

THE ROOTED WISDOM · WORKSHOP SERIES

Beauty and the *Skin*

*The Medicinal and Spiritual
Properties of Herbs*

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SUNDAY, APRIL 19, 2026 · 12PM PT · VIRTUAL

TAKE HOME PACKET

Invocation for Skin Love & Understanding

I am grateful for my vessel and how my skin lovingly holds my body together. My skin protects me, while reflecting the ancestors that came before and whose features I carry. I honor the intelligence of my skin and my body, understanding that they speak an ancient, wordless language, rich in meaning. May I honor my skin as a tapestry of my life experiences, a tool of communication, a site of healing and relationship. May I be able to see and feel my innate beauty and worthiness, right here and right now.

And so it is.

Simple Skin Loving Salve

This simple, multipurpose salve is a remedy for warm weather skin concerns like bug bites, garden scrapes and post sun skin support.

INGREDIENTS

- 2 parts dried Calendula
- 2 parts dried Plantain
- 1 part dried Comfrey
- Olive Oil & Beeswax

DIRECTIONS

- Combine all of the herbs in a glass jar
- Fill the glass jar to $\frac{1}{4}$ part full with herb mixture
- Add $\frac{3}{4}$ olive oil to the herb mixture with intention
- Steep for 4-6 weeks in a sunny window, shaking regularly
- Strain plant material and combine with beeswax in a 1:3 ratio of wax to oil in a heat safe bowl
- Using a double boiler method, melt the wax in the oil over warm water till melted
- Quickly pour the mixture into tins of your choosing and let cool



Compress Recipes

A compress is easy to make and takes just a few minutes.

Infuse your herbs. For roots and bark, you will bring to a boil and let simmer for 20 minutes. For leaves and flowers, pour hot water over and let sit for 10 to 20 minutes. Cover in both cases to keep the aromatic compounds.

Once complete, drain the herbs out then soak a hand towel or rag in liquid. Then apply to the area of need.

Towels can be soaked again if needed.



Ginger + rosemary compress — warming, circulatory, excellent for muscle aches and tension. Feels dramatic and effective immediately.

Linden + fennel compress — soothing to dried and burned out eyes. Helps to relax the muscles while also bringing moisture to the area.

Recipe for Easing Cramps

For this recipe, we are going to mix together a tincture and oil to create a liniment.

- 1 oz Jamaican Dogwood tincture
- 1 oz Ginger-infused oil

Notes for use (topical):

- Shake before each use (it will separate)
- Apply a small amount to lower abdomen
- Massage in slowly, then layer heat (cloth or heating pad)



Stairway to Heaven: Anointing Oil



Anointing oil used from head to toe to spiritually calm and soothe the body in preparation for transition. This oil supports pulling in good spirits and offers protection.

INGREDIENTS

- 2 parts dried Calendula
- 1 part dried Chamomile
- 1 part dried Marshmallow
- 1/4 part dried peppermint

DIRECTIONS

- Combine all of the herbs in a glass jar
- Fill the glass jar to ¼ part full with herb mix
- Add ¾ oil of your favorite oil to the herb mix. Mine is Jojoba and Argan oils
- Steep for 4-6 weeks in a sunny window
- Strain plant material and bottle
- Add 5 drops Hyssop EO to strained oil

Arnica and Willow Bark Oil with Arnica and Rosemary EO

Anointing oil used to call in protection and to ease and assist the spirit as it travels.

INGREDIENTS

- 2 parts dried Arnica
- 2 parts dried Willow Bark
- ½ part dried Marshmallow
- ¼ part dried peppermint

DIRECTIONS

- Combine all of the dried herbs in a glass jar
- Fill the glass jar to ¼ part full with herb mix
- Add ¾ oil of your favorite oil to the herb mix
- Steep for 4-6 weeks in a sunny window
- Strain plant material and bottle
- Add 3 drops Arnica EO and 3 Drops Rosemary EO

*Rosemary purifies and protects from negativity and harm.

HANDCRAFTED WITH LOVE & INTENTION

*Skin Supporting Remedies
From Us*



Ease Herbal Oil

A roll-on oil to support menstrual cramps and cystitis pain. EASE offers abdominal pain relief and anxiety relief using mugwort, peppermint, white peony root, wild yam, and lavender. It offers menopausal hot flash support and skin moisturizing with Evening Primrose flowers and oil.



Pricing
\$20 per 1 oz roll on

Shop

<https://www.truepowerhealing.com/shop/p/ease-herbal-oil>

Faery Gutsy Tincture

This zippy, tangy tincture invites the vital spark back into your life by helping foster courageous action and the confidence to speak and hold the truth with grace. When taken before meals, it also promotes healthy digestion and detoxification.

Orangic Apple Cider Vinegar, Dandelion, Burdock, Gentian, Ginger, Hawthorn Berry and Orange Peel

- Supports improved liver function and digestion
- Grounds and activates sacral space
- Fosters courageous action & truth-telling
- Ideal 15-20 minutes before meals



Pricing
\$33 per 2 oz bottle

Shop

<https://faerygood.com/products/faery-gutsy-tincture>

Magnesium Mercy

A deeply restorative magnesium cream designed to meet the body where it holds tension — muscles, nerves, and the quiet places where strain lingers.

- Relieves muscle tension and fatigue
- Supports nerve comfort and recovery
- Encourages healthy circulation
- Ideal post-workout, post-adjustment, or before rest



Pricing

\$36 per 4 oz jar

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