



Apothecary Offerings

Loose Leaf Herbal Tea Blends: *Featuring locally grown herbs, these caffeine-free medicinal tea blends are formulated by a clinical herbalist to uplift, support and soothe the body.*

- *Seasons of Change – Iced Tea Blend* – The refreshing floral formula is blended to cool and nourish the body. With a focus on aromatic and antioxidant rich herbs, regular enjoyment of this tea can improve symptoms of tension, inflammation and ease feelings of irritation. The flowers in this blend are also known for their ability to shift and ease the weight of grief. Enjoy hot or cold or any temperature in between. Extra delicious with touch of added honey!
- *Immune Shift – Herbal Cold and Flu Support* – This formula is crafted with medicinal prairie plants to support the immune system, strengthen the lungs, relax and warm the body. Enjoy this blend to prevent viral infection or at the first sign of cold or flu. Warming, aromatic and uniquely delicious.
- *Wild Hearts Tonic Tea* – This formula is lovingly blended to fortify the emotional heart and incline the spirit towards joy. When enjoyed regularly, these herbs are intended to soften the heart, release stress, soothe the nervous system and nourish the body. Enjoy alone with space to breathe or share this ritual with people you love.
- *Refortify - A refreshing herbal multivitamin blend* – This formula is blended to nourish the body and gently support the daily detox process. These vitamin and mineral rich herbs have an affinity for supporting the liver and lymphatic systems to improve digestion, focus and hormone balance as well. A whole body tonic!
- *Deep Chill - Rest and relaxation tea* – A calming formula blended to nourish and gently sedate the nervous system. Brew a cup in the evening to be enjoyed as you wind down your day. Or, sip it throughout the day when faced with stressful situations or environments that strain the nervous system.
- *Earth Bodies, Stardust Babies* – A nourishing and relaxing, vitamin and mineral rich herbal tea. Formulated for pregnancy and postpartum support (lactation safe). This whole body tonic provides a daily ritual to ground and nourish you as you grow and nourish your baby.

Sizes (weight varies depending on the ingredients in each formula)

Xsmall (makes approx 32oz) 13g **\$6** Small, 30-45g **\$10** Medium, 65g-75g **\$15** Large, 90g-110g **\$20**

Deeply Rooted Herb and Mushroom Cocoa – A grounding, earthy, bitter beverage (akin to herbal coffee). Brew up a big pot of this balancing and restorative roots blend featuring wildcrafted reishi mushroom from Oregon, organic Ashwagandha and roasted Dandelion root and Cacao beans. This whole body tonic is a stellar support during seasonal transitions and times of stress. Preparing this medicine involves a slow boil of the roots and sliced mushroom with the option of adding in an additional packet of select spices (cardamom, ginger, fennel, cinnamon, orange peel and fenugreek) for flavor and warmth. Pairs well with (dairy-free) milk and sweetener.

Reishi Slices with Roots Blend, 270g \$30 Chai Spices (optional add-on), 100g \$10

Earth and Ashes Herbal Smoke Blend: An aromatic blend for medicinal smokes. These herbs are formulated to relax muscular tension and expectorate the lungs. A reverent and intentional approach to smoking plant medicine also supports nervous system relaxation and the expansion of the senses. This pre-ground loose leaf blend can be combined with tobacco or other herbs.

Small 10g \$7 Bulk Bag 35g \$15

Syrups and Tonics:

- ***Season Shift, 4oz \$12, 8oz \$20, 16oz \$35*** – A bright and cleansing whole body tonic. The vitamin and mineral rich benefits of this formula gently support the body's natural detox process to ease seasonal allergy symptoms and improve digestion. Enjoy daily on its own or as an ingredient in cooking, as a salad dressing (blended with olive oil) or as a shrub (drinking vinegr.) Ingredients: organic apple cider vinegar, Nettle, Goldenrod, raw local honey.
- ***Elderberry Syrup, 4oz \$12, 8oz \$20, 16oz \$35*** – Homegrown Elder berries and flowers in a deliciously potent formula with ginger, rosehips, pine and locally sourced raw honey. A sweet and satisfying way to support immune health all year long. Enjoy in warm water with lemon, add to a cold seltzer for a healthy homemade pink soda or enjoy it by the spoonfull.
- ***Fire Cider, 4oz \$12, 8oz \$20, 16oz \$35*** – A spicy, savory, sweet tonic to aid immune and digestive function and improve circulation. Enjoy as a beverage mixer, salad dressing (with olive oil) or on its own for a breath of fire.
- ***Iron Star 8oz \$25*** – A stellar nutritional supplement formulated to improve iron levels and support the organs that absorb minerals, transport blood and remove waste. Love on your liver, kidneys and digestive system with this all local herbal syrup. Great for daily use and especially supportive following menstruation and pregnancy release.
- ***Passion Potion, 4oz \$15, 8oz \$25*** – An exhilarating herbal elixir dripping with pleasure. Embody the erotic with aromatic plants that nourish the nervous system. When we're able to fully arrive in the present moment we can offer a full bodied yes to our desires. Featuring locally roasted Cacao from Sweet Minou Chocolate.
- ***Kitchen Witch Herbal Elixir Kit \$15*** – A DIY heart centered botanical spell for plant lovers and beverage enthusiasts featuring Hawthorn Berries. This kit contains dried herbs and spices accompanied by a detailed recipe page with instructions and plant lore. Prepare at home with honey and brandy (optional) not included.

