



# Birch Moon Herbals Ordering Information

## Ordering by Phone or Mail

You can call/fax **413-259-1114** to place your order, or mail your order along with a check. When ordering by phone/fax I will give you an order total to write on your check. Orders will be sent 2-3 days after payment is received and check has cleared.

Write down the items you wish to purchase along with your name, shipping address and daytime telephone number. Include a check for your order total along with shipping charges (see below) and sales tax (if shipped within Massachusetts) to:

**PO Box 513 Shutesbury, MA 01072.**

Please note: there is a \$20 charge for returned checks.

## Credit cards ~ Online

Credit card payments must be made online, through "paypal". Please go to my website **www.birchmoonherbals.com**

## Shipping & Handling

Minimum shipping charge is \$6.00, otherwise 10% of your order. Subject to adjustment (lip balms can be mailed cheap!). Free shipping on retail orders over \$200 sent to one location.

For the most part, small packages will be shipped Priority Mail, larger packages will be shipped UPS.

## Returns

It is very important to me that you are happy with your purchase. Please call if you are unhappy for any reason and we can discuss options. A refund or exchange can be given (minus shipping charges)

## **Locally our products ca**

Green Fields Market in

Goldthread Apothecary

The Claw Foot Tub in

Amherst Farmers Suppl

Hartsbrook School Sto

Acadia Herbals in No

Jasmine Massage in

Jean's Greens (store or cata

You can also order by phone  
or pick things up here! Custom

## **About us**

Birch Moon Herbals is an off-g  
solar-powered home & busines  
Our 14-acre farm sits at the  
of a hill overlooking the beaut  
Quabbin wilderness. Next to  
house is a grove of Birch tre  
behind which the full moon

Our goal is to provide very hig  
products and teas, to help yo  
and your family's health and v  
using many of these products  
family for about

Our products are sim  
Herbs are wildcrafted, g  
responsibly & always

Birch Moon Herbals has a "  
hydrosols (the "flower water  
essential oils). We retain th  
hydrosols for optimum healin  
many of our p

A lot of good energy and love  
make. Your feedback can only  
we'll look forward to h

Health & Blessings,

*Disclosure: All products & information in thi  
own discretion, knowledge & intuition. They  
cure any disease, and a qualified practitioner  
I cannot diagnose illnesses, but am happy  
refer you to books for y*



**cleansing cream**

Massage into skin and wipe clean! Great make-up remover and cleanser. Leaves your skin soft and clean. Made of herb-infused oils and pure hydrosols distilled on our farm. Citrus-rose scent. Follow with a toner. 2 oz. jar \$8.

*Ingredients: Calendula infused grapeseed, olive & canola\* oils, sesame oil\*, aloe\*, beeswax, vit. E, pure distilled hydrosols of elderflower\*, lavender\*, lemon balm\*, orange blossom, chamomile and yarrow\*, sodium borate, essential oils of (citrus-rose) clary sage, rose attar, sweet orange, lemon and lime. \*organic*

**grapefruit hydrosol toner**

Alcohol-FREE so it isn't drying. Cleans excess oil and residues, tightening pores. Contains *distilled witch hazel\** (astringent) and *lemon balm\* hydrosol*, as well as *grapefruit essential oil* (brightening & cleansing) and *grapefruit seed extract*. 4oz. glass bottle \$8.

**bay rum aftershave**

*Spiced rum* infused with *bay leaves & essential oils*. Astringent and smells delicious. 2oz \$7 6.75 oz \$15

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foot care

**foot soak**

*Spearmint\*, mugwort\*, lemon balm\*, calendula\* & lavender\** for sore, tired feet. Rejuvenating & calming, healing and brightening. 4 large teabags \$6

**foot powder**

Feels great and refreshing! Antibacterial, antifungal. 3 oz with shaker top \$5  
*Contains: Arrowroot powder, white kaolin clay, peppermint leaves\*, peppermint and tea tree essential oils.*

**peppermint foot cream**

Your feet will thank you for this refreshing, heavy moisturizing cream! *Peppermint essential oil* awakens, refreshes, and cools. *Peppermint flower essence* awakens your mind, helps you focus & concentrate. Wonderful after a shower, such a treat! (Can be used on hands & body too...) 2oz jar \$8.00 4oz jar \$15.50

*Ingredients: Calendula\*-infused grapeseed & olive\* oils, coconut oil\*, aloe\*, beeswax, lanolin, alkanet root (for color & emollient qualities), vit. E, self-heal\* and peppermint\* flower essences, pure peppermint essential oil, grapefruit seed extract.*

Made from f

**cough-ease**

Dried chamomile, horehound, elderberry, marshmallow root, and brandy alcohol w/ honey. Helps calm a tickly cough.

