

The Herb Wife

Handmade Natural Body Care Products



*Osgoode Medieval Faire 2010,
Osgoode, Ontario*

Catalogue 2011

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Who is the Herb Wife?

The Herb Wife is Chartered Herbalist Rebecca Graves. I have long been fascinated by the medicinal properties of plants, and coupled with an equally long standing love of making stuff, the Herb Wife came about naturally and almost inevitably.

I began to make what is now known as our Herbal Healing Salve when my children were babies, in response to the fact that their skin reacted to just about any cream or lotion we put on them. What has affectionately been known here as Green Goo, has grown up with us and as we began giving it to friends and family we developed a loyal following who expanded it's uses to include all manner of skin ailments on themselves, their kids and their cats, dogs, horses and even chickens!

My kids are now teenagers and I continue to make the original Healing Salve. Along the way I have developed other products made from natural ingredients and continue to do so.

My Philosophy

I began making these products for my family, and my commitment to you is that I will only make and sell a product that I am happy using for myself and my family.

About 80% of the herbs used are grown organically right here in my herb garden or wildcrafted. This is the term given to gathering herbs from wild and uncultivated areas such as meadows and forests. Wildcrafting is always done in an ethical and environmentally positive manner, ensuring that plant populations in these areas continue to thrive.

The other 20% are organically grown or wildcrafted by local growers or reputable companies. By growing our own herbs, we not only ensure their quality and thus the quality of the product, we are also able to make use of the healing properties of the plants that grow naturally in this area.

Herb Wife is a medieval term for a village healer, and like the original Herb Wives, I continue to use locally grown plants in my products.

Ordering

Attached to the catalogue is an order form that can be filled out and either emailed or telephoned to The Herb Wife.

Email: Info@Herbwife.ca

Telephone: 613-258-3405

We will contact you with the shipping charges once your order is filled. All items are shipped Canada Post, unless you prefer to pick them up yourself.

We do not charge a handling fee.

Payment

Payment is by cash, cheque or money order. As we develop our website, we will include Pay Pal and credit card transactions.

Salves and Creams



Herbal Healing Salve

A gentle and effective salve for all life's little emergencies. Use on cuts, scrapes, insect bites, burns, bruises, rashes, acne, eczema and psoriasis.

Ingredients:

Olive oil infused with Yarrow, Comfrey, Calendula, Plantain, Chickweed and St John's Wort, Beeswax, Vitamin E

2oz tin / \$10.00

1oz tin / \$6.00



Muscle Rub

Great for sore, tense or achy muscles, our Muscle Rub is made with a blend of essential oils that help to soothe muscles, releasing tension and tightness. Made with a grapeseed oil base, this product absorbs quickly. Our customers have also found this useful for relieving the symptoms of tension headaches, rheumatism and arthritis.

Ingredients:

Grapeseed oil, Menthol Crystals, Beeswax, Essential Oils of Birch, Long Leaf Pine, Ginger, Rosemary, Peppermint and Camphor. Vitamin E.

2oz tin / \$10.00

1oz tin / \$6.00



Gardener's Hand Cream

A wonderful cream for dry skin, this product contains lanolin for extra moisture and extracts of calendula and comfrey to help heal cracked skin, cuts and scrapes. Lavender essential oil adds a beautiful scent and antiseptic properties.

Ingredients:

Sweet almond oil infused with Calendula and Comfrey, Lanolin, Beeswax, Corn Starch, Lavender essential oil, Vitamin E

2oz tin / \$10.00

1oz tin / \$6.00



Body Butter - Lavender (pictured), Rose, Lemongrass or Orange

A luxurious blend of shea butter, cocoa butter, sweet almond oil and apricot kernel oil whipped to a creamy smooth consistency that melts into your skin. Our beautifully scented Body Butters make great moisturizers for your entire body.

Ingredients:

Shea Butter, (may also contain cocoa butter), Sweet Almond Oil, Apricot Kernel Oil, Essential Oil/Fragrance Oil*, Vitamin E

* Due to the very high cost of rose essential oil, fragrance oil is substituted instead.