Tinctures: *Concentrated alcohol-based extracts made with fresh locally grown herbs.*

Formulated to address common health concerns. Ingredients list available upon request.

*Indicates that this formula is available in an alcohol-free format, made with organic vegetable glycerine.

- *Dark Moon Digestive Bitters* – slightly sweet, pomegranate and citrus digestion aid
- *All That's Sweet and Sacred** – An aromatic and uplifting blend of garden fresh Holy Basil
- *Immune Boost* – plant powered immune support and tension tamer
- *Exhale* – Lung tonic and respiratory support drops. Relaxes tension and congestion.
- *Fine Tuned* – Focus, memory and concentration support
- *Tender Heart Mender* – a formula for broken hearts and moving through grief
- *Magic Ma Drops* – nourishing and balancing postpartum elixir
- *Moon Drops** – herbal sleep aid to ease anxious thoughts and muscular tension
- *Spiral Staircase** – nervous system support for high stress and overwhelm.
- *Head On* – tension headache support
- *Bleed Easier* – menstrual cramp relief
- *Liquid Sunshine* – serving up solar bliss for mood support and neurotransmitter balance. This blend is available in two varieties: one with and one without St. John's Wort (SJW is not recommended as an herbal supplement in combination with many prescription medications. Ask your prescribing physician or local herbalist about herb/drug interactions)

1oz \$13, 2oz \$25

Topical Remedies:

- *Ache Away – botanically balanced CBD salve* A blend of warming herbal oils to improve circulation, release tension and soothe aches and pains. Locally and respectfully harvested Cottonwood buds, Rosemary, St. John's Wort and Heritage Hemp along with organic Arnica oil. A wonderful accompaniment to massage. For menstrual cramp relief, try applying to the lower abdomen along with a hot water bottle or following a bath.
1oz tin \$10 2oz tin \$18 4oz tin \$35
- *Sun Butter* – Anti-inflammatory floral salve for rashes, eczema, psoriasis, stings, cuts, scrapes, scars and just about every skin irritation under the sun. Featuring fresh from the garden calendula and plantain oils, paired with organic rose and blue chamomile essential oils.
1oz tin \$10 2oz tin \$18 4oz tin \$35
- *Floral Forcefield – Skin Soothing Spray* Fresh flowers in organic witch hazel for a body spray that cleans up boo-boo's and strengthens energetic boundaries. Apply as needed to soothe irritations, sun burns, bug bites, fresh tattoos, postpartum tears and more.
2oz spray bottle \$7 4oz spray bottle \$12

Flower Essences: A subtle energetic remedy to bring about big emotional and spiritual shifts. An herbal spell for self-care in a bottle. These remedies are made with fresh plants, reverence and ritual. Flower essences have wide ranging applications as they are very gentle and appropriate for use with kids, pets, elders and during pregnancy.

- *Spirit Speak* – This is a formula for building something bigger than ourselves. This trio of plants (Purple Aster, Calendula and Nettle flowers) draws on generations of wisdom and cycles of life, death and regrowth. It helps us to not only ask for help, but listen and receive the support that is offered. Share this medicine with those you love and trust. We bloom and survive together. It is the only way.
- *Better Boundaries* – A pairing of two distinct distillations of Yarrow, a plant allies that's all about protecting the parts of ourselves we hold sacred. This is a helpful essence for those who are often immersed in energies. Yarrow aids in holding our own and saying no to that which does not serve us.
- *Rooted and Resilient* – A formula for self-care and shedding old skin. This flower essence is a tool to support you in encompassing more of yourself. You are complex and brilliant and contain a multitude of experiences that have delivered you here. Enjoy the process of becoming.
- *Good Grief* – A formula to support you in grief, sadness and painful transitions. Work with this essence as you grieve the loss of a loved one (recently or long ago departed) as well as when you recognize you're in a place of mourning the collective pain of the world.
- *Blooming Insurrection* – For deep feelings that cannot always be named. A tool for tender beings to sit with the work of taking up enough space to feel deeply. To grieve and release as we root out toxic behaviors and topple systems of harm. For persistent resistance, for witnessing, for soothing the frayed nerves that come when we don't look away. For claiming the space to feel, then speak, then shout, asking for help and accomplices. This is medicine for carrying on for the long haul. For releasing grief and breaking into pleasure as we grow new worlds. xo

1oz bottle \$13

I accept cash, check or digital payment via Venmo @Arise-Botanicals

Cashapp \$AriseBotanicals or PayPal arisebotanicals@gmail.com

Thanks for supporting your local herbalist!

All these products are made by hand with love, right here in Lincoln, NE. Most of the ingredients are cultivated or foraged by myself, or other local growers. Some are sourced regionally (Michigan and Colorado) and some are sourced from ethical herb distributors and certified organic. By investing in Arise Botanicals, you are helping to grow our local medicine chest and support my work in providing compassionate client care and accessible herbal education.

Place your order online and learn more about this work at



AriseBotanicals.com