

ZENSATIONS BY JEN

SALVES & SPRITZERS

All salves are made with organic grape seed, jojoba, and olive oil in a base of local beeswax from Hillside Farms and Lord Byron. The highest quality of organic herbs and flowers go into these beautiful love filled soothing salves.

THE LIP "BALM"

an infusion of fresh lemon balm, self heal, lavender flowers, cinnamon, rose petals comfrey lemon balm, and calendula tinctures. This blend is strong anti-viral soothes cold sores, cracked lips, hands & feet. Also fine for face and all over body balm.

ITCH BE GONE

an infusion of calendula flowers, lavender flowers, rose petals, plantain, chickweed, burdock & Echinacea roots. This is amazing for dry skin, eczema, bites, burns, itch and more. Safe for open wounds, cuts, & scrapes.

GET IT ON!

An infusion of menthol crystals, arnica & comfrey tinctures blended with peppermint essential oil. A

slow but deep cooling for muscle aches. This blend is a gentle vaporizer for chest colds and congestion.

Spritzers are also created in small batches, infused in witch hazel bark, rose petals, spring water & aloe. Each bottle is individually blended with essential oils. These are wonderful for face, body, car, and all over used as a subtle perfume. A drop or two in the tub can bring a relaxing feeling before bed or a rejuvenating energized sense in the morning.

IMMUNE CHARM BLEND

contains the following essential oils: lavender, thyme basil, lemongrass, tea tree, rosemary & cinnamon. A potent blend of anti-viral and anti-bacterial oils it is great at keeping the germs at bay. Good when traveling, in the classroom, and at home, gentle enough to spray directly on the body.

NEROLI

"ORANGE BLOSSOM" an uplifting oil warming & soothing to the heart. This is an essence not an actual essential oil. It may also help to overcome sadness,

loneliness, depression, & anxiety. This beautiful & powerful essence can be very helpful in dealing with nervous tension & emotional stress.

**There are several other spritzers to choose from Citrus Blend, Peppermint, Lemon Balm, and we are always created amazing and wonderful new blends.*

HERBAL TEA BLENDS

The ol' faithful blends

All teas are made with organic and some local herbs of the highest quality!

MENTAL CLARITY

is a blend created specifically to help with focus. A thoughtful concoction of rosemary, gota kola, ginkgo leaf, spearmint, hibiscus & Siberian ginseng, this is our biggest seller.

KATIE & LILLY'S IMMUNE CHARM

a soothing blend inspired by jenny's nieces made with a blend of cinnamon, slippery elm, licorice root, hibiscus, pau d'arco,

ginger, peppermint and astragalus root. Feel a cold coming on? This is an amazing anti-oxidant, anti-viral health tea to help coat the throat and boost one's immune system. Aids in circulation and just makes you smile. You will feel better with just one cup!

DELIGHT

a lil' something to make you happy and give you energy during those hard times or not so hard times. Feel the love that goes into this special blend of St. John's Wort, rose petals, nettles, jasmine flowers spearmint, Siberian ginseng, and hibiscus. Iced or hot sit in the moonlight and toast the stars.

WOMAN'S WAY

a nourishing blend inspired by my hot flash & "crampy" friends. Raspberry, nettles, wild yam, burdock and black cohosh, pau d'arco and refreshing peppermint. A comforting and soothing blend for all!

GET YOUR GROOVE ON
an aid to sinus relief. A spicy intense blend not for the "faint of heart," it will get the circulation flowing and bring color to your cheeks. Made up of ginger, cayenne, garlic, cardamom, cloves, fennel, orange, black pepper & cinnamon. This blends creates a pow-

erful sensation. Depending on how long you steep this one the spicer it will get-great flavor in soups and other cooking too!

All blends can be custom blended to your liking

A few other herbal tea blends that are on the shelf

TAKE THE EDGE OFF
skullcap, cleavers, rose, chamomile, red clover, nettles, and spearmint

CITRUS BLEND
hibiscus, rosehips, lemon & orange peels, lemongrass & dandelion

GREEN SENCHA BLEND
sencha green tea, chamomile, cornflowers, rose, hibiscus, lemongrass
Happy Heart: hawthorne berries, rose petals, elder berries & flowers, peppermint, & chamomile.

SLEEP TIGHT
Kava kava, valerian, chamomile, hops, & rose petals

DELIGHTFUL DIGESTION
blackberry root, peppermint, marshmallow, meadow-sweet, oats, chrysanthemum, & a sprinkle of ginger

Herbal Blended Bath Salts available as well

All blends inspired by music! Enjoy all

Come in and create your own blend or choose from over 80 stocked herbs!

JENNY EHRHARDT
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& FARMER'S MARKET

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SATURDAY & SUNDAY 9-5

... Just my info if you need it