**spring & fall tonic**

Supports liver & kidney functioning. Dandelion root, burdock root, clover blossoms, self-heal flowers, nettle leaf infusion.

**sarsparilla & sassafras**

Traditional Spring tonic, blood cleanser, adaptogen. Supports overall strength and well-being.

**digestive bitters**

Dried gentian root, orange peel & cardamom in a natural orange flavoring oil (makes it more palatable).

**cramp-ease**

Motherwort leaf & flower and Cramp bark in brandy. Great to menstruation & PMS. I've combined these 2 for better results.

**wintergreen elixir**

Traditionally used as a pain reliever, soothing arthritic pains, colds & flu. Leaf & root in 40% brandy.

**yellow dock root**

Great to help to cleanse the blood, especially in cases of skin conditions. Supports the liver. Tinctured fresh in 40% brandy.

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glyceri

**lemon balm** Calms & uplifts.

**chamomile** for mild tummy-aches.

**ginger** Eases nausea & motion sickness.

**tummy-ease** Catnip, lemon balm, and chamomile combination for gas & colic, colds & flu.

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\*\*\* These statements have not been evaluated by the FDA and are not intended to treat or cure any disease.

## miscellaneous...

These I really want to keep in my catalog but just couldn't find a place for...

### moontime tub tea

*Mugwort, catnip, lavender & rose petals* to ease cramping and help you relax during your period or through menopause. Mugwort helps to protect you during this open, sensitive time. 4 large teabags in a stay-fresh brown bag \$5.

### soft skin tub tea

*Calendula, chamomile, St. Johnswort & rose petals* all soothing and emollient for dry, cracked or sunburned skin. If sunburned try cooler bathwater, presteeping the tea. 4 large teabags in a stay-fresh brown bag \$5.

### flower body powder

The most gentle ingredients for your soft skin. Sprinkle on after a shower or bath. *Ingredients: Arrowroot, white kaolin clay, powdered lavender\* & rose\* petals, pure essential oils of lavender, sweet orange, palmarosa & rose.* 3 oz with shaker top \$5

### woody body powder

Our favorite deodorant scent - *fir needle*. Feels like you're part of the woods! \$5  
*Ingredients: Arrowroot powder, white clay, powdered sage\* and fir needle ess. oil.*

### hair rinse - for light or dark

Leaves hair clean but so soft and smooth as if conditioned. Gets rid of shampoo residues - works great after washing hair with castile soap, no residue. Makes your hair shine, balances pH & stimulates hair growth. Herbs are infused in *cider and wine vinegars* for at least 6 weeks. Dark hair rinse has *rosemary, nettles, sage, comfrey and calendula, (plus rosemary essential oil)*- brings out red highlights. Light hair rinse has *calendula, comfrey, chamomile and marshmallow (plus chamomile essential oil)*, bringing out blond highlights. Specify light or dark. 16 oz. \$7

### itch ease

Amazing... I can't imagine summer without this. Spray directly on bites, stings or poison ivy rashes. *Contains: Plantain, sweet fern and comfrey leaves, jewelweed and mugwort leaf & flower, calendula flowers and grindelia in 35-45% certified organic grain alcohol.* 2 oz. brown glass bottle w/ fine-mist top \$6

### 30c Homeopathic Kit [\(top 50 Remedies\)](#)

Washington Homeopathics. Has a very useful quick reference guide by symptom & remedy. 1/2 dram vials of tiny (#15) granules. Box is a durable, unbreakable plastic, 5<sup>3/4</sup>" x 3" x 1<sup>3/4</sup>"h. Seems like a big investment, but lasts for years. The best money we've ever spent on our family's health. \$94 Individual refills available for \$3.50.

