

MOUNTAIN ROSE HERBS PRESENTS
A LITTLE BOOK OF OUR FAVORITE

RECIPES





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BODY CARE



SHEA LIP BUTTER

Making lip balm is one of the easiest and most economical herbal preparations. Once you create your own, you'll never go back to store-bought. Plus, they make great gifts!

INGREDIENTS

1 Tbsp organic shea butter
3 Tbsp organic calendula herbal oil
1 Tbsp plus 1 tsp beeswax
10-15 drops organic lavender essential oil
A few drops of vitamin E oil

DIRECTIONS

Coarsely chop the beeswax or use beeswax pastilles. Place beeswax, butter, and oil in a small pot or glass Pyrex measuring cup and gently heat in the top of a double boiler until the beeswax and butters have melted. Once melted, remove from the stovetop and stir in the essential oil and vitamin E oil. Immediately pour the mixture into lip balm tubes or small containers. Makes 10 lip balm tubes.

NOURISHING SKIN SERUM

Natural plant oils help replenish and plump skin cells. Use a coin sized amount first thing after showering in the morning and again before bed for soft, radiant skin.

INGREDIENTS

CARRIER OIL BASE

2 oz organic jojoba, sunflower, or macadamia nut oil

1 oz organic tamanu oil

1 oz organic rosehip seed oil

½ oz organic pomegranate seed oil

½ tsp vitamin E oil

ESSENTIAL OIL BLEND

10-20 drops organic lavender essential oil

5-10 drops organic carrot seed essential oil

2-5 drops organic ylang ylang essential oil
(optional)

DIRECTIONS

Pour all carrier oils together in a glass bottle and roll between your palms to mix. Carefully drip each essential oil into the carrier base and roll again to distribute. Use less essential oils if you have skin or fragrance sensitivities, and up to the higher amount listed if you are looking for more therapeutic results. Invert the bottle several times and roll again. Use a coin-sized amount as a facial serum or allover body oil each day.

FLORAL FACIAL TONER

Facial toners are an important part of daily skin care routines. They improve tone by naturally tightening and toning pores, while hydrating the skin.

INGREDIENTS

2 oz organic rose hydrosol
1 oz organic witch hazel extract
1 Tbsp aloe vera gel
1/2 tsp organic vegetable glycerine
7 drops organic lavender essential oil
4 drops organic chamomile fincture

DIRECTIONS

Place all ingredients in a clean 4oz bottle, top with a fingertip mister, and shake to blend. Shake a little before each use as the contents will naturally separate. This toner should keep for at least 6 months without refrigeration. To use: Wash your face with water and gently dry with a soft washcloth. Mist with toner and allow to air dry or gently pat dry. Finish by applying a moisturizing lotion, oil, or cream.

DIY NATURAL DEODORANT

Finding a natural deodorant alternative can be a challenge. This recipe melts easily with body temperature, smells fantastic, and contains no synthetic ingredients!

INGREDIENTS

MAKES TWO 2OZ TINS

½ Tbsp baking soda

1/8 cup organic arrowroot powder

1/8 cup organic cocoa butter

1/8 cup organic shea butter

5 drops vitamin E oil

ORGANIC ESSENTIAL OIL BLEND

15 to 20 drops organic lavender

5 to 10 drops organic grapefruit

5 to 10 drops organic fir needle

2 to 5 drops organic nutmeg

(25 to 40 drops total)

DIRECTIONS

1. In a pyrex measuring glass, combine butters.
2. Using a double boiler, heat over low-medium until butters are melted.
3. Remove from heat and stir in arrowroot powder and baking soda.
4. Stir in vitamin E oil and your desired essential oil blend – using less for sensitive skin.
5. Carefully pour into 2oz tins, filling to the top, but making sure not to spill over.
6. Allow to completely cool and solidify before capping.

HERBAL DRY SHAMPOO

Dry shampoos are a great option for “no poo” folks or those who shampoo once or twice a week. Use this powder between washes to keep hair fresh, soft, and manageable.

INGREDIENTS

$\frac{1}{2}$ cup organic arrowroot powder
 $\frac{1}{2}$ cup French green cosmetic clay
1 Tbsp organic oatstraw powder
1 Tbsp organic lavandin flower powder
1 Tbsp organic chamomile powder
10 drops each organic sweet orange and lavender essential oils

DIRECTIONS

Mix all the ingredients together, stirring well to combine. Shake or sprinkle along the crown of the head, working through the scalp and hair to pick up any excess oils. Depending on the texture and thickness of your hair, either brush or shake well to remove the excess. Feel free to experiment with other flower powders and essential oils!

