

Herbal Summer Pantry

Stock up on some of these skin and hair friendly herbs

Agrimony: cleansing, soothing

Arnica Flowers: stimulating, softening, moisturizing

Calendula Flowers: cleansing, moisturizing, softening, soothing, stimulating

Comfrey: soothing, cooling

Chamomile: calming, cleansing, soothing, softening

Comfrey Root: cleansing, moisturizing, softening, rejuvenating, soothing

Dandelion Leaf: cleansing, stimulating

Elder Flowers: cleansing, stimulating

Hop Flowers: softening, soothing

Horsetail: cleansing, calming

Hyssop: soothing, cleansing

Lavender: calming, cleansing, moisturizing, softening, rejuvenating, soothing

Linden Flowers: calming, cleansing, moisturizing, softening, rejuvenating, soothing

Marshmallow Root: softening

Nettle Leaf: cleansing, moisturizing, softening, stimulating, promotes blood flow to the skin

Peppermint: cooling, cleansing, refreshing

Rosemary Leaf: cleansing, rejuvenating, refreshing, conditioning

Sage Leaf: calming, cleansing, moisturizing, softening

Spearmint: conditioning, refreshing, revitalizing

St. John's Wort: cleansing, soothing, promotes blood flow to the skin, moisturizing, softening, soothing

Thyme Leaf: calming, cleansing

Yarrow Flowers: cleansing, promotes blood flow to the skin, decreases inflammation, moisturizing, softening

Why Buy Bulk Herbs?

If herbs are part of your lifestyle, why not use the very best? For unsurpassed quality, freshness and value, choose frontier bulk herbs.

> Quality

Frontier bulk herbs are rigorously tested and continually inspected by the experts on our quality assurance team. Our quality program includes visits to our growers around the world, thorough inspection of every shipment, sophisticated chemical tests, controlled storage conditions and strict handling procedures. Our team makes sure that every Frontier product you buy delivers maximum potency.

> Freshness

As you measure out each Frontier bulk herb from its jar, notice its vivid color and full aroma; these tell you that the compounds that make the herb effective are vigorous and potent. With bulk herbs, you can see and smell the quality for yourself—before you buy.

> Value

Frontier bulk gives you the opportunity to buy top-quality herbs for a third or less of what it would cost to buy them prepackaged. And whether you need to stock up on staples or just get a pinch of this or that, bulk allows you to buy the exact amount you need. So you can try that new herbal tea, tincture or cosmetic recipe, without having to buy entire packages of each ingredient.

When you buy frontier bulk herbs, you get the amount you want at a great price, and you have the satisfaction of knowing that you're using the highest quality, most effective herbs available.

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EXPERT TIPS & INFORMATION
ON USING BULK HERBS

13 HERBS FOR
SUMMER



Summer Skin and Hair Care

> Herbal Spritzer

> Hair Restoration

> Sunburn Soother

... and skin and hair friendly herbs

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Q&A



Can I add the sunscreen ingredient PABA to my homemade herbal lotions, for sun protection?

Yes. PABA, or para-aminobenzoic acid, is a non-protein amino acid found in nature. While

it's not a vitamin or nutrient, it's also sometimes called vitamin Bx. There's a bit of controversy surrounding PABA; in fact, PABA-free commercial products have cropped up in response to the belief that many people are sensitive to it. Others believe that only synthetic PABA, or other products that are used in conjunction with PABA, are problematic. Anyway, you can add natural PABA to your homemade products to help protect your skin from ultraviolet rays. The results won't be as dramatic as buying a commercial sunblock or sunscreen, and you won't be able to say that you've created a product with a SPF of 15—or any particular number, for that matter. But if you're making your own lotions and creams and want to boost their protective quality, just add a teaspoon or so of powdered, food-grade PABA to each cup of lotion or cream. PABA is water-soluble, so depending upon the other ingredients in your formula, you may need to shake your product well before each use to disperse the PABA. You can also add it to homemade lip balms, at the end of the heating process.

Are there certain herbal products I shouldn't put on my skin before going out in the sun?