**The Family Guide to Homeopathy** by Andrew Lockie. A great beginning book \$16.

## speci

### healing hand cream

A heavy cream, super moisturizing cream for dry skin. *oil* is very healing, I use it in almost all my creams (chamomile, lavender, eucalyptus, eucalyptus (woodsy) or Lavender (calming)). 2oz \$8

*Ingredients: Sweet almond and olive\* oils infused with chamomile essential oil, aloe\*, beeswax, lanolin, wheat germ oil, sea buckthorn seed extract and (lavender or spruce) essential oils.*

### blue chamomile cream

*Helps dry patches & eczema, rashes and chapped lips.* *oil* infused with herbs that are known for their anti-itching properties. *Avocado oil* is great for dry skin. *hydrosol* is calming to the whole body. *Blue chamomile oil* is a wonderful anti-inflammatory (plus it makes the cream a beautiful color). Very nourishing and moisturizing. 2oz jar

*Contains: olive oil infused with calendula, chickadee, coconut oil, beeswax, lemon balm hydrosol, avocado oil, E, grapefruit seed extract, self-heal flower essence.*

### baby cream

A soft, smooth light cream- my favorite. Similar to baby oil with less, making it safe for infants and babies. Infused *chamomile oil* is so gentle and calming. *oil* helps stop the itch response. 2oz jar \$10.00

*Ingredients : olive oil infused with chamomile, aloe, beeswax, black currant seed oil, vit. E, sea buckthorn.*

### belly balm

Especially for pregnant bellies! Actually not a balm, but a moisturizing cream to promote good skin tone. *oil* essences chosen for change, spiritual protection, to balance emotional ups & downs. Essential oils of *chamomile, lavender, eucalyptus, grapefruit, lemon, orange, rose, sage, ylang-ylang.*

*Ingredients: Sweet almond oil, cocoa butter\*, vegetable glycerine, lanolin, vit. E, grapefruit seed extract, essential oils and a flower essence blend.*

### peppermint foot cream

See "foot care" section.

Made with distilled water, hydrosols, pure essential oils and flower essences

2 oz clear glass bottle with fine-mist top - \$6

## sweet dreams mist

Spray your children's room with this before bed, or better yet, let them do it!

Contains *chamomile & lavender* to calm and induce a peaceful sleep, *aspen flower essence* for unknown fears (monsters, etc).

## relaxing mist

*Chamomile hydrosol* with *lavender & sweet orange essential oils* to calm and relax the nerves. *Bach Rescue Remedy* for stress, trauma, shock. Very nice to mist your pillow with before bed. I spray my face all thru the day, and my kids when they're cranky!

## fairy mist

Sensual & inspiring~ *Palmarosa, Ylang Ylang & Sweet orange essential oils*. *Black Birch flower essence* is for sharing one's magical essence without fear, *Wild Azalea* is for confidence & beauty! *Palmarosa essential oil* helps skin looking young and fresh, minimizing wrinkles - can be used under your face lotion.

## peppermint

with *Peppermint essential oil & hydrosol* this is great to mist on your feet, face and body on a hot day (make sure eyes are closed before spraying face, arms length away). Wakes you up on long drives & freshens the air in an airplane or house. Can help with motion sickness and nausea.

## sunshine

*sweet orange* and *lemongrass* with *lemon balm hydrosol* for the winter blues or any time a spirit lifter is needed! *Witch hazel flower essence* for winter depression sends a warm glow, and hope in times of doubt and anxiety.

## lavender mist

plain & simple. for face, room, pillow, clothes. Calming, balancing. Helpful with colds, flu or insomnia, and of course stress. Contains *Bach Rescue Remedy*. Less known, Lavender is also antiviral, antibacterial, antifungal.

## fir needle

uplifting and refreshing - one of my best selling spritzers. *Wild ginger flower essence* helps you feel grounded & rooted, connected with nature.

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## baby powder

Powdered flowers for your baby's sweet, sensitivity

Contains: *Arrowroot powder, white clay, lavender & sweet orange essential oils*. 3 oz with

## diaper rash salve

We had the fastest recovery from our kids' diaper

*Calendula\* & comfrey\* infused olive oil, beeswax*

## sweet dreams mi

*Chamomile & lavender* calm and induce a peace

kids w/ fear of the unknown (monsters, etc). 2

## baby cream

Helps baby eczema and inflamed, dry, itchy rash

*cream* but with less, making it safe for infants n

Calming & healing herbs. (Actually, my favorite

*Ingredients : olive oil infused with chamomile\*, plantain\*, aloe, beeswax, black currant seed oil,*

## lavender massage

Start a wonderful bedtime ritual after a nice wa

prepare your child for a beautiful night's sleep!