HERBAL MEDICINE



SOOTHING SALVE

Salves can soothe scratches, scrapes, bruises, and occasional sore joints and muscles. This classic preparation should be a staple in your home!

INGREDIENTS

½ cup organic St. John's wort infused oil
½ cup organic ginger root infused oil
1 oz beeswax pastilles
1 Tbsp organic rosehip seed oil
1 Tbsp vitamin E oil
20 drops each certified organic lavender and ginger essential oils
2 - 4oz jars or tins

DIRECTIONS

Put the infused oils and beeswax pastilles in a Pyrex dish that has been placed over a pot of boiling water (a double boiler). Heat until the beeswax has melted and the mixture is incorporated. Remove from heat and add rosehip seed oil, vitamin E oil and essential oils. Stir quickly and pour into tins. You'll want to work quickly because once you remove the mixture from the heat, the beeswax will start to solidify again. Allow the salve to cool completely and store with the lid on in a cool, dry place. If stored properly, salves can last for 2-3 years.

HIKER'S MASSAGE OIL

This herbal infused oil can help soothe occasional aching muscles and bruises from a weekend spent hard at play in the forest.

INGREDIENTS

1 cup dried organic arnica flowers
2 cups organic olive oil
10 drops organic rosemary essential oil
10 drops organic eucalyptus essential oil
1 tsp vitamin E oil

DIRECTIONS

Mix olive oil and vitamin E oil together. Place arnica in a dry pint jar and pour oil into the jar, completely covering the herbs. Shake or stir and add more oil if needed. Cap the jar tightly. Place on a warm windowsill and shake once per day. After 4-6 weeks, strain the herbs out of the oil using cheesecloth. Make sure to squeeze every precious drop of oil out! Add essential oils and roll the jar to distribute. Pour into glass bottles and store in a cool dark place until needed.

ORANGE CACAO BITTERS

Enjoy these bitters in a cocktail or straight on the tongue before or after a meal. Your bitter receptors and digestive prowess will thank you!

INGREDIENTS

organic roasted cacao nibs
organic dried orange peel
organic dandelion root
40% or higher proof vodka

DIRECTIONS

Mix equal parts cacao, orange peel, and dandelion root. Fill one half pint jar 1/4 to 1/3 full with your herb combination. Cover with alcohol. Fill the jar to the very top and shake well. Allow to extract for two weeks and then strain through cheesecloth. Keep in a glass dropper bottle for convenience. Enjoy before or after meals, or in cocktails.

HERBAL THROAT SPRAY

These herbs have been used traditionally to help soothe and support. Super convenient and easy to make at home, we always keep a few bottles around throughout the winter months.

INGREDIENTS

Option #1

1 oz organic elecampane tincture
1 oz organic oregano tincture
1 oz organic licorice tincture
2 Tbsp raw local honey

Option #2

1 oz organic echinacea tincture
1 oz organic goldenseal tincture
1 oz organic sage tincture
2 Tbsp raw local honey

DIRECTIONS

Combine all ingredients into a glass spray bottle and shake vigorously. Store spray in the refrigerator for an added cooling effect. Use as needed.

DIY VAPOR RUB

Made with pure botanical ingredients, you won't have to worry about by-products of the petroleum industry in your medicine. This wonderful remedy is so easy to make!

INGREDIENTS

8 oz organic almond oil
1 oz beeswax
10 drops organic eucalyptus essential oil
10 drops organic peppermint essential oil

DIRECTIONS

Place beeswax and oil in the top of a double boiler until the beeswax and butters melt together. Remove from the stovetop and add essential oils. Immediately pour the mixture into tins. Allow to cool completely before placing caps onto the tins. Rub on chest and breathe deeply.

AROMATHERAPY



SPRING FROLIC PERFUME OIL

A sweet and playful blend bound to excite the senses. Benzoin is a cost effective replacement for vanilla in recipes and excellent for gentle DIY skin care.

INGREDIENTS

4 drops organic benzoin resin oil
4 drops organic sweet orange essential oil
3 drops organic carrot seed essential oil
1 oz organic carrier oil
1 oz glass roll top bottle

DIRECTIONS

Drip essential oils into the glass bottle, cap, and roll between the palms of your hands until blended. Pour in carrier oil, leaving a little bit of space, and roll again. Cap and invert overnight. Roll on pulse points to fragrance the skin.

WOODLAND COLOGNE

This truly smells like a walk through the forest. Uplifting, grounding, meditative, and comforting, this gender-neutral perfume is perfect for any tree enthusiast.

