



PETALUNE HERBALS



Materials List For Pine Medicine.

It is not essential to participate in the practical, but if you'd like to join the presenter in making a few of the recipes during class, then please have the ingredients for recipe 1 and 2 available.

You will need:

2-3 cups of white pine needles...(Sourced locally from a non-urban environment, providing you can correctly identify white pine), or purchase from [Etsy](#)

Additional ingredients needed:

Recipe #1:

4 oz raw apple cider vinegar
2 oz raw honey
8oz mason jar
Chopstick or similar

Recipe # 2

3 cups epsom salt or dead sea salt, (or a combination).
2 tablespoons pre-ground juniper berries
3/4-1 cup of olive/jojoba or almond oil
Juniper essential oil, pine or other conifer tree essential oil
4" x 6" [bath tea bag](#) available from Etsy

Optional extra ingredients:

*Lavender and rosemary essential oil
1 tablespoon of shea butter
1/4 cup of ground oats.
1-2 Vitamin E capsules*

Additional ingredients to have on hand should you wish to make some of the additional recipes after class....

A small piece of fresh ginger
Culinary pot of dried rosemary
Kettle with boiling water
Tea Strainer + Mug

2-4 tablespoons of pine resin from any species. Here's a resource for [Ponderosa pine resin](#) from Etsy.

Bottle of olive oil

Bottle of high proof alcohol, ([Everclear](#) or similar)

[Pine Pollen](#)

Looking Forward To Seeing You In Class!