



HERBAL FORMULAS

Made with organic cane alcohol and organically grown or wildcrafted herbs.

Formulas: \$22/2 oz., \$42/4 oz. (unless otherwise noted)

Simples: Start at \$20 per 2oz. please contact for complete listing

Custom Formulas: \$13/1 oz., \$24/2 oz., \$44/4 oz.

Adrenal All-Stars: \$24/2oz., \$46/4oz. Stay on top of your game with our best team yet! This formula includes some of the top adrenal players including: American ginseng, maca, eleuthero, borage, licorice, and tulsii. This team of All-Stars will build sustainable energy short and long term, keeping you on the winning team! For best results, take for 3-12 months.

Allerg-Ease: A combination of our Clear Sinus formula and fresh nettle; this is a wonderful aid for seasonal allergies. Serves as a natural anti-histamine and suppresses inflammation of the sinuses.

Berry Blast: A nutritive blend of antioxidant rich foods including: acai berry, bilberry, elderberry, goji berry, hawthorn berry and green tea. Supports heart function, healthy vision and daily immune system response.

Bitters Tonic: Known for their ability to balance appetite, stimulate chronic sluggish digestion, and help with sugar cravings, bitters have been used widely for centuries.

Cardio Care: Supports and nourishes heart function with potent blood cleansers and circulatory herbs.

Changing Times: Helps with hot flashes, anxiety, insomnia and other menopausal symptoms; a great formula for menopause, perimenopause and hormone balancing.

Circulate: Great for poor circulation. This formula improves blood flow to the extremities, and enhances memory and cognitive function. Useful for treating varicose veins, hemorrhoids, memory loss, and cold hands and feet.

Clear Sinus: Combats itchy eyes, runny nose, blocked ears and other allergy and cold symptoms.

Cold Care: Our favorite family formula, this blend is particularly helpful for children during the cold and flu season. Featuring the well known herb elderberry in combination with other herbs, it supports immune function preventatively as well as the onset of symptoms such as fever, bodyaches, beginning of general infections.

Colon Care: A helpful formula providing relief for chronic colon and digestive issues. High in antioxidants, vitamins, and micronutrients, Colon Care nourishes the system while acting as a powerful restorative agent to the intestinal lining. Not only great for those who have suffered severe colon trauma such as IBA, colitis, or diverticulitis, it also works for general issues such as constipation, or for those who desire to strengthen and bring their GI tract back into balance.

Cramp Relief: \$24/2oz., \$46/4oz. A tasty cordial for killer menstrual cramps and cramps during ovulation.

Deep Breath: Considered our number one asthma formula, Deep Breath is a lung tonic and respiratory aid, helping to ease spasmodic coughs due to asthma or bronchial issues, allowing the body to breathe deeper.

Digestive Aid: \$24/2oz., \$46/4oz. A delicious peppermint flavored formula for any GI disturbance. Supports issues such as: gas pains, nausea, diarrhea, and constipation; a perfect after-dinner cordial.

Echinacea-Osha: \$25/2oz., \$48/4oz. Our number one seller, this formula is one to keep on hand for a multitude of issues. It is multifaceted, and can be used both internally and externally. It is excellent internally for sore throats, infections, coughs, and serves as a potent herbal antibiotic. Externally it can be used for infected cuts, bites and rashes. A must have for your travel or first aid kit. (Note: This formula contains propolis; people who are allergic or sensitive to bees may not be able to use propolis.)

Echinacea-Osha Throat Spray: NEW \$15/1oz.

Fibro-Care: This herbal combination calms inflammation within the body, and soothes systemic aches and pains resulting from auto-immune issues such as Fibromyalgia and Lyme. It can also help with long term issues such as arthritis, or chronic back pain.

Flower Power: \$13/1oz., \$24/2oz. A magical bouquet of wild and cultivated flowers from the Artemisia gardens infused in brandy, this sweet blend flows into what is needed in the spirit of the individual. Flower Power balances and grounds us in times of uncertainty, depression, loss, and heartache, encouraging the soul to let go to find peace and joy.

FOCUS: NEW! \$24/2oz., \$46/4oz. Supportive for memory and focus, this neurological formula helps to restore cognitive function and re-establish neuro-connections within the brain. Because of its dual action for short and prolonged use, it is perfect to have on hand for exam time, as well as a long term builder.

HerpEase: Treats both the Simplex and Complex virus. It can be taken internally as a tonic for acute and chronic conditions, as well as used topically during breakouts.

Immune Booster: This immune building tonic is a perfect tool to keep on hand to use during the cold and flu season. It can be taken before the cold and flu season to bulk up the immune system. Helpful for people exposed to germs and viruses daily, such as teachers, parents, or caregivers.