INGREDIENTS

- 4 drops spruce essential oil
- 2 drops organic fir needle essential oil
- 2 drops organic cedarwood essential oil
- 1 drop organic vetiver essential oil
- 1 drop organic bergamot essential oil
- 1 tsp organic jojoba oil

DIRECTIONS

Drip all essential oils into a glass bottle and roll between palms to evenly mix the oils. Add jojoba oil, and roll again. Add additional essential oils if you desire a stronger perfume.

PUMPKIN PIE SPICE AROMA BLEND

Forget those expensive synthetic candles! This classic blend will inspire feelings of togetherness and harmony, while filling the space with spicy scent.

INGREDIENTS

20 drops organic cinnamon essential oil
20 drops organic ginger essential oil
20 drops organic nutmeg essential oil
15 drops organic clove bud essential oil
5 drops organic cardamom essential oil

DIRECTIONS

Add all essential oils to a glass bottle. One $\frac{1}{4}$ oz bottle will hold this blend perfectly. Screw cap on tightly and invert the bottle to blend the oils. Do not shake!

DIFFUSING DIRECTIONS:

Fill your essential oil diffuser reservoir with water. Add 5-6 drops of the Pumpkin Spice Essential Oil Blend. Light a tea candle in the base of your diffuser and enjoy as your space fills with spicy aroma.

VANILLA DREAMS AROMA BLEND

Imagine orange and cinnamon scented vanilla cream on the breeze! This sweet aromatic blend will bring a smile to your face and beautiful fragrance to your surroundings.

INGREDIENTS

42 drops organic cinnamon essential oil
42 drops organic orange essential oil
25 drops organic vanilla absolute (roughly 1/4 teaspoon)
17 drops organic nutmeg essential oil

*Vanilla Absolute is a very thick oil. The container can be placed in a bowl of hot water to make it easier to pour.

DIRECTIONS

Add all essential oils to a glass bottle. One 1/4 oz bottle will hold any of these blends. Screw cap on tightly and invert the bottle to blend the oils. Do not shake! Allow the blend to sit for a couple of hours, test by taking a whiff, and make any adjustments to your liking.

DIFFUSING DIRECTIONS:

Fill your essential oil diffuser reservoir with water. Add 5-6 drops of the essential oil blend. Light a tea in the base of your diffuser and enjoy as your space fills with aroma.

STRESS AWAY AROMA SPRAY

Perfect for the home or office, this light floral blend is balanced with grounding sandalwood to help bring calm during moments of stress. Remember to breathe!

INGREDIENTS

12 oz organic rose hydrosol
3 oz vodka
4 drops organic lavender essential oil
4 drops organic sweet orange essential oil
4 drops organic sandalwood essential oil
16 oz spray bottle

DIRECTIONS

Pour all ingredients into a spray bottle. Shake well to distribute the oils. Spray as needed around the room or use as a body mist during times of stress or when relaxation is needed.

SUMMER BLISS AROMA SPRAY

Fresh, clean, and bright, you will fall in love with this joyful combination of citrus and flowers! This sun inspired scent makes the perfect room or body mist.

INGREDIENTS

10 drops organic lavender essential oil
10 drops jasmine absolute
8 drops organic lemon essential oil
2 drops organic combava petitgrain essential oil

DIRECTIONS

Add all essential oils to a glass bottle. One 1/4 oz bottle will hold any of these blends. Screw cap on tightly and invert the bottle to blend the oils. Do not shake! Allow the blend to sit for a couple of hours, test by taking a whiff, and make any adjustments to your liking.

SPRAY DIRECTIONS:

Mix essential oil blend into 2 ounces of witch hazel extract or hydrosol and use as a body or room spray.

CLEANING FORMULAS



SUPER SURFACE SPRAY & HERBY SOFT SCRUB

INGREDIENTS

16 oz spray bottle

14 oz – 1:1 solution of distilled white vinegar
and water

20 drops organic tea tree essential oil

20 drops organic lavender essential oil

20 drops organic lemon essential oil

DIRECTIONS

Mix all ingredients in spray bottle and shake well to distribute. Use this aromatic and disinfecting solution for cleaning kitchen counters, cabinets, refrigerator shelves, blinds, painted wood surfaces, painted walls, molding, fan blades, and more.

INGREDIENTS

glass jar with lid

1/2 cup baking soda

1/2 cup castille soap

30 drops organic rosemary essential oil

20 drops organic lemongrass essential oil

DIRECTIONS

Mix well until you have a nice consistency like cake frosting. If you have leftovers, add 1 tsp vegetable glycerine to keep the blend nice and moist. Perfect for cleaning bathroom surfaces.

