel for shampoo, body wash, facial cleansers, etc. Can be used as the only surfactant in a formulation or combined with Polyfactant DLS or any of the other surfactants from The Herbarie. Perfect for a thick, creamy shampoo or body wash.

SCI Pearl Surfactant - INCI Name: Sodium Cocoyl Isethionate

Same surfactant as the SCI Noodles, in a cream/paste form. Can be used as the only surfactant in the formulation or combined with any of The Herbarie

surfactants. Will make a thick, creamy product that is could be packaged in a Malibu tube. Velvety afterfeel. Easy to use.

SMC Taurate Surfactant - INCI Name: Sodium Methyl Cocoyl Taurate
Pearly/creamy anionic surfactant is easy to use. Excellent as the only cleansing surfactant or used in combination with any of the others from The Herbarie.

Luxurious, high foam leaves skin feeling velvety. Recommended for use in a clear, gel shampoo or body wash.

Cocamidopropyl Betaine - INCI Name: Cocamidopropyl Betaine

Amphoteric, mild surfactant used to boost foam and add viscosity to formulations. Works synergistically with other surfactants and blends such as Polyfactant DLS, SCI Noodles, SMC Taurate.

Polyglucose - INCI Name: Alkyl Polyglucoside

Ultramild, naturally derived, Anionic surfactant. This surfactant has an extremely low irritation potential. For optimum performance, Polyglucose is best used in combination with other surfactants, such as Cocamidopropyl Betaine or any of the other surfactants from The Herbarie.

Here is one way to determine how much of each surfactant is needed for initial "play" and experimentation. Most shampoo/body wash formulas will on the average require about 30% surfactant--some use less, some use more. You can figure that a one pound bottle or container of surfactant would make 6 or more 8 oz. bottles of shampoo/body wash. So, one pound is probably plenty for initial experimentation. We recommend trying smaller sizes of multiple products to better determine which products will work best for your needs. Choose a formula that looks interesting or develop your own, but Please, experiment with small batches!! We can rarely be guaranteed success with the first batch and often it takes several. The first batch is a learning experience and should not be any larger than 500 grams, but preferably smaller. My experimental batches are often 200 grams. Once the experimental batches are made with success, then increase the size of the batch to make sure the results can be duplicated. Once the product preference and formula are determined, we recommend buying in larger quantities for cost savings. The Herbarie surfactants, as well as most of our products are readily available in very small sizes up to pail size to better meet the needs of our customers. If larger sizes are required, we will quote special pricing. For example, it is much more cost effective to purchase a 40 lb. pail of SMC Taurate Surfactant at \$3.06/lb. than 40 one pound containers of SMC Taurate Surfactant at \$10.50/lb.

As promised, we've also included some fun recipes that can be made with ingredients you can easily find in your local grocery store or health food store!

These handmade products do not contain any preservatives and therefore do not have a shelf-life. They must be used immediately or can be refrigerated up to 3 days, then thrown away.

Honey and Oatmeal Scrub

¼ cup oatmeal (grind into a powder)
2 ½ teaspoons honey
1 teaspoon yogurt

Mix ingredients together into a paste. Massage gently onto skin and rinse. This handmade facial scrub is so simple to make and yet so effective! The ground oatmeal acts as a gentle exfoliant and along with the honey and yogurt tones and conditions delicate skin. Good for all skin types.

Avocado Facial for Dry Skin

4 teaspoons ripe avocado
1 teaspoon extra virgin olive oil

Mix and apply to face. Rinse. Follow with toner and cream if desired.

Yogurt and Honey Facial Mask

1 teaspoon honey
1 teaspoon plain yogurt with active cultures

Mix and apply to face. Rinse. Follow with toner and cream if desired.

Cucumber Eye Cooler

1 Fresh Cucumber

This eye cooler is great to use in the summer time! Just slice a fresh, cool cucumber and place the slices over your eyes. Relax. Cucumber has been used traditionally to reduce swelling and inflammation and the scent of fresh cucumber is so refreshing!

Chamomile Cooler

2 Chamomile Tea bags

Place tea bags in a small bowl and moisten with water (I prefer distilled water) and refrigerate until chilled. Place over eyes and relax. Chamomile is a very useful herb and one that is most cherished.

Herbal-Oats Soothing Soak

1 muslin drawstring bag or piece of unbleached muslin
¼ cup Oatmeal
¼ cup Chamomile (fresh, or dried) can use tea bags
¼ cup Calendula (fresh, or dried)
Optional: a few drops of skin-safe essential oil

Mix all ingredients and tie together into a pouch. Massage pouch in warm bath water to release botanicals. Use pouch as a wash cloth. Good for sensitive or dry skin.

Salt Glow

1 tablespoon salt

1 tablespoon extra virgin olive oil or favorite veggie oil

A few drops of Essential or Fragrance Oil

Salt Glow will exfoliate dry skin and leave it feeling soft. I think it's best used in the shower. After skin is wet, massage salt glow over skin as desired, avoiding eyes and delicate areas and focusing on elbows, feet, etc. Rinse and pat dry. Do be careful in the shower as the oils will make the surface slippery. If desired, sugar can be used instead of salt.

Sesame Tahini Facial Polish - from Pam Ingle

Sesame Tahini (butter) is an essential ingredient in Humus, and can often be found by the peanut butter in most grocery stores or health food stores. Use one that is mechanically pressed (not extracted with solvents).

1 teaspoon Sesame Tahini

A few drops of fresh lemon juice

a pinch of finely ground lemon peel (powdered)

Combine the ingredients in a small glass bowl. To use, apply to face, with a gentle buffing. Rinse well, and follow with a gentle cleanser.

I hope you have found this newsletter helpful and will enjoy these recipes and formulas. Our next Update will discuss the benefits of botanicals and will feature our new Botanical Complex series. Please let me know if you have any suggestions, recipes, or formulas that you would like to share in our upcoming issues of The Herbarie Update.

Happy Summer!

Angie Turner

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