2oz tin / \$10.00



Buzz Off

An insect repellent that actually smells good! Our natural insect repellent is made with a blend of essential oils that will keep those pesky blood suckers at bay and your friends close by.

Ingredients:

Grapeseed oil, Sweet Almond Oil, Beeswax, essential oils of Lemongrass, Citronella, Cedarwood, Eucalyptus, Lavender, Rosemary and Catnip. Vitamin E

2oz tin / \$10.00

1oz tin / \$6.00

Face Scrubs and Masques

A luxurious blend of healing clays, oats, oat bran and botanicals that can be used as both a scrub and a masque.

Add a little water to a scoopful and use immediately as a scrub to gently exfoliate and refresh your skin. Or add a slightly larger amount of water, herbal tea or plain yogurt to a scoopful and allow it to soften for 10-15 minutes then apply as a masque to draw out oils and impurities and soothe and soften your skin. When the masque dries, rinse it off thoroughly with warm water.

When mixing the product to use as a masque, add enough liquid to achieve a fairly thick soup like consistency. As the oats absorb the water and release their soothing properties, the mixture will thicken.



Normal Skin

A blend of white clay (kaolin), oats and oat bran that will gently exfoliate and draw out impurities and oils, while soothing and softening your skin. With the lavender flowers to tone your skin and calendula petals to help soothe and heal.

Ingredients:

White Clay (Kaolin), Ground Oats, Oatbran, Calendula petals, Lavender flowers

\$12.00



Older and Wiser Skin

For mature skin that naturally abounds in the wisdom of age! This is a gentle blend a French pink clay - the mildest of healing clays, soothing oats and oat bran with rose and calendula petals. This product will gently exfoliate and draw out impurities without excessive drying and soothe and soften your skin. Calendula has healing and soothing properties, while rose petals tone your skin.

This product is also great for sensitive skin.

Ingredients: French Pink Clay, Ground Oats, Oatbran, Rose petals, Calendula petals.

\$12.00



Oily or Acne Prone Skin

Control that shine! Made with a blend of Australian and French Green Clays that absorb oils, tighten pores and detoxify your skin. With the added benefits of seaweed powder that detoxifies, soothes and nourishes, and the antiseptic and antibacterial properties of peppermint and basil, this product will help your skin look radiant

Ingredients: French and/or Australian Green Clay, Ground Oats, Oatbran, Powdered Seaweed, Basil, Peppermint.

\$12.00

Foot and Body Scrubs

Foot Scrubs - Made with Dead Sea Salt to exfoliate and sweet almond oil and honey to moisturize, our Foot Scrubs will have your feet looking beautiful in no time. Scented with heavenly essential oils that also have antiseptic and antibacterial properties.

\$5.00/ 125ml



Peppermint: Dead Sea Salt, Sweet Almond Oil, Honey, Peppermint Leaves, Calendula Petals, Peppermint Essential Oil.

Lavender: Dead Sea Salt, Sweet Almond Oil, Honey, Lavender Flowers, Rose Petals, Lavender Essential Oil.

Orange & Grapefruit: Dead Sea Salt, Sweet Almond Oil, Honey, Calendula Petals, Dried Orange Peel, Saffron, Essential Oils of Blood Orange and Pink Grapefruit

Lemongrass & Ginger: Dead Sea Salt, Sweet Almond Oil, Honey, Lemon Balm Leaves, Calendula Petals, Ginger, Lemongrass Essential Oil.

Frankincense & Myrrh: Dead Sea Salt, Sweet Almond Oil, Honey, Myrrh, Essential Oils of Frankincense, Benzoin and Rose

Body Scrubs - Made with organic cane sugar, our body scrubs gently exfoliate your skin, while sweet almond oil and honey add moisture leaving you with beautiful glowing skin. Scented with heavenly essential oils that also have antiseptic and antibacterial properties.

\$6.00/125ml

Peppermint: Organic Sugar, Sweet Almond Oil, Honey, Peppermint Leaves, Calendula Petals, Peppermint Essential Oil.

Lavender: Organic Sugar, Sweet Almond Oil, Honey, Lavender Flowers, Rose Petals, Lavender Essential Oil.