REFRESHING LINEN SPRAY & CARPET DEODORIZER

INGREDIENTS

16 oz spray bottle
12 oz organic hydrosol
3 oz vodka
40 - 60 drops organic lavender, ylang ylang, peppermint, or your favorite essential oil

DIRECTIONS

Mix all ingredients together in a spray bottle and shake well to blend. Spray to refresh your mattress, pillows, bed linens, couches, and fabric covered chairs, or spritz clean winter blankets before storing for the year. Also makes a wonderful ironing spray!

INGREDIENTS

1 cup of baking soda
10 drops organic lemongrass essential oil
10 drops organic mandarin essential oil
10 drops organic ginger essential oil

DIRECTIONS

Mix all ingredients together in a bowl. Sprinkle the aromatic blend onto your carpet, allow to sit for 30 minutes, and vacuum as normal. Wonderful mattress deodorizer, too!



A collection of four clear glass jars filled with various dried ingredients, arranged on a light-colored surface. The jars contain dark brown peppercorns, green dried herbs, small red and green peppercorns, and white dried herbs. A large, semi-transparent rectangular box is overlaid across the middle of the jars, containing the text 'HEALTHY EATS' in a bold, white, serif font.

HEALTHY EATS

SAVORY SEED CRACKERS

Need a healthy snack? These crispy crackers are delicious, easy to make, gluten-free, and vegan! Enjoy with hummus, guacamole, nut butter, or your favorite cheese.

INGREDIENTS

1 cup organic flax seeds
3 Tbsp organic chia seeds
1/4 cup organic sesame seeds
3 Tbsp organic hemp seeds
1 tsp organic caraway seeds
1 tsp organic onion powder
1 tsp organic garlic powder
3/4 tsp fine sea salt
1/2 tsp organic ground black pepper

DIRECTIONS

Pre-heat oven to 200F. Line a cookie sheet with parchment paper. In a large bowl soak flax and chia seeds in 1 cup of water for 20 minutes. The seeds should absorb the water and create a gel-like consistency. Mix in the remaining ingredients and stir well. Spread the seed mixture evenly on parchment lined cookie sheet and bake for 90 minutes. Flip and bake for another 30 minutes or until dehydrated and crisp.

CLASSIC PICKLING SPICE

Cucumbers, green beans, cauliflower, and carrots are calling from the garden. Making your own pickling blend couldn't be easier with this classic combination!

INGREDIENTS

2 parts organic brown mustard seed
2 parts organic yellow mustard seed
2 parts organic celery seed
2 parts organic chili flakes
1 part organic caraway seed
 $\frac{1}{2}$ part organic black peppercorns

DIRECTIONS

Combine all herbs together in a jar, stir, and shake to mix thoroughly. Use to pickle a variety of fruits and veggies from your garden all summer long using your favorite processing technique.

HIBISCUS BERRY CHIA DRINK

This recipe gives the traditional Chia Fresca drink a creative twist. Not only delicious, it's the perfect demulcent treat to help soothe mucus membranes in your digestive system.

INGREDIENTS

2 Tbsp organic Hibiscus High Tea
3 Tbsp organic chia seeds
1 handful of fresh blueberries, strawberries, or blackberries, blended
2 Tbsp raw local honey

DIRECTIONS

Make a quart of tea using the Hibiscus High. While the tea is hot, stir in the honey until completely dissolved. Allow to cool to room temperature. Add the chia seeds to your tea and stir well. When your tea has cooled a bit, add the berry purée and stir into the infusion. Refrigerate and allow the chia seeds to produce gel overnight. Shake the tea before serving and enjoy cold.

HEMP DUKKAH SPICE

This Egyptian spice blend is sure to become a new staple in your kitchen. Serve with good olive oil and warm bread, swirl into dough before baking, or add to veggie dishes.

INGREDIENTS

1 cup organic hazelnuts
3 Tbsp organic hemp seeds
3 Tbsp organic sesame seeds
1/3 cup organic coriander seeds
3 Tbsp organic cumin seeds
1 Tbsp organic fennel seeds
1 Tbsp organic caraway seeds
1 tsp organic peppermint leaves
1 tsp fine sea salt
1/4 tsp organic ground black pepper

DIRECTIONS

In a pan, lightly dry toast hazelnuts and sesame seeds in separate batches until they turn golden. Remove from heat. Mix all of the spices together (except the peppermint) and toast in a pan over medium high heat for several minutes or until they become fragrant. Allow all ingredients to cool. Pulse the spice mix in a food processor to finely grind. Add the hazelnuts, sesame seeds, hemp seeds, peppermint, salt, and pepper, and then pulse until it becomes a coarse meal – but not a butter.



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