Yes, the sun's rays can interact with certain cosmetics, herbs, drugs, and foods to cause photosensitivity in some people. The result is a skin irritation that may be itchy or burning, pink or red, blotchy, scaly, or blistering. Angelica, rue, and Saint John's wort are examples of herbs that can cause photosensitivity. (Some essential oils—especially citrus oils like orange and lemon—can also cause the reaction.) You may want to avoid using these herbs in products you'll be wearing outdoors, especially in the summer months.



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www.frontiercoop.com



Summer Skin and Hair Care

Summer living may be easy, but chances are your hair and skin will appreciate a little extra TLC during the sun-drenched months of outdoor sports, gardening, camping, or kick-back beach bumming. Be sure to approach your beauty regime in true summertime fashion, though—don an herbal mask while you stretch out with a good book, soak your sunburned skin while sipping a tall tumbler of iced tea in the tub, or nourish your hair with a warm oil pack while you pick flowers or herbs in the yard. Here are some recipes to get you started. We've also included a list of skin and hair-friendly herbs so you can make endless variations of your favorite recipes.



Herbal Spritzer

You may not have the time (or inclination) to run through the sprinkler, but an herbal spritzer can be similarly refreshing.

Pour two cups of boiling water over two tablespoons of refreshing herbs, like peppermint leaf, rosemary leaf, yarrow flowers, or calendula flowers. Steep for about 15 minutes, then strain into a spritzer bottle. Spray your face (closing and avoiding your eyes) whenever you need refreshing. Add a tablespoon of apple cider vinegar for toning, if you like, and store your spritzer in the refrigerator for extra pick-me-up.

Hair Restorative

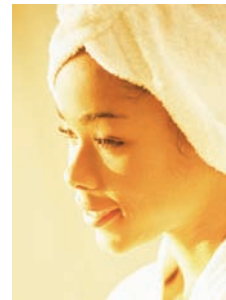
A warm oil pack can impart moisture and life to a crowning glory that's been exposed to too much sun and sea or chlorine. Add a tablespoon of honey or an egg yolk for added nourishment.

Choose an herb or two according to your needs: chamomile flowers to soften, spearmint leaf to condition, licorice root to slow oil production, rosemary leaf to revitalize and condition the scalp. Make an infusion of the herbs and combine with enough carrier oil to cover your hair and scalp. (Use about 1 tablespoon of infusion per cup of oil.) Good carrier oils include olive, sesame, almond, coconut and avocado. Cover dry hair and scalp with the oil combination, wrap your hair in a towel, and sit in a warm place for half an hour or longer. Shampoo as usual.

Blemish and Blah-Skin Steam

Blemish-prone skin can flare up in the summer. Use an herbal steam to calm inflammation and keep pores beautifully clean.

Place a handful of skin-soothing herbs like linden, yarrow or chamomile flowers in a large bowl. Wash your face as you boil enough water to half fill the basin. Pour boiling water over the herbs. Draping a towel over your head to form a tent, lean over the steam for about 10-15 minutes. Rinse your face well and pat dry.



Note: Some of these recipes call for an herbal infusion, which is basically a strong tea. To make one, pour boiling water over the herbs (about one ounce of herb per one pint of water, but it needn't be exact) and steep, covered, for about 15 to 30 minutes. Strain.

Sunburn Soother

An herbal compress or bath can bring quick relief to skin that's had a few too many rays.

Make an infusion of soothing herbs like comfrey root, marshmallow root, chamomile flowers, lavender flowers, hyssop, hops, rosemary leaf, or black tea. Cool until tepid. (Add about 1 tablespoon witch hazel per cup of infusion, if you like.) Dip large pieces of cheesecloth in the infusion then lay them over your sunburned skin. Follow with a cooling lotion. You can also add the infusion to your bathwater, along with some cornstarch, baking soda, milk powder, or buttermilk powder.



Summer Mask

Whether your skin is dry from too much sun and wind or oily from too much perspiration, a mask can help restore balance.

Add a tablespoon or so of an infusion of cleansing, soothing, and/or softening herbs like chamomile flowers, sage leaf, or yarrow flowers to about half a cup of a kitchen staple that will nourish, tone and hydrate—like yogurt, honey, or egg yolk. Spread on face and neck, avoiding eyes. Leave the mask on about 15 to 20 minutes, then rinse well and pat dry. If your skin is very oily, you may want to add the infusion to clay rather than a moisturizing base. Just use the infusion rather than water to moisten the dry clay before applying.