Inflamma-Relief: \$24/2oz., \$46/4oz. A delicious blend of locally grown ginger and turmeric with a dash of black pepper to activate. Inflamma-Relief balances and promotes the health of the body's inflammatory response, supporting brain, joint, and liver function.

Insight: NEW! A formula to help strengthen and support vision. Our blend contains herbs with nutritive properties to support healthy blood sugar levels, reduce inflammation, and relieve stress within the eyes. The nutritive qualities coupled with the antioxidant nature of the berries help to protect from damaging effects of free radicals, creating a holistic approach to vision wellness.

Lomatium Balsam: \$24/2oz., \$46/4oz. Respiratory anti-viral formula great for long lasting winter coughs; helps resolve long-term respiratory problems, and contains antibiotic properties which help to prevent or aid sinus infection.

Lyme Formula: \$24/2oz., \$46/4oz. Core support for those dealing with Lyme disease. Supports overall immune function.

Lymph Flow: Our lymphatic tonic, Lymph Flow tonifies the lymphatic system while moving unwanted stagnation within the body. Useful for issues such as sore throats, swollen glands, lymph nodes, tooth infection, and pelvic congestion.

Men's Rejuvenating Formula: This formula helps with lack of energy due to adrenal fatigue, and helps to rekindle vitality within the male system.

MigraCalm: A must for migraines; MigraCalm helps to break the patterns of migraines that cause chronic occurrence. Can be used long term as well as during the onset of migraine symptoms.

Mouth and Gum: This formula is great for any mouth and gum sore, bleeding gums, ulcers and any kind of mouth infection.

Mullein Grindelia: Good for wet and dry coughs and deep lung congestion, this formula can be used for prolonged coughs, as well as lung tonic for those who need extra lung support such as smokers/post smokers.

Muscle Relaxant: Helps relieve tension and inflammation from muscle aches and pains; use for injuries, fibromyalgia and general muscle soreness. A great internal companion for our topical option, the Muscle Ease Herbal Liniment, this formula can be used for systemic tension throughout the whole body.

Nourishment Formula: \$24/2oz., \$46/4oz. The Nourishment Formula is a rich blend of fluid extracts and tinctures, creating a tonic for the entire body. Builds "chi" (energy); nourishes the liver, blood, and kidneys while contributing to an overall sense of well-being.

Parasite Formula: Assists the body against any type of parasitic infection. Reduces pain in the abdomen and de-stresses the digestive system. A great international travel companion, Parasite Formula can be taken with meals, or once an infection has occurred.

Rag Time Blues: A tasty formula to help combat those monthly blues. Supports women during their cycle with heavy hormonal shifts and other PMS symptoms such as anxiety, depression, cramping, bloating. Can also be taken to help with irregular hormonal shifts throughout the month.

Regenerate: \$25/2oz., \$48/4oz. A well rounded formula we consider to be our "super system booster" tincture which uses strengthening herbs such as Reishi and Ginseng to deeply revitalize both the immune system and the adrenals. Great for anyone with chronic or auto-immune issues.

Respiratory Response: NEW \$28/2oz., \$52/4oz. This formula combines herbs that work together to help soothe irritation and overexertion within the lungs, assist the body in fighting viral infection and inflammation, activate the lymphatic system, as well as calm the nervous system and bronchial passages.

Roots Plus: Nourishing and building tonic for the liver, kidneys, skin and digestive tract. A great fall and spring tonic.

Skin Tonic: A herbal ally for skin conditions of all kinds. From adolescent acne, flare-ups during the menstrual cycle, to skin rashes such as eczema or psoriasis, this blend detoxifies the liver, cleanses the blood, and move lymph, in turn clearing the skin.

Sound Asleep: This formula is unique to other formulas, therefore making it accessible to the majority of those who suffer from insomnia. We omit the herb valerian, as it adversely affects a large portion of the population, stimulating them rather than relaxing! Our gentle formula soothes both the mind and body, breaking poor sleeping patterns, in turn helping one not only fall asleep, but maintain their sleep throughout the night.

Sugar Balance: Particularly useful with Type II Adult Onset Diabetes, Sugar Balance stabilizes blood sugar while increasing cell's ability to use glucose, protects the eyes and nerves, and supports adrenal glands, bringing the body back into balance.

Super Immune Plus: \$28/2oz., \$52/4oz. This blend couples our Regenerate formula with an extra anti-viral kick, stimulating and building the body's immune response to stay strong against viral infection.

Tranquility: Feeds, relaxes and soothes the nervous system; takes the edge off stressful situations and calms the spirit.

Triple Mushroom: \$28/2oz., \$52/4oz. A deep immune builder and anti-toxin combination of reishi, shiitake and maitake mushrooms which nourish and support the whole body. An excellent anti-oxidant for auto-immune diseases and cancer support.

