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DIY HERBAL RECIPES



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Discover the natural power of herbs with these DIY Herbal Recipes! Packed with detailed recipes, this guide is perfect for anyone looking to incorporate natural remedies into their daily life.

Chapter 1: Soothing Herbal Teas

Chamomile & Lavender Relaxation Tea

Ingredients:

- 1 tsp dried chamomile flowers
- 1/2 tsp dried lavender buds
- 1 cup hot water
- Honey to taste

Instructions:

1. Combine chamomile and lavender in a tea infuser.
2. Pour hot water over the herbs and steep for 5-7 minutes.
3. Remove the infuser, add honey if desired, and enjoy!

Peppermint Digestive Tea

Ingredients:

- 1 tsp dried peppermint leaves
- 1/4 tsp fennel seeds
- 1/4 tsp grated ginger
- 1 cup hot water

Instructions:

1. Combine all ingredients in a tea infuser or teapot.

2. Steep in hot water for 7-10 minutes.

3. Strain, pour into a cup, and sip slowly.

Cold Comfort Tea

Ingredients:

- 1 tsp dried elderflower

- 1/2 tsp echinacea

- 1 tsp dried lemon balm

- 1 slice fresh lemon

- 1 cup hot water

Instructions:

1. Mix herbs and place them in a tea infuser.

2. Steep in hot water for 10 minutes.

3. Add lemon slice and drink while warm.

Chapter 2: DIY Salves and Balms

All-Purpose Healing Salve

Ingredients: - 1/2 cup dried calendula flowers - 1/4 cup dried comfrey leaves - 1 cup olive oil - 1 oz beeswax

- 10 drops lavender essential oil (optional) Instructions: 1. Infuse olive oil with calendula and comfrey by simmering on low heat for 2 hours. 2. Strain the oil, discard the herbs, and melt beeswax in a double boiler. 3. Stir the infused oil into the melted beeswax. Add essential oil if using. 4. Pour into tins and let cool before sealing.

Soothing Lip Balm

Ingredients:

- 1 tbsp coconut oil
- 1 tbsp shea butter
- 1 tbsp beeswax
- 5 drops peppermint essential oil

Instructions:

1. Melt coconut oil, shea butter, and beeswax in a double boiler.
2. Stir in essential oil and pour into small tins or tubes.
3. Let cool completely before use.

Chapter 3: Herbal Infusions and Tinctures

Immune-Boosting Tincture

Ingredients:

- 1/2 cup echinacea root (dried)
- 1/4 cup chopped garlic
- 1 cup apple cider vinegar

Instructions:

1. Place echinacea and garlic in a mason jar. Cover with vinegar, leaving space.

2. Seal jar and shake daily for 2 weeks. Strain and store in a clean jar.

3. Take 1 tsp daily during cold season.

Nerve-Soothing Infusion

Ingredients:

- 1 tsp dried lemon balm

- 1 tsp oat straw

- 1 tsp passionflower

- 1 cup hot water

Instructions:

1. Combine herbs in a tea infuser or teapot. Steep for 10 minutes.

2. Strain and enjoy.

Chapter 4: Herb Spotlights

- Calendula: Anti-inflammatory and wound-healing properties. Use in salves, teas, or skincare recipes.

- Elderberry: Boosts immunity and fights colds. Often used in syrups and teas.

- Lavender: Calming effects and versatile in skincare. Great for teas and balms.

- Peppermint: Aids digestion and refreshes. Perfect for teas and balms.

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