

Materials List for Summer Wellness

A Note on ingredients: We will only need small amounts of the herbs, no more than 1/2oz/ herb. Small purchases will be possible at a local herb shop, but for online orders it will likely be necessary to order a 1 or 2 oz minimum. Organic ingredients are recommended. Online suppliers include: [Jeans Greens](#), [Mountain Rose Herbs](#), and [Starwest Botanicals](#). Dawn will give you lots of ideas for how to use any leftover herbs.

I think 2 hours is enough to make 2 recipes in class, but if you want students to make 3 then we need longer, or they can always make the third recipe after class, which is a good option!

For the Summer Wellness class;

We will make a cooling iced herbal tea,

Some bug repellent

A herbal oil & a lip balm

Supplies needed:

1/4 ounce of lemon balm, fresh or dried

1/4 ounce Marshmallow root, dried

1/4 ounce lemongrass

1/2 oz dried yarrow leaves

Some vodka.

Essential oil of catnip + lavender, (plus optional essential oils of Eucalyptus Citriodora, + geranium)

olive oil

1/2 oz calendula flowers

small amount of beeswax...1 oz or less.

2-3 8 or 12oz mason jars

A to a stove and a one quart pot with a lid.