

# Holiday Herbs



Dress up your home and health this season with these fun herbal ideas!

by. Regina Disilvestro

## Lavender Cookies

Add 1 cup of Lavender Flowers to any regular sugar cookie recipe!



## Warming Spice Tea

1 tsp Licorice Root  
1 tsp Cinnamon chips  
1 tsp Ginger Root  
1 tsp Rosehips

Combine herbs in a pot and boil gently for a half hour. Strain and enjoy. Add honey or Stevia for a sweeter version.



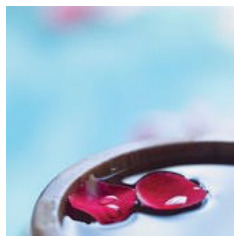
## Candy Cane Ice Cream

Make Peppermint Tea and add to your favorite ice cream. Vanilla works best, but any type will do!

½ cup tea to 1 cup ice cream and mix well!

## Fragrant Floral Bath

1 tbs Lavender Flowers  
1 tbs Rose Petals  
1 tbs Jasmine Flowers  
½ cup Epsom or Sea Salt

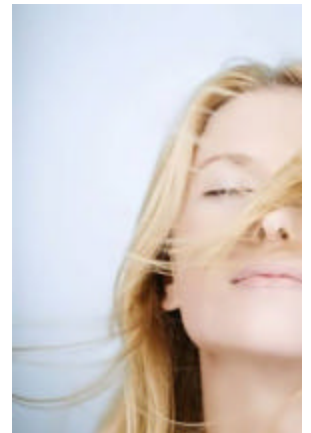


Add salts to bath and let dissolve. Combine herbs into a cloth bag and let float in bath.

## Breathe Easy Chocolate Mint Rub!

1 cup cocoa butter  
1 cup vegetable oil of choice  
10 drops Eucalyptus essential oil  
10 drops Peppermint essential oil  
5 drops Lemon Eucalyptus essential oil  
5 drops Tea Tree essential oil

Melt cocoa butter in microwave in 2-3, 15 second intervals or using a double boiler on stove. Add oil and mix well. Add essential oils when almost cool. Mixture will thicken and harden upon cooling. Rub onto chest and neck and take in a deep breath!



## Orange Spice Potpourri



½ tsp Cinnamon  
½ tsp Allspice  
½ tsp Clove  
½ tsp Nutmeg  
½ tsp Ginger  
Orange slices

Combine spices and orange slices and heat in a potpourri pot or simmer gently on stove in 3 cups of water.