Orange & Grapefruit: Organic Sugar, Sweet Almond Oil, Honey, Calendula Petals, Dried Orange Peel, Saffron, Essential Oils of Blood Orange and Pink Grapefruit

Lemongrass & Ginger: Organic Sugar, Sweet Almond Oil, Honey, Lemon Balm Leaves, Calendula Petals, Ginger, Lemongrass Essential Oil.

Frankincense & Myrrh: Organic Sugar, Sweet Almond Oil, Honey, Myrrh, Essential Oils of Frankincense, Benzoin and Rose



Note: These products are sold locally in glass jars. If an order is to be mailed to you, you have the option of receiving your scrub in a clear plastic container to save on shipping costs.

Milk Baths



A blend of powdered whole milk, oats, botanicals and essential oils to pamper you as you bathe.

Simply add about a tablespoon of milk bath to the small fabric bag provided and pull it closed. Add to your bath, just like a tea bag! Sit back and relax in the wonderful aroma of essential oils and botanicals as the oatmeal and milk powder soothe and soften your skin.

After your bath, you can empty out the fabric bag, rinse it and re-use it again and again.

Each bag contains enough product for 6 -8 baths

\$4.00/60g

Lavender and Rose - A heavenly blend to soothe and relax.

Ingredients: Whole milk powder, ground oats, baking soda, lavender flowers, rose petals, lavender essential oil.

Peppermint - An energizing and refreshing blend.

Ingredients: Whole milk powder, ground oats, baking soda, calendula petals, peppermint leaves, peppermint essential oil.

Lemongrass and Ginger - A beautiful blend to uplift and comfort.

Ingredients: Whole milk powder, ground oats, baking soda, ginger, lemon balm, calendula petals, lemongrass essential oil.

Herbal Teas

We offer two herbal teas, blended by a Chartered Herbalist and made with organically grown or wildcrafted herbs. Teas come in 8oz (1 cup) glass jars, complete with brewing instructions.

If you wish to have this product mailed to you, we will substitute a lighter packaging.

\$8.00/20g (approx)



Be Well Tea: For Coughs, Colds and Sore Throats

A blend of herbs to relieve the symptoms of common ailments such as colds and coughs. May be sweetened with honey if desired.

Ingredients: Lemon Balm (*Melissa officinalis*), Red Clover (*Trifolium pratense*), Yarrow (*Achillea millefolium*), Mullein (*Verbascum thapsus*), Self Heal (*Prunella vulgaris*), Peppermint (*Mentha piperita*)



Soothing Tea

A delicious Lemon Balm tea with a touch of Lavender to help you unwind and de-stress. Great for soothing your soul.

Ingredients: Lemon Balm (*Melissa officinalis*), Lavender (*Lavendula angustifolia*)

Soaps

Hand made soap is a beautiful thing...

With a creamy lather, gentle on your skin and wonderfully scented, a bar of handmade soap is a luxury you can enjoy every day.

Our soap is sold in two sizes:

Shower Bars, \$5.00 ea.

These measure approximately 2 ½ inches square and ¾ inch deep. That's about 6.4cm square by 2cm deep. A nice size to fit in your hand.

Guest Soaps \$3.00/ 2 bars

These come wrapped in bundles of two. Each soap measures approximately 2 1/2 inches by 1 inch by 1/3 inch, perfect for guests.

Please note that our soaps are cut by hand and so while we do our best to keep to these measurements they are somewhat approximate.

Don't see the scent you're looking for? We can make it for you!

If you can't find a particular scent or variety of soap, let us know and we'll be happy to make it for you. There is a 10 bar minimum on custom orders, with a \$5 discount for every 10 bars you order. Soap requires about six weeks to "cure" after it is made, before it is ready to use. Please take this into account when ordering.

All Soaps are \$5/ bar.

There is a \$5 discount for every 10 bars

Lavender Goat Milk Soap - sold out, please ask when our new batch will be ready

Rose and Oatmeal Goat Milk Soap

Honey Goat Milk Soap - sold out, please ask when our new batch will be ready

Spiced Orange Soap

Orange Poppy Seed Soap

Lemongrass Soap

Peppermint Shaving Soap

Dandelion Tea Soap - sold out till Spring