Viral Defense: \$24/2oz., \$46/4oz. We chose the best anti-viral herbs available and

blended them into this formula. This is your best defense against the increasing virulence of flu strains during the cold winter months.

HONEY PRODUCTS

Osha Honey: \$15/11oz. A must for the winter months, this medicinal honey can be used for coughs, colds, flus, the immune system and stomach aches. Also great on toast and oatmeal, and children love it!

Lavender Honey: \$15/11oz. Provincial flavor with a soothing scent, perfect for toast, scones and tea. Guaranteed to lift the spirits!

Candied Osha Root: \$15/3oz. Fresh, locally wildcrafted osha root is steeped in local honey to create our candied osha, a milder source of osha than the fresh or dried root. Cut off a small piece to chew to soothe a sore throat, or drop a piece in a cup of tea to aid with a cough or cold. It will quickly become a favorite for your family's health.

Candied Ginger Root: NEW \$15/3oz. Fresh, organic/locally cultivated ginger root, is steeped in local honey. Great for upset stomach, car/plane sickness, and general digestive support.

Ginger Oxymel: NEW \$10/4oz. Our ginger oxymel features fresh, organic/local ginger infused in local honey and mixed with raw, organic, apple cider vinegar. Excellent as digestive support, you can mix a dollop with club soda for a yummy refreshing drink, marinade chicken for the grill, add to your stir fry, or take as is!

Osha Cough Syrup: \$15/4oz. Our best anti-viral respiratory formula; a great cure-all for every kind of cough. A combination of roots and herbs steeped in honey and added tinctures for an extra medicinal punch.

HERBAL VINEGARS AND OILS

Cilantro Vinegar: \$15/12oz. Local cilantro infused in raw, organic apple cider vinegar. A wonderful way to detox the body and enjoy the many benefits of apple cider vinegar.

Piñon Vinegar : \$15/12oz. Wildcrafted piñon infused in raw, organic apple cider vinegar. This vinegar captures the essence of the Southwest high desert mesa in its fabulous aroma and taste. A great culinary addition to your kitchen, with a high vitamin C content to boot!

Desert Blaze SW Cider: \$10/2oz., \$18/4oz. Our own unique take on Fire Cider, we've combined the ingredients from the original formula and added our own flair of local spice and nutrition. We have added nettle, and nasturtium microgreens for their nutritive qualities, as well as the southwest spice of green chile! Go ahead, give it a try and ignite your immune system!

Turmeric Ginger Vinegar: \$10/5oz., \$20/12oz. A unique fresh mixture, this vinegar uses locally cultivated turmeric and ginger to provide a refreshing taste! Great to tonify tissue and reduce inflammation in the body.

Desert Oil Blend : \$12/5 oz. This blend of tarragon, piñon, and local garlic infused in extra virgin olive oil is great for culinary use in salad dressings or a bread dipping. Mix with our infused vinegars for a taste to delight the senses!

BATH & BEAUTY

Hydrating Lavender Night Cream: \$25/2 oz., \$45/4 oz., \$75/8 oz.

A best seller, this gentle fragrant cream will help your skin stay softer, smoother and more vibrant. Regular use can help smooth fine lines and wrinkles, reverse sun damage and improve the elasticity of the skin. Use before bed and wake up to a refreshed and replenished new you!

Rejuvenating Lavender Day Cream: \$25/2 oz., \$45/4 oz., \$75/8 oz. A lighter version of our night cream, with a slightly different formula, this cream will help you feel your best during the day. Smooth under makeup, light and fluffy for a finished look, this cream will keep your face hydrated and fresh for whatever your day brings.

Cuticle Care: \$10/1 oz. Keep your cuticles feeling healthy and happy with our calendula lavender cuticle care remedy. Use on both hands and feet to nourish nails and dry skin.

Deep Cleansing Facial Scrub: \$18/4 oz. Our fine powdered mix of organically grown adzuki beans, oats and fresh herbs gently cleans and exfoliates while softening the skin. Gentle enough for the face, yet wonderful on the entire body.

Floral Facial Serum: \$25/5 oz. A beautiful serum made with wildcrafted rose petals, rose hips and resin-rich calendula flowers infused in unrefined apricot kernel oil. Hydrating, nutritive and restorative for all skin types. Used regularly, this serum restores vitality and suppleness to the face. Especially effective when used with our Lavender Bliss.

Lavender Bliss: \$20/2 oz. Enjoy all the benefits of lavender in this pure hydrosol. Use this versatile mist to uplift and relax mood and skin whether in traffic, at work or at home. Lavender is used world-wide to relieve tension and bring calm to the nervous system, mind and body. May also deter mosquitoes.

Lavender Bath Salts: \$15/1lb. Relax in this lavender flower and lavender essential oil infused Epsom salt bath treat!

