

ANOTHER HERB HERBERT FACT SHEET

MOTHER'S DAY

It only happens once a year, so be sure to spoil your Mother this May!



INTRO

Planning on spoiling your Mother this year?

Why not make her your own, personalized homemade gift? Herb Herbert has come up with some great natural recipes for Mother's Day gifts that will leave your Mom smiling on her special day.

Pampering Perfume Pillows Sleep Pillow

1 cup rose petals
1 cup lavender flowers
½ cup mint leaves (common, eau-de cologne, ginger, or apple)
1 tbsp. powdered cloves

Method: Thoroughly dry the flowers and leaves, and blend with the cloves. Use the mixture to fill a fabric pillow, and place on the bed. Alternatively, display the mixture in a decorative bowl on the bedside table, where the slumber-inducing aroma can be utilized.

All Purpose Herbal Hand Cream Lavender, Mint and Almond

3 tbsp. of crushed almonds
2 tbsp. of comfrey roots
1 egg
1 tbsp. of honey
1 tbsp. of glycerin
1 tbsp. off chopped lavender
1 tbsp. off chopped mint

Method: Mix together the crushed almonds, comfrey and lavender in a small bowl and leave aside. Mix all other ingredients in a separate bowl, then stir both mixtures together.

To use, rub the mixture into your hands. Let the mixture soak into your skin for approximately 30 minutes before washing off with warm water.

Store mixture in the refrigerator.



Great for Kids!

This Herbal Tea Bag recipe is simple enough to be made by children and makes for a fantastic homemade gift.

Home Made Tea Bags Lemon Balm

10 tbsp. of Lemon Balm
5 x muslin squares (10x10cm)
5 pieces of string (20cm approx.)

Method: Place 1-2 teaspoons of Lemon Balm Herbal Tea mixture onto the center of the muslin square. Pull all four corners together and tie into a small bundle with string.

To prepare the tea, simply infuse the tea bad in boiling water for ten minutes. Adult supervision is required when dealing with boiling water. Makes 5 tea bags.

Note: a wide range of herbs can be used in this recipe. Simply pick your Mothers favorite combination of Herb's and follow the steps!

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Any enquiries can be directed to:
HERB HERBERT P/L

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