Welcome to NYBG’s Pine Medicine class!

Below is a list of ingredients you’ll need to create your materials as you follow along with the instructor. You’re welcome to source them online or locally, and you may even have most of the ingredients in your home already. While you’re under no obligation to buy these items (should you want to simply watch the instructor during the class), you will want them on-hand for the class if you want to follow along for the virtual ‘hands-on’ portion of class.

Ingredients

- 1 oz of white pine needles (sourced locally from a non-urban environment, providing you can correctly identify white pine), or available from Etsy here
- 3 x 16oz mason jars
- 2-3 cups raw apple cider vinegar
- 1 cup raw honey, (optional)
- 2-3 cups olive oil
- 2 tablespoon juniper berries
- 3 cups Epsom salt or dead sea salt, or a combination.
- [Optional] bath tea bag available here from Etsy
- 2-4 tablespoons of pine resin from any species. Here’s a resource for Ponderosa pine resin from Etsy
- Juniper essential oil, pine or other conifer tree essential oil
- [Optional] extra lavender and rosemary essential oil