

FOREST FINDS FAVORITES

- ☐ **Moon Glow - Face Serum - \$25** - Anti-aging, reduces fine lines, softens and soothes. Calendula, sea buckthorn, rose hips, sandalwood, frankincense, helichrysum, argan, and jojoba.
- ☐ **Herbal Toner - \$15** - Soothing and clearing. Remove excess oil, and tighten pores. Calendula, yarrow, rose Water, and witch hazel.
- ☐ **Mama's Heal All - \$10** - For cuts, scrapes, bumps, bruises, and rashes. A seasonal blend of skin healing, and soothing herbs.
- ☐ **Magnesium Butter - \$12** - Magnesium is essential for relaxing muscles, brain, and nervous system. Coconut oil, shea butter, cacao butter, and magnesium chloride.
- ☐ **Hydrosols - \$15 for 2 ounces** - Hydrosols are the molecular water from a distillation. They contain the essential oils of the plant along with other healing constituents. Can be used as room or body sprays. Some are ok for internal use, and wounds. Available: Yarrow, balsam fir, thyme, tulsi, and rose
- ☐ **Smudge Sticks - \$5** - Aromatic herbs were used traditionally worldwide, and burned to cleanse the air of bacteria and negative energy. Wildcrafted with intention and ceremony on Lake Michigan and feature rotating selection of local evergreens.
- ☐ **Citrus Rose Bath Salts - \$7** - A blend of magnesium and Dead Sea salts with wild rose, sweet orange, and sandalwood. 2-3 baths worth.

- ☐ **Wild Green Salt - \$10** - Rotating blend of wild and organically grown herbs infused into sea salt.
- ☐ **Elderberry & Wild Cherry Syrup - \$15 for 4 ounces** - A great antiviral with respiratory support, that is also delicious! Can be taken regularly by the spoonful when symptomatic, or enjoy as a treat when desired. Wild elderberries, wild cherry bark, turkey tail mushroom, usnea, warming spices, our raw honey and a touch of potent honeybee propolis.
- ☐ **Fire cider! - \$10 for 2 ounces, \$20 for 4 ounces** - A potent blend of apple cider vinegar, and our honey, infused with onion, garlic, turmeric, ginger, cranberries, white pine, and more. Great for immune support, or add to salad dressing, or marinade.
- ☐ **Cacao Kava - \$15** - Functional hot cocoa! A synergistic blend of cacao and kava kava root with medicinal mushrooms and creamy coconut milk, and maca root. Kava kava is especially enjoyable for a relaxed mind or in social situations and conversation.
- ☐ **Tallow Balm - \$25 for 4 oz** - Grassfed local tallow combines with white pine, calendula, marshmallow root, and propolis, for the ultimate in skin healing and softness.
- ☐ **St John's Wort Oil - \$24 for 4 ounces** - Sunny St John's wort infused in organic olive oil. Excellent for inflammation, sunburns, and stress relief.
- ☐ **Propolis Lip Balm - \$5**
- ☐ **Garden Balm - \$4**

TEAS - \$10 for approx 20-25 servings. Organic grown, locally sourced when possible and sustainably wildcrafted.

- ☐ **Nourish** - A nourishing blend for all ages. Raspberry leaf, nettles, oatstraw, red clover, mint.
- ☐ **Mallow Balm** - Soothe & Support. Lemon Balm, marshmallow leaf, bee balm, hawthorn leaf and flower.
- ☐ **Tranquility** - Relax, and relieve. Lemon Balm, damiana, linden, lavender, skullcap, and sweet fern.

TINCTURES - \$10 per ounce, up to 8 ounce sizes available.

- ☐ **Propolis** - A product of the hive, antimicrobial, antiviral, excellent for immediate immune response, tooth problems, and overall health.
- ☐ **Forest Guardian** - A blend of 6 medicinal mushrooms harvested by me in Michigan forests. Double extracted to give you more medicinal benefits.
- ☐ **Adapt** - Adaptogenic herbs to help you deal with stress. Productive and focused without burnout.
- ☐ **Heart's Ease** - A heart healing, heart opening blend. I love this formula for relieving grief and anxiety that resides in the heart.
- ☐ **Sunshine Elixir** - A traditional blend of lemon balm and St. John's wort for supporting seasonal mood shifts, and chronic viral support.

BITTERS - \$10 - Herbal extract used as digestive tonic for bloating, heartburn, indigestion and occasional gas.

Blends Available:

- ☐ **Rosemary Balsam Hawthorn**
- ☐ **Raspberry Baikal**
- ☐ **Grapefruit Spicebush**

RAW LOCAL HONEY - Our honey is small batch, completely raw and unheated and minimally filtered. The bees are naturally treated. Price by volume:

- ☐ **4 OUNCE - \$5**
- ☐ **1 PINT - \$15**
- ☐ **HALF GALLON - \$50**
- ☐ **8 OUNCE - \$10**
- ☐ **1 QUART - \$25**

INFUSED HONEY - \$7 per 4 ounce jars with herb infused honey. Available: Cottonwood, osha, balsam fir, tulsi.

ELECTUARY - \$10 per 4 ounce jar of herb honey paste. Available: Golden Elixir, Juicy Rose.