



Dragonfly Healing Center
inspiring the light within

LOVE Thyself

Nourish your heart & nurture your body with these simple, yet fabulous recipes created by Catherine Perry, Community Herbalist & Aromatherapist. Herbs and essential oils are excellent healing allies that may promote wellbeing. All of the ingredients for the recipes are available at your local herb shop, health food store or through organic herb companies online such as Mountain Rose Herbs. Be sure to source organic herbs and essential oils for the highest quality remedies!

Sweet & Soothing Salt Soak:

This salt bath is a decadent take on a traditional Epsom salt soak. Epsom salts relax tense muscles & support detoxification. Lavender, mandarin and ylang ylang oils calm anxiety & soothe frayed nerves. The addition of beetroot powder tints the water a stunning rosy color. Baking soda offers detoxifying qualities & softens the skin. The almond or apricot oil leave the skin silky smooth while creating a gentle carrier for the essential oils. The following recipe is enough for 1 bath. Double or triple proportions as desired for multiple baths and be sure to store away from heat and light in a glass container within one month.

You will need:

2 cups Epsom salts

1 cup baking soda

¼ cup beetroot powder

½ cup almond or apricot kernel oil (or your favorite unscented carrier oil)

Lavender essential oil

Ylang Ylang essential oil

Mandarin essential oil

Optional: several handfuls of fresh flowers (jasmine or rose petals are my favorites!)

Instructions:

Mix salt, baking soda & beetroot powder together in a large bowl. Pour the apricot or almond oil into a smaller bowl. Next, add 10 drops each lavender & mandarin essential oils and 5 drops ylang ylang oil to the unscented carrier oil. Drizzle the oil combination into the dry ingredients & mix well. Add the richly scented combination to warm bath water after the water has been drawn. Sprinkle the fresh flowers on top of the water. Slip into the beautiful bath, breathe deeply and enjoy this wonderful gift of relaxation you have created for yourself!

Love Your Heart Tea

This cool beverage is a refreshing blend which can be whipped up in no time! The hibiscus flowers infuse the water with a lovely pink color, bring a tangy kick to the infusion, are rich in anti-oxidants and have been shown to lower high blood pressure. Rose or orange blossom (neroli) hydrosols soothe grief, anxiety & stress while bringing a rich complexity to the infusion. The raw honey not only brings a sweetness to the blend, but may be helpful in reducing heart disease—what's sweeter than nurturing your heart with the golden gift of the honeybees?

You will need:

1 quart (4 cups) cool or room temperature water
¼ cup dried Hibiscus flowers
¼ cup rose hydrosol or orange blossom (neroli) hydrosol
Local, raw honey

Instructions:

Pour the water over the hibiscus flowers in a large glass pitcher. Steep at room temperature for 30 minutes or more. (The longer you steep the flowers, the stronger the flavor and the deeper the color will be.) Next, strain out the flowers & return the tea to the pitcher. Add the rose or orange blossom hydrosol to the rosy hibiscus tea. Add honey to desired sweetness. Stir well & serve room temperature, over ice or chilled. Refrigerate any tea that is left over and drink within 2-3 days.

Spiced Berry Love Syrup

Herbal syrups are preparations that can be created fairly easily & offer the medicinal qualities of the chosen herbs in a user-friendly, sweet and tasty form! The most common menstruum (solvent) for herbal syrups is honey and water. Most herbalists chose to use local, raw honey as it has medicinal effects & is not processed. (NOTE: honey is not to be used for children under 1 year old.)

This syrup is a combination of herbs that support cardiovascular health, fortify the immune system, are helpful for times of grief, stress and melancholy & have been used to encourage a healthy libido. Take 2-4 tablespoons daily as a delicious tonic!

You will need:

½ cup hawthorn berries
½ cup black elderberries
¼ cup ashwaganda root
4T cinnamon chips
2T rosehips
1-2T dry ginger root

Instructions:

- Bring 4 cups water to a boil.
- Add the herbs to the water and stir.
- **Cover pot** & reduce heat to simmer.
- Simmer for 20-25 minutes, stirring occasionally.
- Strain out herbs through a cheesecloth-lined fine mesh strainer into 4 cup measuring cup. Next, wrap cheesecloth around herbs & squeeze as much liquid out into measuring cup as possible. Discard herbs into compost.
- Measure liquid to see how much remains.
- Pour the liquid back into the pot.
- If more than 2 cups remain, simmer with **lid off** until reduced to 2 cups.
- Add 1-2 cups of honey, stirring occasionally until the honey has dissolved.
- Remove from heat.
- Pour syrup into amber glass bottles or mason jars.
- Cap bottles or jars, label with name, ingredients & date.
- Refrigerate & use within four months.

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**Please reference Dragonfly Healing Center and Catherine Perry as well as provide a link to the Dragonfly Healing Center website (www.dragonflycenter.org) when using any of the information included in this document. We appreciate your acknowledgment and are happy to be in collaboration in the spirit of love and community.*