

# Gaia Garden

## HERBALS

### Therapeutic Herbal Repertory

## Creams and Salves for the topical treatment of minor skin conditions



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## About the Ingredients

### Base Ingredients

**Calendula, Comfrey and Chickweed** creams are imported from England. They contain infused herbal oils with purified water, glyceryl monostearate and steryl alcohol (vegetable extracts of fatty alcohol derivation). They are preserved with tincture of Benzoin. All base ingredients are totally vegetarian.

**Base cream** is made in the same way but with a plain vegetable oil instead of an infused herbal oil.

**Beeswax** - used to set salves, has a slightly antibacterial action in the end product.

### Essential Oils

**Benzoin** - nourishing and enriching to the skin. Especially good for dry, sore or cracked skin.

**Bergamot** - antiseptic and healing.

**Black Pepper** - warming and penetrating, improves local circulation.

**Cajeput** - warming and penetrating, improves local circulation.

**Chamomile and Yarrow** - both strongly anti-inflammatory and decongestant to the tissues.

**Cypress** - astringent and tonic to the blood vessels, circulatory stimulant.

**Eucalyptus** - anti-viral and antiseptic.

**Frankincense** - strongly tonic effect upon the skin, improving cell wall integrity and tissue tone.

**Helichrysum** - tissue healing and cell regenerator.

**Lavender** - relaxing and soothing to the tissues, reducing irritation and inflammation.

**Marjoram** - warming and penetrating, improves local circulation.

**Patchouli** - antiseptic, anti-inflammatory, anti-fungal and a cell regenerator. Especially good for cracked or weeping skin.

**Peppermint** - cooling and anti-inflammatory. Used on areas of swelling and burning.

**Pine** - refreshing and stimulating, relieves muscular pain.

**Rose Geranium** - astringent and healing. Especially useful for balancing sebum production, used to treat dry or oily skins.

**Rosemary** - warming and stimulating.

**Sweet Birch** - warming and anti-inflammatory.

**Tea Tree** - potent anti-fungal and anti-bacterial. Used wherever there is infection or infestation.

### Infused Oils

*Made by soaking herbs or flowers in light vegetable oil (usually almond or grapeseed).*

**Arnica** - Reduces swelling and pain in inflamed areas. Strong cardiac stimulant - **should never be taken internally or applied to broken skin.**

**St. John's Wort** - The oil made from the flowers is strongly anti-viral, anti-inflammatory and tissue healing, helps to relieve pain.

**Calendula** - The flower heads are anti-inflammatory, antiseptic, antifungal, tissue healing. They are used for all inflamed or infected skin conditions.

**Chamomile** - The flower heads and essential oil are used. Antiseptic, anti-inflammatory, soothing and relaxing.

**Chickweed** - Cooling, soothing and anti-inflammatory. Useful for all itchy or irritated skin conditions.

**Comfrey** - The root or leaf may be used. It is soothing, relaxing and healing. Contains allantoin which is a cell proliferator and tissue healing agent.

**Juniper** - Resins and essential oils from the berry are warming, stimulating, and relaxing to the muscles. Useful for sprains and strains as well as rheumatic stiffness.

### Fixed Oils

*Cold pressed from the plant, typically the seed. They are used as base or carrier oils.*

**Evening Primrose and Borage** - anti-inflammatory and tissue normalizing.

**Rosa Mosqueta** - pressed from rose hips in Chile and is anti-aging and rejuvenative to the skin.

ingredients continued...

## Tinctures

**Aloe vera** - Made from the sap of a type of Lily. Tissue healing and cell regenerating. Used for all skin wounds, burns, rashes and stings or bites.

**Arnica** -

*Arnica montana* - The yellow flowers are used for medicinal purposes.

**Black walnut** - The green hulls are strongly astringent and tonic and a powerful antifungal.

**Boneset** -

*Thalictrum flavum* - The root is used for medicinal purposes.

**Comfrey Root** -

*Comfrey* - The root is used for medicinal purposes.

**Goldenseal** - Antiseptic and astringent, the ultimate anti-infective agent. Especially good for regulating mucous production.

**Gotu kola** - Improves integrity and strength of connective tissue. Tissue healer and cell regenerator.

**Gravel root** - Aids eliminative processes of the body. Decongestant, tonic and astringent .

**Horse chestnut** - The nuts are astringent and tonic to blood vessels. Especially effective in reducing congestion of veins.

**Lemon Balm** -

*Peppermint* - The leaves are used for medicinal purposes.

**Lobelia** - Tissue relaxant and antispasmodic, relieves pain. Especially good for muscular pain and rheumatic joints.

**Marshmallow** - The root or leaf can be used. It is soothing, cooling, demulcent and emollient.

**Mullein** -

*Mullein* - The leaves are used for medicinal purposes.

**Myrrh** - The resin is used as an antiseptic and astringent, and to promote tissue healing.

**Skullcap** - A relaxing and calming nervine, relieves pain.

**Thuja** - This is a strong astringent, decongestant, anti-viral and anti-fungal.

**Thyme** - Strongly disinfectant and tissue cleansing.

**White oak** - The bark is astringent and tonic to the tissues.

**Wild Pansy** - Has traditionally been used for all eruptive skin conditions. Anti-inflammatory and healing.

**Witch hazel** - The bark is astringent and tonic especially to blood vessels.

**Wormwood** - Toning, stimulating and invigorating.

## Aqueous Herbal Creams

*Light, soft, water-based creams made of pure and natural ingredients. These are excellent for custom blending with herbal infusions, tinctures or essential oils.*

**Base Cream**

A non-medicated, unscented, uncolored cream, suitable for custom blending with essential oils, infused oils or tinctures.