*infused w/ organic lavender flowers, jojoba oil,*

*chamomile\* flower essence* 2 oz. \$8 4oz Cobal

## calming tub tea

*Chamomile\*, lemon balm\* and catnip\** especiall

very helpful one to give them internally, too, for

These were my 3 favorite herbs for my kids whe

herbs. I keep the teabag in the tub and use it a

4 large teabags in a stay-fresh brown bag \$5.

## garlic-mullein ea

with *St. Johnswort*, all for inflamed, red ears. Ar

bottle in hot water & test a drop on your wrist (

drops, in one ear then the other. Pull on earlobe

Never use on perforated ear drum, always consu

*garlic\*, mullein flowers\* & st.Johnswort\* infuse*

# flower essences

These are made in the warmth of the sun and the magic of the moon. After sitting with the flower of the essence I'm making I cut the flowers, letting them fall directly into a crystal bowl of spring water. Flowers float on top for their vibration & essence to infuse into the water. They are then potentized, bottled, and stored in a cool, dark place. Each flower works on an emotional & psychological level to heal and support certain aspects of the self. I have seen flower essences have amazing effects on adults, children, and animals as well. They are truly magical ~ I love making and using them. Can be taken by mouth, or in creams, spritzers, bath or directly on pressure points. 1/2oz. stock bottle \$6, empty dosage bottle \$1

## expecting magic blend

A combination of essences I have chosen to support mothers & mothers-to-be. Helps adjust to changes, gives courage & encouragement, confidence as a mother and helps to calm and balances emotional ups & downs. Magic! Very nourishing.

## Single essences

- self-heal** "I will be okay, I will recover"
- shasta daisy** insight, wholeness & self-identity
- red zinnia** playfulness & laughter w/ daily responsibilities
- red clover** strong self-awareness to act calm, clear, true to self
- echinacea** resilience under stress, physical & emotional illness
- thyme** trying to do it all, gives stamina & energy
- peppermint** mentally awakens, helps focus & concentration
- datura** gives courage to enter new experiences & let go of familiar
- calendula** helps improve communication, choosing kinder words
- comfrey** helps one awaken & remember, in order to heal
- german chamomile** for emotional up & downs
- lobelia** gives emotional strength try, speak your truth
- violet** helps engender warmth & trust in relationships
- borage** for deep sadness, grief & loss
- wild azalea** confidence & beauty
- witch hazel** uplifts the spirit
- yarrow** protection
- lilac**
- night-blooming cirrus**

A booklet describing the individual flower essences in more detail is available upon request, free of charge. The latin names (above) will be added at some point... call with any questions.



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# organic

I choose the most vibrant, alive (dried of course) herbs for you. We use us if we take the time to make & drink them! Preparation from loose herbs adds more nourishment and magic than capsules. 4-5 Tbls per quart of boiling water, covered, for 20 minutes. Custom blends or single herbs available- I can blend for you.

Freshly dried loose

## fairy blossom

A delicious & uplifting, yet calming tea for the soul. Wonderful for children. Used in our Waldorf preschool. Contains *verbena, linden flowers, milky oats, red clover, chamomile*.

## minty morning

Nourishing & refreshing. Steep in a glass quart jar for 20 minutes. Contains *flowers! Contains spearmint, oatstraw, calendula*.

## moon blossom

Great for PMS, pregnancy & nursing. Helps tone the body & hormones. (Raspberry leaf is great for mens' reproductive health). Contains *raspberry leaf, oatstraw, red clover blossoms, nettle*.

## calming

The best tea to drink during a cold or flu. Soothes the throat & supports the body during a fever, strengthens the immune system & mucous. Also great for cranky, fussy kids! Steep in a glass quart jar for 20 minutes. Get bitter and drink warm. Contains *chamomile, lemon balm, verbena*.

## lighten up!

For "Winter Blues". The lemony scent stimulates the mood & supports the nervous system. Contains *lemon balm, lemon verbena, st. johnswort*.

## nourish & flourish

*Nettles and Oats (milky pods and oatstraw)* to nourish the body & drink this every day for the rest of your life - this tea supports the nervous system, full of vitamins and minerals, good for the heart & blood.

## simple tea

Choose any of the following : Anise hyssop (licorice root), lemon balm, lemon verbena, chamomile, red raspberry leaf, nettle leaf or linden flower & leaf. All organic or fair trade.

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