Lavender Body Lotion: \$20/8 oz. Our wonderful combination of apricot kernel oil, jojoba oil, organic herbal extracts and organic essential oils makes this hand and body lotion a fabulous

product. It's a non-greasy, easily absorbed and emollient moisturizer. Paraben-free.

Lavender Body Butter: \$25/2 oz., \$45/4 oz.

This combination of organic shea butter, olive oil, apricot kernel oil, vitamin E oil, calendula and lavender essential oil is a deeply nourishing balm for the entire body. Especially useful for the neck, breasts and hips, attending to wrinkles, stretch marks and scar tissue.

Lavender Nights Oil: \$25/8 oz. Our blend of luxurious oils & herbs is designed to activate your senses. This aromatic oil may be used as a massage oil or splashed into a hot bath. A delightful addition to your home spa.

Spot Remover: \$20/5 oz. A blend for skin spots of all kinds: aging, sun exposure, acne scarring, and more. This little bottle is a must have to include in your toolbox of skin care products. A couple little drops applied to the desired area will help heal and remove those unwanted spots!

HERBAL SALVES

\$15/2 oz. Made with organic olive oil, pure beeswax and organically grown or wildcrafted herbs.

Calendula Salve: A disinfectant and aid for slow healing cuts and wounds, calendula stimulates rebuilding of skin cells, helping to repair the epidermal layer and minimize scarring. Helpful for diaper rash and abrasions.

Chaparral Salve: Slow down and inhibit the growth of bacteria with chaparral's anti-microbial properties. Excellent for sun exposure, and age spots or growths on the skin.

Healing Salve: Our number selling salve, the Healing Salve is for everyone. From worn hands working in the farm, to soft supple hands, whatever you need healing salve is there. Works on scratches, cuts, chapped lips, dry skin and light burns. A great aid for treating eczema and a general support for healthy skin.

Rio Grande Salve: Antibiotic, antiseptic, anti-fungal, antibacterial and anti-itch; great for bug bites. An excellent addition to your first aid kit!

Trementina Salve: An all-purpose New Mexican folk remedy, made from the sap of the piñon tree. Helps the body expel foreign objects such as splinters of glass and wood. Also great for boils.

HERBAL OILS & LINIMENTS

Arnica Oil: \$18/2oz. For sore, achy muscles, sprains and bruises where skin is not broken.

Arnica Hypericum Oil: \$20/2oz. \$20/2 oz. A unique oil blend of arnica, hypericum and white sage; used topically for bruises, sprains, strains, arthritis, nerve pain, nerve damage, and any injury or trauma to the body. For external use only where skin isn't broken.

Breast Oil: \$20/2oz. A nourishing oil blend for self breast massage, the breast oil excels at lymphatic drainage, fibrocystic problems, and breaking down scar tissue after surgery.

Calendula Oil: \$18/2oz. For diaper rash, dry skin, inflammation and skin irritation; a mild and soothing oil, it's also great for after bath skin care.

Chaparral Oil: \$18/2oz. Anti-inflammatory and anti-septic properties of chaparral make this an excellent oil to assist treatment of eczema, psoriasis and arthritic pain.

Ear Oil Drops: \$12/1oz. For ear aches and ear infections. Always treat both ears. Warm to room temperature.

FEARLESS Sanitizer: NEW \$15/2oz. \$8/1oz. Not around soap and water? We've got you. Artemisia's FEARLESS hand sanitizer features 80% cane alcohol, herbs, and essential oils. Not only can you use it for hands, you can take it internally as a mouth spray, and use it on contact surfaces as well as a room spray.

Hypericum Oil: \$18/2oz. For sciatica specifically, nerve pain in general.

Lavender Oil: \$20/2oz. Our own hand picked organic lavender flowers steeped in apricot kernel oil and blended with organic lavender essential oil; used for bath and body. It calms the body and uplifts the spirit.

Lymphatic Massage Oil: \$20/2oz. Considered a concentrated blend of herbs, this formula works to help drain and move lymph to reduce stagnation. Our organic olive oil is infused with lymphatic herbs, then blended with castor oil and essential oils to provide a full body lymphatic formula. Use on the breasts for daily massage and breast health, on the pelvic area for menstrual cramps, on lymph nodes on the neck for sickness, and much more.

White Sage Oil: \$18/2oz. Traditionally used for spiritual cleansing and purification, this sustainably wildcrafted sage can be used in the bath as an incense for self massage.

Muscle Ease Herbal Liniment: \$20/2oz. The same herbal ingredients as our Arnica Hypericum oil, this blend is a valuable anti-inflammatory. Best used for bruises, muscle sprains and strains, arthritis, and any time there has been an injury or trauma to the body. Do not use on open wounds.

Itch Away: \$20/2oz. A topical spray that can help relieve the itch from bug bites or skin exposed to poison ivy or oak. Helps dry up the rash.