**Calendula Cream (Marigold)**

Our most popular general purpose cream. Rich, but light, it soothes and nourishes the skin. Calendula is well known to be anti-inflammatory, antiseptic and healing to the skin.

**Chamomile Cream**

A soothing cream traditionally used for its anti-inflammatory healing effect.

**Comfrey Cream**

A healing cream for all minor skin abrasions. Comfrey contains allantoin, an ingredient that acts as a cell proliferant, speeding tissue healing and recovery from injury.

**Chickweed Cream**

A cooling and soothing cream for all itching and skin irritations. Due to its high chlorophyll and water content, this is a very cooling, soothing cream.

**Witch Hazel Cream**

An astringent cream suitable for varicose veins, hemorrhoids and puffy eyes.

**Plantain Cream**

*Plantain* - The leaves are used for medicinal purposes.

## Other Skin Creams

**Seven Herb Cream**

*A traditional blend of herbs for itching and minor fungal infections. Especially good for yeast infections.* Calendula aqueous herbal cream, Essential oil of Tea Tree and tinctures of: Wild pansy, Bayberry, Goldenseal, Myrrh, and Thyme.

**Arnica & Comfrey**

*A traditional recipe using Arnica which reduces bruising and swelling and Comfrey to promote tissue healing. CAUTION: Do not use when skin is broken.* Comfrey aqueous cream with tinctures of Arnica , Witch Hazel, and Essential Oil of Peppermint.

**B,E,& C Cream**

*This is the same formula as Dr Christopher's salve*, but is made with Comfrey aqueous cream combined with tinctures of White Oak bark, Comfrey root, Gravel root, Lobelia, Black Walnut, Marshmallow root, Wormwood, and Skullcap.

**Dermaherb E Cream**

*A healing cream for hot itchy, weeping eczema.* Aqueous blends of Chamomile and Chickweed, Aloe vera juice, Borage oil, and essential oils of Lavender, German Chamomile, and Tagette.

**Dry Skin Cream**

*A rich nourishing cream for dry skin conditions. Rich facial cream.* Chamomile cream base containing Evening Primrose, Vitamin E, Avocado, Carrot, and Rose Hip oil and essential oils of Frankincense, Lavender, and Carrot seed.

**Green Cream**

*For dry and irritated skin.* Aqueous creams of Comfrey and Chickweed with tinctures of Aloe vera and Essential Oils of Lavender, Bergamot, Rose Geranium, Peppermint, and Benzoin.

**Healing Cream**

*Myrrh and Goldenseal are considered strongly antiseptic while Comfrey is healing to the skin.* Comfrey aqueous cream with tinctures of Myrrh, Goldenseal, and Gotu Kola.

**Plantain Cream**

*A gentle soothing cream used to relieve rashes and itchy irritation from bee stings to nettle rash and other skin complaints.* Base cream combined with tincture of Plantain and essential oils of Blue chamomile, Peppermint, and Camphor.

**Vena Tone Cream**

*Contains astringent herbs to reduce swelling and soothe irritated Varicose veins & Hemorrhoids.* Witch Hazel aqueous cream with tinctures of Horse Chestnut, Red Oak, Essential Oils of Frankincense, and Cypress and infused oil of Calendula.

**Peppermint Foot Lotion**

Cooling and antiseptic foot lotion. Antibacterial and soothing for tired, achy feet. Unscented hand and body lotion with Calendula tincture, and Essential Oils of Peppermint and Tea Tree

## Salves

*Traditional recipes made with beeswax and olive oil, these form a hard salve that is long lasting and economical to use.*

**Arnica Salve** *To reduce swelling and bruising. CAUTION: Do not use when skin is broken.* Fixed oil of Arnica, essential oils of Chamomile, Yarrow, and Pine: with beeswax.

**Arthro Rub**

*Herbal and Essential Oils to warm sore or tired muscles. Especially effective for arthritis.* Infused oils of Comfrey and Juniper (in Grapeseed or Almond Oil), Essential oils of Sweet Birch, Marjoram, Black Pepper and Rosemary, Fixed Oil of Mustard: with beeswax.

**B, F & C Salve**

*Dr. Christopher's famous formula in a convenient form for all joint and muscle disorders. The following herbs are infused in Olive Oil, and then beeswax is added to make a salve.* White Oak bark, Comfrey root, Gravel root, Lobelia, Black Walnut Hulls, Marshmallow root, Wormwood, and Skullcap.

**Lipex Salve**

*A very soothing and healing balm for chapped lips and used to help prevent cold sore outbreaks.* Infused oils of St. John's Wort, Vitamin E. oil, Essential oils of Eucalyptus, Peppermint and Tea Tree, with tincture of Thuja occidentalis (Arbor vitae): with beeswax.

**Derma Herb E Salve**

*A rich emollient blend for dry cracked eczema.* Infused Oils of Calendula, Comfrey, St. John's Wort and Chamomile; Fixed Oil of Borage; Essential Oils of Patchouli, Lavender, Rose Geranium and Tea Tree: with beeswax.

**Derma Herb P Salve**

*A healing blend to soothe and alleviate scaly patches of psoriasis.* Infused oils of Calendula, St. John's Wort and Chamomile, Fixed Oils of Evening Primrose and Borage; Essential Oils of Helichrysum, Cajeput, Roman Chamomile and Bergamot: with beeswax.

