

COMMON NAME

SCIENTIFIC NAME

COUNTRY OF ORIGIN

COMPANY/BRAND OF EO

## CULTIVATING RELATIONSHIP

Take a moment to sit with the essential oil. Take little sniffs and then a deep inhalation through the nose. Smell from the bottle then place a drop or two on a smell strip and repeat exercise.

What words come to mind? Does the aroma remind you of something or someone? Where do you feel it in your body? How does it make you feel? Describe the aroma.



COMMON NAME

SCIENTIFIC NAME

## CULTIVATING RELATIONSHIP

What do you already know about this essential oil? From previous experience or learning. Do you have a memory-based association?



COMMON NAME

SCIENTIFIC NAME

## CULTIVATING RELATIONSHIP

The Herbal Tea Experience: If possible, make a herbal tea with the plant material. e.g. thyme tea, ginger tea, fennel tea, etc.

**In your journal, we would like you to observe the following:**

- The color (clear, greenish, purplish, etc.)
- The aroma (stimulating, sedating, sweet, etc.)
- The taste (sweet, sour, bitter, astringent, etc.)
- Actions/energetics (grounding, coating the tissues, opening, expanding the breath, etc.) The person (lack of appetite, laxity, depression, antispasmodic for cough, etc.)

Be sure to observe your experiences, sensations in the body, etc. and be sure to write them down in your journal. Take your time.



# HOW TO MAKE HERBAL TEA

To make herbal tea with dried plant material, follow these steps:

**1. Gather the necessary materials:**

- Dried herbs or plant material of your choice (e.g., chamomile, peppermint, lavender)
- Clean water
- Teapot or kettle with a lid
- Teacup or mug
- Tea infuser or a strainer

**2. Measure the ingredients:**

- Use approximately 1 to 2 teaspoons of dried herbs per cup of water, depending on the desired strength. Adjust the amount according to your taste preferences.

**3. Boil the water:**

- Pour the desired amount of water into the teapot or kettle and bring it to a boil.

**4. Prepare the herbs:**

- If using loose dried herbs, place them in a tea infuser or a strainer. If using tea bags, skip this step.

**5. Infuse the herbs:**

- Once the water is boiling, remove it from heat and let it cool for a minute or two. This allows the temperature to slightly decrease, which is optimal for brewing herbal tea.
- Place the tea infuser or tea bag with the dried herbs into the teapot or directly into the teacup.

**6. Pour the water:**

- Slowly pour the hot water over the dried herbs, ensuring they are fully submerged.

**7. Steep the tea:**

- Cover the teapot or teacup with a lid to trap the steam and let the tea steep. Steeping time varies depending on the herb used and personal preference:
  - Delicate herbs like chamomile or lavender usually require 5 to 10 minutes of steeping.
  - Sturdier herbs like peppermint or nettle can steep for 10 to 15 minutes or longer for a stronger flavor.

**8. Remove the herbs:**

- After the desired steeping time, remove the tea infuser or tea bag from the teapot or teacup. Squeeze the tea bag gently to extract any remaining liquid.

**9. Serve and enjoy:**

- Pour the herbal tea into a teacup or mug.
- You can drink it as is or add sweeteners like honey or lemon to enhance the flavor, if desired.



# HOW TO MAKE HERBAL TEA: DECOCTION

To make a herbal decoction using dried roots with teaspoon, tablespoon, and cup measurements, follow these steps:

**1. Gather the necessary materials:**

- Dried roots of the herb you want to use (e.g., ginger, licorice, dandelion)
- Clean water
- A pot with a lid
- Teaspoon, tablespoon, and measuring cup

**2. Measure the ingredients:**

- For a standard decoction, use a ratio of 1 teaspoon of dried roots per 1 cup of water. Adjust the amount based on your desired strength and taste preferences.
- For example, if you have 2 teaspoons of dried roots, use 2 cups of water.

**3. Prepare the roots:**

- If the dried roots are large or in chunks, you may want to break them into smaller pieces using a mortar and pestle or a grinder. This helps extract the medicinal properties more effectively.

**4. Boil the water:**

- Pour the measured water into the pot and bring it to a boil over high heat.

**5. Add the roots:**

- Once the water is boiling, add the prepared dried roots to the pot.

**6. Reduce heat and simmer:**

- Reduce the heat to low and cover the pot with a lid.
- Allow the roots to simmer in the water for about 20 to 30 minutes. The longer you simmer, the stronger the decoction will be.

**7. Strain the decoction:**

- After simmering, remove the pot from heat and let it cool for a few minutes.
- Place a strainer or cheesecloth over a separate container to strain the liquid.
- Carefully pour the decoction through the strainer, separating the liquid from the solid roots. Press down on the roots to extract any remaining liquid.

**8. Serve or store:**

- Your herbal decoction is now ready to drink. You can consume it warm or let it cool down.
- If you want to store the decoction for later use, transfer it to a clean, airtight container and refrigerate. Consume within 2-3 days.



**COMMON NAME**

**SCIENTIFIC NAME**

The Plant: Is it possible to visit or grow the plant? If so, sit near the plant, what messages do you receive? Smell the plant aromatics. Listen. Observe. Next, spend time creating a drawing of the plant.




COMMON NAME

SCIENTIFIC NAME



# CULTIVATING RELATIONSHIP

What botanical family does it belong to? Are there general characteristics for this family?



What part of the plant is the essential oil extracted from?

COMMON NAME

SCIENTIFIC NAME

# CULTIVATING RELATIONSHIP

What is the main Chemical family (or families) represented in this oil? Components that stand out?

Does this essential oil have Safety concerns? If so, what are they?

What System Affinities does this essential oil have?





COMMON NAME

SCIENTIFIC NAME

# CULTIVATING RELATIONSHIP

Describe Blending Information for this essential oil.



COMMON NAME

SCIENTIFIC NAME

# CULTIVATING RELATIONSHIP



Based upon its System Affinities, what health imbalances would this essential oil be good for? What are the core indications for its system affinities?

Describe possible benefits of utilizing this essential oil for emotions/psyche and nervous system?

COMMON NAME

SCIENTIFIC NAME

# CULTIVATING RELATIONSHIP

Describe possible benefits of utilizing this essential oil for emotions/psyche and nervous system?



COMMON NAME

SCIENTIFIC NAME



# CULTIVATING RELATIONSHIP

Other notes: